

**ARNOLD WALTER NURSING HOME – FOOD AND NUTRITION SERVICES FALL & WINTER CYCLE MENU #1**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>BREAKFAST</b> ORANGE JUICE OATMEAL PANCAKES BREAKFAST SAUSAGE	<b>BREAKFAST</b> ORANGE JUICE FARINA SCRAMBLE EGGS TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF RICE WAFFLES	<b>BREAKFAST</b> ORANGE JUICE CREAM OF WHEAT SCRAMBLED EGGS TOAST	<b>BREAKFAST</b> ORANGE JUICE OATMEAL FRENCH TOAST SAUSAGE LINKS	<b>BREAKFAST</b> ORANGE JUICE FARINA SCRAMBLED EGGS HASH BROWN PATTY TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF RICE SCRAMBLE EGGS TOAST
<b>LUNCH</b> ROAST PORK SWEET POTATO GREEN BEANS CHERRY PIE	<b>LUNCH</b> PHILLY CHEESE STEAK WITH PEPPERS & ONIONS TATOR TOTS FRUIT COCKTAIL	<b>LUNCH</b> GARDEN FRIED RICE TERIYAKI BONELESS CHICKEN THIGHS EGG ROLL JELL-O	<b>LUNCH</b> POTATO LEEK SOUP HAM & PROVOLONE ON RYE BREAD COLESLAW PEACHES & CREAM	<b>LUNCH</b> HOT OPEN ROAST BEEF MASH POTATO PEAS & PIMENTO RICE PUDDING WITH CHERRY TOPPING	<b>LUNCH</b> PIZZA CHOICE OF PLAIN OR SUPREME HOT TORTILINNI SALAD W/ROASTED FRESH VEGETABLES	<b>LUNCH</b> TOMATO RICE SOUP CHEESE BURGER SEASONED FRENCH FRIES DICED PEARS
<b>DINNER</b> BEEF AND MACARONI PEAS GARLIC BREAD DICED PEARS	<b>DINNER</b> PINEAPPLE GLAZED HAM ROASTED POTATO BROCCOLI FLORETS BANANA LOAF CAKE	<b>DINNER</b> SALISBURY STEAK WITH MUSHROOMS MASHED POTATO BRUSSEL SPROUTS APPLE CRISP	<b>DINNER</b> ROAST TURKEY APPLE STUFFING TURNIPS CRANBERRY SAUCE MARBLE CAKE	<b>DINNER</b> LASAGNA ROLL FRENCH CUT BEANS FRESH FRUIT CUP	<b>DINNER</b> BREADED FLOUNDER MASHED POTATO BABY CARROTS ICE CREAM	<b>DINNER</b> CHICKEN ALA KING EGG NOODLES SCANDINAVIAN VEGETABLES MANDARINE ORANGES

LUNCH ALTERNATES – COTTAGE CHEESE FRUIT PLATTER, CHEF SALAD, CHEESEBURGER, HOT DOG, PIZZA, PB & J SAND, GRILLED CHEESE, CHOICE OF FISH, CHEESE BLINTZ, HAM, TURKEY OR BOLOGNA SANDWICH.  
 DINNER ALTERNATES- ROASTED CHICKEN, CHEESE BLINTZ, CHICKEN POT PIE, STUFFED PEPPER, LASAGNA, CHEESEBURGER, HOT DOG, GRILLED CHEESE, CHOICE OF FISH, HAM, TURKEY OR BOLOGNA SAND.  
 CHOICE OF SALADS- MACARONI, POTATO OR COLESLAW. CHOICE OF BREAD- WHEAT BREAD, WHITE BREAD OR RYE, SIDES- FRENCH FRIES, ONION RINGS, BAKED POTATO OR MASHED POTATO.

