

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A	CHOICE OF JUICE OATMEAL SCRAMBLED EGG CINNAMON ROLL LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG RING DONUT TOAST LOW FAT MILK	CHOICE OF JUICE MALT O MEAL BACON FRENCH TOAST/SYRUP LOW FAT MILK	CHOICE OF JUICE OATMEAL SAUSAGE PATTY JELLY DONUT 1/2 LOW FAT MILK	CHOICE OF JUICE CREAM OF WHEAT CHICKEN SAUSAGE LINKS WESTERN OMLETTE LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG PANCAKES/SYRUP BANANA LOW FAT MILK	CHOICE OF JUICE OATMEAL BISCUIT AND GRAVY SCRAMBLED EGG LOW FAT MILK
A L T	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY FRESH FRUIT	CHOICE OF COLD CEREAL BACON PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL BACON TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL PEANUT BUTTER TOAST FRUIT
L U N C H	SALISBURY STEAK MASHED POTATOES CAULIFLOWER WITH CHEESE SAUCE FRUIT CHOCOLATE CAKE/FROSTING	CHICKEN STIR FRY WITH NOODLES BROCCOLI FRUIT BOSTON CREAM PIE	BBQ ON A BUN SOUR CREAM AND CHIVE FRIES COLE SLAW FRUIT ALMOND BARS	SHRIMP SCAMPI OVER BUTTERED PASTA MALIBU BLEND VEGETABLE GARLIC BREAD FRUIT SHERBET	ROAST TURKEY SWEET POTATO CASSEROLE STUFFING WITH GRAVY MASHED POTATOES PUMPKIN BAR	POORMAN'S LOBSTER TARTAR SAUCE AU GRATIN POTATOES PEAS FRUIT LEMON POKE CAKE	COUNTRY FRIED STEAK MASHED POTATOES AND GRAVY DICED CARROTS FRUIT DOUBLE CHOCOLATE COOKIE
G a	GRILLED POLLOCK WITH TARTAR SAUCE	TUNA MELT	FRIED CHICKEN BENEDICT	HAMBURGER ON A BUN WITH FRIED ONION AND PICKLES	WHITEFISH BURGER TARTAR, LETTUCE, TOMATO	ITALIAN BEEF SANDWICH WITH ONION AND PEPPERS	TURKEY SANDWICH LETTUCE, MAYO
S U P P E R	BAKED FISH SANDWICH TARTAR SAUCE RANCH POTATO WEDGE FRUIT CUP SNICKERDOODLE COOKIE	CHICKEN DUMPLING SOUP BOLOGNA AND CHEESE SANDWICH FRUIT RICE KRISPIE BAR	CHIPPED BEEF OVER TOAST TRI TATOR ORANGE COTTAGE CHEESE SALAD BUTTERSCOTCH CHIP COOKIE	CHICKEN TENDERS WITH DIPPING SAUCE STEAMED BABY CARROTS FRUIT BANANA TORTE	VEGETABLE SOUP TUNA SALAD SANDWICH WITH LETTUCE UNDER THE SEAS SALAD	HOT MEATLOAF SANDWICH OPEN FACED WITH MASHED POTATOES AND GRAVY COUNTRY SPICED APPLES	HAM AND POTATO SOUP CHICKEN SALAD SANDWICH FRUIT CUP ICE CREAM
A L T	STEAK-UM ON A BUN WITH RAW ONION AND PICKLES	WALLEYE FINGERS TARTAR SAUCE	EGG SALAD SANDWICH POTATO CHIPS	MEATBALL SUB	CHICKEN CHIMICHANGA	COTTAGE CHEESE AND FRUIT PLATE	MANICOTTI IN SPAGHETTI SAUCE

