

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Cranberry Juice Cream of Wheat Scrambled Egg Bacon Waffles Maple Syrup Margarine 2% Milk Coffee/Tea	Orange Juice Oatmeal Scrambled Egg Pancakes Sausage Links Syrup Margarine 2% Milk Coffee/Tea	Melon Cubes Cream of Wheat Scrambled Egg Bacon Biscuit Margarine 2% Milk Coffee/Tea	Banana Corn Flakes Scrambled Egg Sausage Links Margarine 2% Milk Coffee/Tea	Apple Juice Cream of Wheat Cheese Omelet Bacon White/Wheat Toast Margarine 2% Milk Coffee/Tea	Fresh Fruit Cup Oatmeal Cinnamon French Toast Sausage Links Syrup Margarine 2% Milk Coffee/Tea	Banana Corn Flakes Scrambled Egg Sausage Toasted English Muffin Margarine 2% Milk Coffee/Tea
Lunch						
Roast Turkey Poultry Gravy Bread Stuffing Cranberry Sauce Green Peas Frosted Spice Cake Iced Tea	Pot Roast Pan Gravy Oven Roasted Potatoes Roasted Carrots Dinner Roll Margarine Fresh Fruit Iced Tea	Meatloaf Pan Gravy Red Skin Mashed Potatoes Whole Green Beans Emerald Pears Iced Tea	Pork Cutlet Mushroom Gravy Roasted New Potatoes Zucchini & Tomatoes Dinner Roll Margarine Fruited Gelatin Iced Tea	Cornbread Oven Fried Chicken Poultry Gravy Herb Rice Baby Carrots Fresh Fruit Iced Tea	Salisbury Steak Pan Gravy Scalloped Potatoes Roasted Cauliflower Dinner Roll Margarine Chilled Peaches Iced Tea	Beef Stroganoff Buttered Noodles Roasted Yellow Squash Blueberry Pie Iced Tea
Dinner						
Three Cheese Lasagna Marinara Sauce Parmesan Cheese Italian Green Beans Garlic Bread Fresh Fruit 2% Milk	Pulled Pork BBQ Sauce Potato Sweet Baked Half-HHS Cole Slaw White Bun Margarine Peach Cobbler 2% Milk	Chicken Pot Pie Broccoli Apple Crisp 2% Milk	Pasta Bolognese Italian Blend Mixed Vegetables Garlic Bread Parmesan Cheese Pudding Parfait 2% Milk	Shepherd's Pie Roasted Brussels Sprouts Dinner Roll Margarine Strawberry Shortcake 2% Milk	Lemon Parmesan Breaded Fish Rice Pilaf Whole Green Beans Lemon Wedge Banana Pudding 2% Milk	Rotisserie Chicken Poultry Gravy Corn Souffle Spinach Blondie Brownie 2% Milk

HHS Northfield Hospital

Long Term Care Center

Regular/No Added Salt

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Cranberry Juice Cream of Wheat Scrambled Egg Breakfast Ham Slice Hashbrowned Potatoes 2% Milk Coffee/Tea	Orange Juice Oatmeal Egg & Sausage Strata Wheat Toast Margarine 2% Milk Coffee/Tea	Melon Cubes Cream of Wheat Scrambled Egg Biscuits & Sausage Gravy 2% Milk Coffee/Tea	Banana Corn Flakes Cinnamon French Toast Margarine Syrup Bacon 2% Milk Coffee/Tea	Apple Juice Cream of Wheat Fried Egg Canadian Bacon Toasted English Muffin Margarine 2% Milk Coffee/Tea	Fresh Fruit Cup Oatmeal Scrambled Egg Sausage Links Cinnamon Roll 2% Milk Coffee/Tea	Banana Corn Flakes Scrambled Pancakes Bacon Margarine Syrup 2% Milk Coffee/Tea
Lunch						
Chicken a la King Rice Mixed Vegetables Garlic Bread Chilled Blushing Pear Iced Tea	Chicken Fried Chicken Baked Potato Margarine Sour Cream Spinach Fresh Fruit Cup Iced Tea	Beef Brisket Creamed Corn Casserole Green Beans w/Red Peppers White/Wheat Bread Margarine Fruit Cocktail w/Topping Iced Tea	Roast Pork Pork Gravy Roasted Potato Medley Cooked Cabbage Cornbread Margarine Baked Apples Iced Tea	Soft Shell Beef Tacos Pinto Beans Salad Tossed w/Tomato Choice of Dressing Pudding Parfait Iced Tea	Braised Boneless Short Ribs Garden Rice Blend Sugar Snap Peas Whole Wheat Roll Margarine Pineapple Upside Down Cake Iced Tea	Baked Glazed Ham Whipped Sweet Potatoes Crumb Topped Brussels Sprouts Dinner Roll Margarine Tropical Fruit Salad Iced Tea
Dinner						
Roast Beef Pan Gravy Mashed Potatoes Asparagus Dinner Roll Margarine Peach Crisp 2% Milk	Pork & Vegetable Stir Fry White Rice Baby Carrots Egg Roll New York Cheesecake 2% Milk	Shrimp Scampi Linguine Pasta California Vegetable Blend Tossed Salad Choice of Dressing Frosted Chocolate Cake 2% Milk	Chicken and Dumplings Roasted Yellow Squash Cherry Pie 2% Milk	Herb Marinated Chicken Breast Macaroni & Cheese Broccoli Fresh Fruit 2% Milk	Fried Fish Tartar Sauce Potato Wedges Ketchup Cole Slaw Fresh Fruit Cup 2% Milk	Chicken Cacciatore Bowtie Pasta Green Beans French Cut White fFosted Cake 2% Milk