## ARNOLD WALTERNURSING & REHAB FOOD AND NUTRITION SERVICES FALL & WINTER CYCLE MENU#2

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>BREAKFAST</b> ORANGE JUICE CREAM OF WHEAT APPLE FILLED PANCAKE BACON	<b>BREAKFAST</b> ORANGE JUICE OATMEAL SCRAMBLED EGGS TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF FARINA FRENCH TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF RICE SCRAMBLED EGGS HASH BROWN PATTY TOAST JELLO	<b>BREAKFAST</b> ORANGE JUICE OATMEAL HARD COOKED EGGS BLUEBERRY MUFFIN	<b>BREAKFAST</b> ORANGE JUICE FARINA CHEESE OMELETTE TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF WHEAT SCRAMBLED EGGS TOAST
<b>LUNCH</b> STUFFED PEPPER MASH POTATO MIX VEGETABLES APPLE PIE	<b>LUNCH</b> MATZO BALL SOUP CHICKEN SALAD SANDWICH ON WHEAT BREAD MACARONI SALAD SPONGE CAKE	<b>LUNCH</b> GRILLED HAM & AMERICAN CHEESE ON RYE BREAD HOT POTATO SALAD TAPIOCA PUDDING WITH CHERRY TOPPING	<b>LUNCH</b> CREAM OF BROCCOLI SOUP ROAST BEEF SANDWICH ON WHEAT BREAD COLESLAW APPLE CRISP	<b>LUNCH</b> MINESTRONE SOUP CHICKEN POT PIE MIX VEGETABLES DICED PEARS	<b>LUNCH</b> MACARONI & CHEESE STEAMED FRESH BROCCOLLI W/GARLIC & BUTTER SAUCE POUND CAKE	<b>LUNCH</b> NAVY BEAN SOUP TURKEY & CHEESE SANDWICH ON WHEAT THREE BEAN SALAD BANANA PUDDING
<b>DINNER</b> CREAM OF MUSHROOM SOUP BEEF HOT DOG WITH SAUERKRAUT BAKED BEANS FRUIT COCKTAIL	<b>DINNER</b> BEEF TERIYAKI RICE PILAF SLICE CARROTS FRUITED JELL-O	<b>DINNER</b> CHICKEN FRANCAISE W/ LEMON BUTTER SAUCE SPAGHETTI BROCCOLI NORMANDY PEACHES	<b>DINNER</b> BAKED ZITI W/ ITALIAN SAUSAGE CUT GREEN BEANS GARLIC BREAD LEMON PUDDING	<b>DINNER</b> MEATLOAF SCALLOPED POTATO CHOPPED SPINACH CHOCOLATE CAKE	<b>DINNER</b> BREADED FLOUNDER MASH POTATO STEWED TOMATO ICE CREAM	<b>DINNER</b> BEEF PEPPER STEAK YELLOW RICE ORIENTAL VEGETABLES FRUIT COCKTAIL

LUNCH ALTERNATES – COTTAGE CHEESE FRUIT PLATTER, CHEF SALAD, CHEESEBURGER, HOT DOG, PIZZA, PB & J SAND, GRILLED CHEESE, CHOICE OF FISH, CHEESE BLINTZ, HAM, TURKEY OR BOLOGNA SAND.

DINNER ALTERNATES- ROASTED CHICKEN, CHEESE BLINTZ, CHICKEN POT PIE, STUFFED PEPPER, LASAGNA, CHEESEBURGER, HOT DOG, GRILLED CHEESE, CHOICE OF FISH, HAM, TURKEY OR BOLOGNA SAND.

CHOICE OF SALADS- MACARONI, POTATO OR COLESLAW. CHOICE OF BREAD- WHEAT BREAD, WHITE BREAD OR RYE, SIDES- FRENCH FRIES, ONION RINGS, BAKED POTATO OR MASHED POTATO.

## ARNOLD WALTERNURSING & REHAB FOOD AND NUTRITION SERVICES FALL & WINTER CYCLE MENU#3

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<b>BREAKFAST</b> ORANGE JUICE OATMEAL PANCAKES W/FRUIT BREAKFAST SAUSAGE	<b>BREAKFAST</b> ORANGE JUICE CREAM OF RICE SCRAMBLED EGGS TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF FARINA CHEESE OMELETTE TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF WHEAT FRENCH TOAST W/FRUIT	<b>BREAKFAST</b> ORANGE JUICE OATMEAL WAFFLES	<b>BREAKFAST</b> ORANGE JUICE FARINA SCRAMBLED EGGS HASH BROWN TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF RICE SCRAMBLED EGGS TOAST
<b>LUNCH</b> STUFFED CHICKEN MASH POTATO MINI CAULIFLOWER FLORETS & PEMINTOS GRAVY LEMON MERINGUE PIE	<b>LUNCH</b> HEARTY CHICKEN SOUP HOT DOG W/ SAURKRAUT BAKED BEANS APRICOTS	<b>LUNCH</b> ITALIAN WEDDING SOUP CHICKEN STRIP SALAD WITH LETTUCE TOMATO OLIVES HONEY MUSTARD ORANGE SHERBERT CROSSIANT	<b>LUNCH</b> HAM & PROVOLONE ON WHEAT BREAD POTATO SALAD MANDARINE ORANGES	<b>LUNCH</b> CHUNKY BEEF SOUP TUNA SALAD ON WHEAT BREAD DICED BEET SALAD FRUIT COCKTAIL	<b>LUNCH</b> TOMATO SOUP GRILLED AMERICAN CHEESE ON WHITE BREAD ROASTED FINGLING POTATO FRESH BANANA	<b>LUNCH</b> SPLIT PEA SOUP CORNED BEEF ON RYE BREAD COLESLAW CRUSHED PINEAPPLE
<b>DINNER</b> FRENCH ONION SOUP SHEPPERDS PIE GRAVY PEACHES & CREAM BISCUIT	<b>DINNER</b> SWEDISH MEATBALLS BUTTERED BOWTIES MIX VEGETABLES VANILLA PUDDING	<b>DINNER</b> STUFF SHELLS MARINARA SAUCE ITALIAN BEANS GARLIC BREAD CREAM PUFF	<b>DINNER</b> CHICKEN ALFREDO LINGUINI BROCCOLI FLORETS ALFREDO SAUCE FRUIT BAR	<b>DINNER</b> BEEF STEW EGG NOODLES LEMON CAKE	<b>DINNER</b> BREADED CHICKEN CUTLET W/GRAVY MASH POTATO SLICED CARROTS DICED PEARS	<b>DINNER</b> ROAST TURKEY MIX VEGETABLES MASH POTATO GRAVY TAPIOCA PUDDING

LUNCH ALTERNATES – COTTAGE CHEESE FRUIT PLATTER, CHEF SALAD, CHEESEBURGER, HOT DOG, PIZZA, PB & J SAND, GRILLED CHEESE, CHOICE OF FISH, CHEESE BLINTZ, HAM, TURKEY OR BOLOGNA SAND.