Notes:  
BREAD/MARG AND LOW FAT MILK AVAILABLE AT MEALS.  
SOUP OF THE DAY OFFERED AT LUNCH AND SUPPER DAILY



Menus Approved By: \_\_\_\_\_

Dates: 10/14 11/18 12/23 1/27 3/3 4/7 5/12

WEEK 2

COLUMBIA HEALTH CARE CENTER – FALL/WINTER 2018 - 2019

WEEEEK AT A GLANCE

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A	CHOICE OF JUICE OATMEAL SCRAMBLED EGG CINNAMON ROLL LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG FROSTED LONG JOHN 1/2 TOAST LOW FAT MILK	CHOICE OF JUICE MALT O MEAL BACON FRENCH TOAST/SYRUP LOW FAT MILK	CHOICE OF JUICE OATMEAL SAUSAGE PATTY BAVARIAN CREAM FILLED DONUT 1/2 LOW FAT MILK	CHOICE OF JUICE CREAM OF WHEAT WESTERN OMLETTE CHICKEN SAUSAGE LINKS LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG PANCAKES/SYRUP BANANA LOW FAT MILK	CHOICE OF JUICE OATMEAL CHIPPED BEEF OVER TOAST SCRAMBLED EGG LOW FAT MILK
A L T	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY FRESH FRUIT	CHOICE OF COLD CEREAL BACON PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL BACON TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL PEANUT BUTTER TOAST MARGARINE/JELLY FRESH FRUIT
L U N C H	ROAST BEEF/ BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGIES DINNER ROLL FRUIT AUTUMN GELATIN	CHERRY GLAZED HAM SWEET POTATOES RIVIERA VEGETABLES FRUIT PUMPKIN VOLCANO CAKE	BUTTER CRUMB COD TARTAR SAUCE BABY BAKERS GREEN BEANS FRUIT BANANA CAKE	SPAGHETTI AND MEATBALLS GARLIC BREAD TOSSED SALAD FRUIT STRAWBERRY RHUBARB PIE	SWISS STEAK BUTTERED PEAS REDSKIN POTATOES ROSEY APPLESAUCE FRUIT STRUDEL BITE	BUTTERFLY SHRIMP BAKED POTATO SUNSHINE CARROTS FRUIT LEMON POPPYSEED CAKE WITH WHIPPED TOPPING	CHEDDARWURST ON A BUN MASHED POTATOES AND GRAVY BAKED BEANS FRUIT CHERRY PIE
A L T	LEMON PEPPER COD TARTAR SAUCE	CHICKEN CLUB WRAP	GRILLED REUBEN SANDWICH	GRILLED POLLOCK TARTAR SAUCE	CUBAN PORK SANDWICH	BAKED TURKEY FRITTER WITH GRAVY	EGG SALAD SANDWICH
S U P P E R	CHEESE OMELET PARSLEY POTATOES APPLESAUCE CUP YELLOW CAKE WITH CHOCOLATE FROSTING	FISH STICKS TARTAR SAUCE KRINKLE CUT FRIES STRAWBERRIES SUGAR COOKIE	HAMBURGER VEGETABLE BARLEY SOUP SLICED TURKEY SANDWICH WITH LETTUCE, TOMATO, AND MAYONNAISE FRUIT ICE CREAM TREAT	EGG AND CHEESE SANDWICH TRI TATORS PINEAPPLE PRETZEL DESSERT	MINESTRONI SOUP CHICKEN SALAD SANDWICH FRUIT BLUEBERRY CHEESE CAKE	HAMBURGER WITH LETTUCE, TOMATO AND ONION FRIED POTATOES WITH ONION FRUIT PEANUT BUTTER COOKIE	HAM AND EGG BAKE ZUCCHINI AND TOMATO FRUIT CUP PUDDING CUP
A L	TURKEY SALAD SANDWICH	VEGETABLE LASAGNA	CABBAGE ROLL	SALMON BURGER	BRAT PATTY ON A BUN	TUNA SALAD SANDWICH	APPLEWOOD SMOKED CHICKEN TENDERS

Notes:

BREAD/MARG AND LOW FAT MILK AVAILABLE AT MEALS.