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Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Cranberry Juice Cream of Wheat Egg & Cheese Sandwich Sausage 2% Milk Coffee/Tea	Orange Juice Oatmeal Cheddar Eggs Benedict 2% Milk Coffee/Tea	Melon Cubes Cream of Wheat Cinnamon French Toast Bacon Maple Syrup Margarine 2% Milk Coffee/Tea	Banana Corn Flakes Scrambled Egg Bacon Hashbrown Patty 2% Milk Coffee/Tea	Apple Juice Cream of Wheat Scrambled Egg Waffles Syrup Margarine 2% Milk Coffee/Tea	Fresh Fruit Cup Oatmeal Breakfast Burrito Salsa Sausage Links 2% Milk Coffee/Tea	Banana Corn Flakes Scrambled Egg Breakfast Ham Slice Wheat Toast Margarine 2% Milk Coffee/Tea
Lunch						
Swedish Meatballs Buttered Noodles Peas w/Mushrooms Whole Wheat Roll Margarine Fresh Fruit Cup Iced Tea	Honey Mustard Chicken Rice Pilaf California Vegetable Blend Whole Wheat Roll Margarine Fresh Fruit Iced Tea	Turkey Meatloaf Scalloped Potatoes Broccoli & Cheese Mandarin Oranges Iced Tea	Chicken Fajitas Mexican Rice Refried Beans Salsa Cup Fresh Fruit Cup Iced Tea	Sloppy Joe Sweet Potato Fries Marinated Cucumbers & Tomatoes Brownie Iced Tea	Chicken Fried Steak Mashed Potatoes Country Gravy Spinach Whole Wheat Dinner Roll Margarine Apricots Iced Tea	Chicken Fettuccine Alfredo Normandy Vegetable Blend Garlic Bread Margarine Fruited Gelatin Iced Tea
Dinner						
Turkey Pot Roast Poultry Gravy Mashed Potatoes Whole Green Beans Dinner Roll Margarine Pumpkin Pie 2% Milk	Pepper Steak Potato Wedges Sauteed Peppers & Onions Margarine Peach Cobbler 2% Milk	Breaded Pork Chops Green Bean Casserole Macaroni & Cheese Chocolate Chip Cookie 2% Milk	Meat Lasagna Zucchini & Summer Squash Buttered Breadstick Cheesecake w/Cherries 2% Milk	Carolina BBQ Chicken Corn Casserole Roasted Cauliflower Apple Pie 2% Milk	Cracker Crumb Cod Long Grain & Wild Rice Sauteed Asparagus Red Velvet Cake 2% Milk	Beef Slew Carrots Southern Style Biscuit Margarine Strawberry Shortcake 2% Milk

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Breakfast						
Cranberry Juice Cream of Wheat Scrambled Egg Wheat Toast Margarine Sausage 2% Milk Coffee/Tea	Orange Juice Oatmeal Scrambled Egg Buttermilk Pancakes Bacon Margarine Syrup 2% Milk Coffee/Tea	Melon Cubes Cream of Wheat Scrambled Egg Biscuits & Sausage Gravy 2% Milk Coffee/Tea	Banana Corn Flakes Cinnamon French Toast Margarine Syrup Bacon 2% Milk Coffee/Tea	Apple Juice Cream of Wheat Scrambled Egg Sausage Choice of Muffin Margarine 2% Milk Coffee/Tea	Fresh Fruit Cup Oatmeal Western Scrambled Eggs Wheat Toast Margarine 2% Milk Coffee/Tea	Banana Corn Flakes Scrambled Egg Bacon Bagel Cream Cheese Cup Margarine 2% Milk Coffee/Tea
Lunch						
Cracker Crumb Chicken Poultry Gravy chs-Topped Baked Potato Roasted Yellow Squash Margarine Sour Cream & Cheese Honeyed Pears Iced Tea	Chicken Rice Casserole Broccoli Honey Wheat Dinner Roll Margarine Fresh Fruit Cup Iced Tea	Spaghetti Sauce w/Meatballs Spaghetti Noodles Tossed Salad Fat Free Italian Dressing Garlic Bread Fruit Cocktail w/Topping Iced Tea	BBQ Chicken Breast Hashbrown Casserole Capri Vegetable Blend Apple Pie Iced Tea	Chicken Bacon Ranch Sandwich Creamy Cole Slaw Baked Potato Chips Tropical Fruit Salad Iced Tea	Panko Crusted Tilapia Herbed Orzo California Vegetable Blend Whole Wheat Roll Margarine Cherry Crisp Iced Tea	Roast Pork Mashed Potatoes Poultry Gravy Green Beans French Cut Corn Muffin Margarine Spiced Peaches Iced Tea
Dinner						
Braised Beef Tips Mushroom Gravy Egg Noodles Roasted Cauliflower Whole Wheat Roll Margarine Chocolate Cream Pie 2% Milk	Goulash Corn Garlic Bread Margarine Lemon Bars 2% Milk	Stuffed Cabbage Rolls w/Sauce Rice Dinner Roll Margarine Frosted Marble Cake 2% Milk	Baked Glazed Ham Macaroni & Cheese Spinsh Cornbread Pineapple Chunks 2% Milk	Chopped Steak w/Gravy Scalloped Potatoes Brussels Sprouts Boston Cream Pie 2% Milk	Beef Enchilada Spanish Rice Tossed Salad Buttermilk Dressing Key Lime Meringue Pie 2% Milk	Turkey Tetrazzini Peas & Carrots Garlic Bread Raspberry Parfait Pie 2% Milk