DINNER ALTERNATES- ROASTED CHICKEN, CHEESE BLINTZ, CHICKEN POT PIE, STUFFED PEPPER, LASAGNA, CHEESEBURGER, HOT DOG, GRILL CHEESE, CHOICE OF FISH, HAM, TURKEY OR BOLOGNA SAND.

CHOICE OF SALADS- MACARONI, POTATO OR COLESLAW. CHOICE OF BREAD- WHEAT BREAD, WHITE BREAD OR RYE, SIDES- FRENCH FRIES, ONION RINGS, BAKED POTATO OR MASHED POTATO.

## ARNOLD WALTERNURSING & REHAB FOOD AND NUTRITION SERVICES FALL & WINTER CYCLE MENU#4

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<b>BREAKFAST</b> ORANGE JUICE FARINA PANCAKES BACON	<b>BREAKFAST</b> ORANGE JUICE OATMEAL WESTERN OMELETTE TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF WHEAT SCRAMBLED EGGS TOAST	<b>BREAKFAST</b> ORANGE JUICE OATMEAL HARD COOKED EGG BRAN MUFFIN	<b>BREAKFAST</b> ORANGE JUICE CREAM OF RICE PANCAKES W/FRUIT	<b>BREAKFAST</b> ORANGE JUICE OATMEAL CHEESE OMELETTE TOAST	<b>BREAKFAST</b> ORANGE JUICE CREAM OF FARINA SCRAMBLED EGGS TOAST
<b>LUNCH</b> POT ROAST/GRAVY BAKED POTATO GREEN BEANS CHOCOLATE CAKE	<b>LUNCH</b> LENTIL SOUP HAM & SWISS ON RYE BREAD MACARONI SALAD MARBLE CAKE	<b>LUNCH</b> MINSTRONE SOUP TURKEY & CHEESE ON WHEAT BREAD POTATO SALAD BREAD PUDDING	<b>LUNCH</b> STUFFED PEPPER SOUP CHICKEN PATTIE SANDWICH ONION RINGS JELL-O	<b>LUNCH</b> MACARONI & CHEESE BROCCOLI FLORETS W/BUTTER & GARLIC FRUIT MIX	<b>LUNCH</b> CREAM OF MUSHROOM SOUP TUNA SALAD ON WHITE BREAD TRI COLOR PASTA SALAD CARROT CAKE	<b>LUNCH</b> CHICKEN PARMESAN SANDWICH FRESH ROASTED VEGETABLES MANDARINE ORANGES
<b>DINNER</b> RAVIOLI WITH MARINARA SAUCE BROCCOLI FLORETS GARLIC DINNER ROLL	<b>DINNER</b> BBQ' CHICKEN THIGH BAKED BEANS W/ONIONS & BACON WHOLE KERNAL CORN SEEDLESS WATERMELON	<b>DINNER</b> PORK LOIN WITH GRAVY SWEET POTATO MIXED VEGETABLES APPLE SAUCE FRESH CUT FRUIT	<b>DINNER</b> EGGPLANT PARMESAN SPAGHETTI ITALIAN BEANS GARLIC BREAD CREAM COOKIES	<b>DINNER</b> MEATLOAF GARLIC MASHED POTATO STRING BEANS ICE CREAM	<b>DINNER</b> BAKED FISH SPANISH RICE PEAS & CARROTS CRUSHED PINEAPPLE	<b>DINNER</b> HOT OPEN FACE ROAST BEEF MASH POTATO CORN/PEMINTOS CHOCOLATE PUDDING

LUNCH ALTERNATES – COTTAGE CHEESE FRUIT PLATTER, CHEF SALAD, CHEESEBURGER, HOT DOG, PIZZA, PB & J SAND, GRILLED CHEESE, CHOICE OF FISH, CHEESE BLINTZ, HAM, TURKEY OR BOLOGNA SANDWICH, TUNA, EGG SALAD OR CHICKEN SALAD

DINNER ALTERNATES- ROASTED CHICKEN, CHEESE BLINTZ, CHICKEN POT PIE, STUFFED PEPPER ,LASAGNA, CHEESEBURGER, HOT DOG, GRILLED CHEESE, CHOICE OF FISH, HAM, TURKEY OR BOLOGNA SANDWICH. ALWAYS AVAILABLE- CHICKEN NOODLE SOUP. CHOICE OF SALADS- MACARONI, POTATO, OR COLE SLAW, CHOICE OF BREADS -WHOLE WHEAT, WHITE OR RYE, SIDES- FRENCH FRIES, ONION RINGS, BAKED OR MASHED POTATO