SOUP OF THE DAY OFFERED AT LUNCH AND SUPPER DAILY



Menus Approved By \_\_\_\_\_

Dates: 10/21 11/25 12/30 2/3 3/10 4/14

WEEK 3

COLUMBIA HEALTH CARE CENTER – FALL/WINTER 2018-2019

WEEEEK AT A GLANCE

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A	CHOICE OF JUICE OATMEAL SCRAMBLED EGG CINNAMON ROLL LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG RING DONUT TOAST LOW FAT MILK	CHOICE OF JUICE MALT O MEAL BACON FRENCH TOAST/SYRUP LOW FAT MILK	CHOICE OF JUICE OATMEAL SAUSAGE PATTY JELLY DONUT 1/2 LOW FAT MILK	CHOICE OF JUICE CREAM OF WHEAT CHICKEN SAUSAGE LINKS WESTERN OMLETTE LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG PANCAKES/SYRUP BANANA LOW FAT MILK	CHOICE OF JUICE OATMEAL BISCUIT AND GRAVY SCRAMBLED EGG LOW FAT MILK
A L T	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER FRESH FRUIT	CHOICE OF COLD CEREAL BACON PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL CEREAL BACON TOAST PEANUT BUTTER	CHOICE OF COLD CEREAL CEREAL PEANUT BUTTER TOAST FRESH FRUIT
L U N C H	PORK TENDERLOIN WITH GRAVY TWICE BAKED POTATOES GREEN BEAN CASSEROLE ROLL/MARG FRUIT LEMON BAR	CHICKEN FILET WITH BBQ SAUCE, SWISS CHEESE AND BACON ON A BUN BABY BAKERS ESCALOPED CORN FRUIT BLUEBERRY PIE	SMOKED SAUSAGE WITH PEPPERS AND ONION MASHED POTATOES AND GRAVY WAX BEANS FRUIT ZUCCHINI BROWNIE	OPEN FACED HOT TURKEY SANDWICH MASHED POTATOES AND GRAVY STUFFING BRUSSELL SPROUTS PUMPKIN PIE	BBQ RIBLET ON A BUN RIVIERA BLEND VEGETABLES SWEET POTATO FRIES FRUIT APPLE CARAMEL CHEESE CAKE	CRAFT BEER BATTERED COD TARTAR SAUCE SCALLOPED POTATOES BROCCOLI CUTS FRUIT LEMON LAYER CAKE	HAMBURGER ON A BUN PICKLE AND RAW ONION POTATO SALAD GARDEN BLEND VEGETABLE FRUIT PEACH PIE
A L T	WHITEFISH BURGER ON BUN, TARTAR, LET, TOM	SOFT SHELL TACO	ROAST BEEF SANDWICH WITH CREAMY HORSERADISH SAUCE ON A HOAGIE	ITALIAN CHICKEN BREAST FILET	SALMON CROQUETTE WITH TARTAR SAUCE	VEGETABLE QUICHE	FISH NUGGETS WITH TARTAR SAUCE
S U P P E R	CREAM OF BROCCOLI SOUP ROAST BEEF SANDWICH WITH MAYO APPLESAUCE CUP PEANUT BUTTER BROWNIE	BEEF CHOP SUEY STEAMED RICE EGGROLL FRUIT COOKIE	CALIFORNIA CHICKEN CASSEROLE BUTTERED PEAS FRUIT BANANA NUT MUFFIN	BEAN AND HAM SOUP EGG SALAD SANDWICH EMERALD PEAR SCOTCHAROO	PIZZA GRILLED ZUCHINNI FRUIT SUGAR COOKIE	BAKED MACARONI AND CHEESE DICED CARROTS DINNER ROLL FRUITED JELLO	CHICKEN RICE SOUP HOT HAM AND CHEESE ON A BUN FRUIT CUP APPLE CRISP
A L T	STUFFED PEPPER	HUSHPUPPY FISH FILET WITH TARTAR SAUCE	POLISH SAUSAGE ON A BUN	CORN DOG	BAKED MUSHROOM CHICKEN	CRISPY CHICKEN SALAD	BAKED TURKEY FRITTER WITH GRAVY

Notes:

