

Menu

week of September 20, 2026

Sunday, Sept 20	Monday, Sept 21	Tuesday, Sept 22	Wednesday, Sept 23	Thursday, Sept 24	Friday, Sept 25	Saturday, Sept 26
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Cheesy Eggs Breakfast Ham Slice Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Egg & Sausage on Croissant Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal French Toast w/ Syrup Strawberry Topping Bacon Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Morning Glory Muffin Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Ham & Veggie Omelet Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Eggs Benedict Casserole Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Denver Scramble Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Blueberry Walnut Salad Hearty Vegetable Beef Soup Baked Whitefish w/ Dill & Lemon Lemon & Tartar Sauce Baked Sweet Potato Broccolini Wheat Roll Tropical Fruit Cheesecake w/ Topping *****	Cream of Potato Soup Teriyaki Glazed Pork Tenderloin Garden Blend Rice Roasted Root Vegetables Fresh Apple Slices Wheat Roll Oatmeal Cookies *****	French Onion Soup Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Apricots Oreo Cookie Dessert *****	Spinach Tortellini Soup Chicken Marsala b Garlic Mashed Potatoes Broccoli French Bread Cantaloupe Caramel Apple Pie Bars *****	White Chicken Chili BBQ Glazed Meatloaf Herb Mashed Potatoes Buttered Corn Wheat Roll Mandarin Oranges Fudge Brownie *****	Chicken & Sausage Gumbo Fried Shrimp Cocktail Sauce Sweet Potato Fries Southern Coleslaw Honeydew Melon Cherry Cobbler *****	Beef Barley Soup BBQ Baked Chicken Herb Roasted Potatoes Roasted Squash & Zucchini Coleslaw Watermelon Apple Pie *****
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Hearty Vegetable Beef Soup Orange Chicken Fried Rice Oriental Vegetables Spring Roll Fortune Cookie Tropical Fruit Chocolate Pudding Parfait Milk/Beverage *****	Cream of Potato Soup Beef Stew Mashed Potatoes Roasted Brussel Sprouts Crusty Baguette w/ Butter Fresh Apple Slices Coconut Pie Milk/Beverage *****	French Onion Soup Maple Glazed Baked Salmon Basmati Rice Buttered Carrots Wheat Roll Apricots Pound Cake w/Fruit Topping Milk/Beverage *****	Spinach Tortellini Soup Whole Grain Breaded Pollock Lemon & Tartar Sauce Black Beans and Rice Chopped Spinach Cantaloupe Banana Pudding Milk/Beverage *****	White Chicken Chili Beef Soft Tacos Spanish Rice Refried Beans Chips & Salsa Banana Pudding Tres Leches Cake Milk/Beverage *****	Chicken & Sausage Gumbo Chicken Alfredo Over Penne Italian Cut Green Beans Wheat Roll Honeydew Melon Garlic Toast German Chocolate Cake Milk/Beverage *****	Beef Barley Soup Open Faced Pork Tenderloin Sandwich Mashed Potatoes Buttered Peas Watermelon Peanut Butter Cookies Milk/Beverage *****

Menu items reflect our regular nourishing diet. A different item or modified portion may be served if a therapeutic or texture altered diet is ordered.

Maureen C Lamperis MS RDN
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