BREAD/MARG AND LOW FAT MILK AVAILABLE AT MEALS.  
SOUP OF THE DAY OFFERED AT LUNCH AND SUPPER DAILY

















Menus Approved By: \_\_\_\_\_

Dates: 10/28 12/2 1/6 2/10 3/17 4/21

WEEK 4

COLUMBIA HEALTH CARE CENTER – FALL/WINTER 2018-2019

WEEEEK AT A GLANCE

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F	CHOICE OF JUICE OATMEAL SCRAMBLED EGG CINNAMON ROLL LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG FROSTED LONG JOHN 1/2 TOAST	CHOICE OF JUICE MALT O MEAL BACON FRENCH TOAST/SYRUP LOW FAT MILK	CHOICE OF JUICE OATMEAL SAUSAGE PATTY BAVARIAN CREAM FILLED DONUT 1/2	CHOICE OF JUICE CREAM OF WHEAT CHICKEN SAUSAGE LINKS WESTERN OMLETTE LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG PANCAKES/SYRUP BANANA	CHOICE OF JUICE OATMEAL CHIPPED BEEF ON TOAST SCRAMBLED EGG LOW FAT MILK
A L T	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY FRESH FRUIT	CHOICE OF COLD CEREAL BACON PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL BACON TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL PEANUT BUTTER TOAST MARGARINE/JELLY FRESH FRUIT
L U N C H	HERB BAKED COD TARTAR  TRI COLOR SWEET POTATOES PEAS FRUIT RED JELLO POKE CAKE	PLAIN CHICKEN FILET  CHICKEN CORDON BLEU CASSEROLE MASHED POTATOES AND GRAVY GREEN BEANS FRUIT BUTTERSCOTCH PUDDING	ROAST BEEF MASHED POTATOES BROWN GRAVY MALIBU BLEND VEGETABLES STRAWBERRY SHORT CAKE	HOMEMADE CHILI GRILLED CHEESE SANDWICH SWEET POTATO WEDGES FRUIT PEACH COBBLER	MEATLOAF MASHED POTATOES AND GRAVY BUTTERED CORN FRUIT APPLE BAR	BUTTER CRUMB BAKED COD  TARTAR SAUCE RICE PILAF SUNSHINE CARROTS FRUIT LEMON MERINGUE PIE	TURKEY AND STUFFING CASSEROLE GREEN AND GOLD BEANS DINNER ROLL WITH BUTTER FRUIT PUMPKIN MOUSSE
A L T	ITALIAN CHICKEN FILET	PIZZA BURGER ON A BUN	CHICKEN CEASAR SALAD 	 TURKEY, SWISS, BACON, AND TOMATO ON MULTI G RAIN BREAD WITH MAYO	GRILLED POLLOCK WITH TARTAR SAUCE 	DEEP FRIED CHICKEN FILET WITH LETTUCE, TOMATO, AND MAYO, MASHED POTATOES	CHICKEN TENDERS WITH DIPPING SAUCE 
S U P P E R	BRATWURST PATTY/BUN WITH PICKLES POTATO CHIPS FRUIT CUP LEMON COOKIE	HAM LOAF SQUASH FRUIT CHERRY DREAM BAR	MUSHROOM BARLEY SOUP HAM SALAD SANDWICH FRUIT OATMEAL RAISIN COOKIE	SLICED PORK TENDERLOIN IN GRAVY  MASHED POTATOES PEAS AND CARROTS RED JELLO WITH BANANA	SCALLOPED POTATOES & HAM BROCCOLI FRUIT POWDER SUGAR BROWNIE	TATER TOT CASSEROLE CAULIFLOWER WITH CHEESE SAUCE FRUIT FROSTED ANGEL FOOD CAKE	CHICKEN VEG SOUP  EGG SALAD SANDWICH FRUIT CUP PEANUTBUTTER COOKIE
A L T	CHICKEN SALAD SANDWICH 	STEAK-UM ON A BUN  WITH RAW ONION AND PICKLES	BAKED FISH SANDWICH WITH LETTUCE AND  TARTAR	SPINACH RAVIOLI IN ALFREDO SAUCE	BAKED TURKEY FRITTER WITH GRAVY 	TUNA SALAD SANDWICH 	PIZZA BURGER ON A BUN














Notes:

BREAD/MARG AND LOW FAT MILK AVAILABLE AT MEALS.  
SOUP OF THE DAY OFFERED AT LUNCH AND SUPPER DAILY



Menus Approved By: \_\_\_\_\_

Dates: 11/4 12/9 1/13 2/17 3/24 4/28

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B R E A K F A</b>	CHOICE OF JUICE OATMEAL SCRAMBLED EGG CINNAMON ROLL LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG RING DONUT TOAST LOW FAT MILK	CHOICE OF JUICE MALT O MEAL BACON FRENCH TOAST/SYRUP LOW FAT MILK	CHOICE OF JUICE OATMEAL SAUSAGE PATTY JELLY DONUT 1/2 LOW FAT MILK	CHOICE OF JUICE CREAM OF WHEAT CHICKEN SAUSAGE LINKS WESTERN OMLETTE LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG PANCAKES/SYRUP BANANA LOW FAT MILK	CHOICE OF JUICE OATMEAL BISCUIT AND GRAVY SCRAMBLED EGG LOW FAT MILK
<b>A L T</b>	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY FRESH FRUIT	CHOICE OF COLD CEREAL BACON PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL BACON TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL PEANUT BUTTER TOAST MARGARINE/JELLY FRESH FRUIT
<b>L U N C H</b>	BAKED HAM MASHED POTATOES AND GRAVY SQUASH FRUIT DINNER ROLL DUMP CAKE	BAKED LEMON PARSLEY COD  WILD RICE BUTTERED PEAS FRUIT CHERRY CRISP	BREADED CHICKEN WINGS TWICE BAKED POTATO PACIFIC BLEND VEGETABLE FRUIT 4 LAYER TORTE	PORK TENDERLOIN  POTATO PANCAKES RIVIERA BLEND VEGETABLE APPLESAUCE ICED BLUEBERRY LEMON CAKE	CHICKEN AND DUMPLINGS BROCCOLI FLORETS  FRUIT OATMEAL APPLE BUTTER BAR	BEER BATTERED FISH TARTAR SAUCE SWEET POTATOE FRIES CALICO BEANS FRUIT MINI CREAM PUFF	MARINARA CHICKEN ITALIAN BLEND VEGETABLE GARLIC BREAD FRUIT APPLE PIE
<b>A L T</b>	SALSBURY STEAK IN GRAVY 	CRANBERRY TURKEY MELT ON MULTI GRAIN BREAD	PORK CHOPETTE IN GRAVY 	APPLEWOOD SMOKED CHICKEN TENDERS	BBQ RIBLET ON A BUN	SLICED ROAST SANDWICH ON MULTI GRAIN BREAD, HORSERADISH SAUC 	CHICKEN SALAD SANDWICH WITH LETTUCE 
<b>S U P P E R</b>	SPLIT PEA SOUP CRACKERS BOLOGNA SALAD SANDWICH FRUIT CUP BUTTERSCOTCH BROWNIE	GOLDEN PORK FRITTER MASHED POTATOES AND GRAVY FRUIT ICE CREAM TREAT	FISH STICKS  TARTAR SAUCE TATER TOTS FRUIT CHOCOLATE BANANA CAKE	VEG BEEF SOUP SUMMER SAUSAGE SAND WITH LETTUCE AND TOMATO FRUIT CHOCOLATE CHIP	BEEF STROGANOFF OVER NOODLES WAX BEANS FRUIT COCONUT CREAM PIE	WAFFLE COATED CHICKEN FRIES HASH BROWN BAKE CALIFORNIA BLEND VEGETABLE FRUITED JELLO	TUNA NOODLE CASSEROLE SUNSHINE CARROTS  FRUIT CUP COOKIE
<b>A L T</b>	SLICED TURKEY SANDWICH WITH LETTUCE AND MAYO 	SALMON CROQUETTE WITH TARTAR SAUCE 	LASAGNA ROLLUP	WHITEFISH BURGER ON A BUN WITH LETTUCE, TARTAR 	VEGETABLE QUICHE 	FISH NUGGETS WITH TARTAR SAUCE 	COTTAGE CHEESE AND FRUIT SALAD 

Notes:

BREAD/MARG AND LOW FAT MILK AVAILABLE AT MEALS.

SOUP OF THE DAY OFFERED AT LUNCH AND SUPPER DAILY



Menus Approved By: \_\_\_\_\_

Dates: 11/11 12/16 1/20 2/24 3/31 5/5