













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 SCRAMBLED EGG 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 CHEDDAR 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 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	ROAST BEEF MASHED POTATOES AND GRAVY CALIFORNIA BLEND VEGETABLE FRUIT CHOCOLATE CAKE/FROSTING	BAKED MACARONI AND CHEESE BROCCOLI DINNER ROLL FRUIT BOSTON CREAM PIE	 HAMBURGER ON A BUN WITH THE WORKS CREAMY CUCUMBER SALAD BAKED BEANS FRUIT PBJ BAR	ONION STEAK IN GRAVY TWICE BAKED POTATO PACIFIC BLEND VEGETABLE FRUIT BUTTERSCOTCH PUDDING IN A TART SHELL	HAM AND CAULIFLOWER CASSEROLE MASHED REDSKIN POTATOES FRUIT CHERRY CHEESE CAKE	POORMAN'S LOBSTER TARTAR SAUCE  TRI COLOR SWEET POTATOES BRUSSEL SPROUTS FRUIT GLAZED LEMON BROWNIE	SALSBURY STEAK MASHED POTATOES AND GRAVY PEAS AND CARROTS FRUIT PISTACIO BAR DESSERT
A L	GRILLED POLLOCK WITH TARTAR SAUCE 	TUNA MELT 	CHICKEN DIVAN CASSEROLE	TURKEY BURGER ON A BUN WITH LETTUCE AND TOMATO 	CHICKEN FAJITA 	HOMEMADE LASAGNE	TURKEY SANDWICH  LETTUCE, MAYO
S U P P E R	BAKED FISH SANDWICH TARTAR SAUCE  COLE SLAW FRUIT CUP SNICKERDOODLE COOKIE	CHICKEN DUMPLING SOUP  HAM AND SPINACH SANDWICH ON RYE FRUIT RICE KRISPIE BAR	HOMEMADE PIZZA BABY CARROTS FRUITED JELLO PEACH PIE	FRANKS AND BEAN BAKE CORN BREAD CALIFORNIA BLEND VEGETABLE FRUIT	VEGETABLE SOUP  TUNA SALAD SANDWICH WITH LETTUCE  FRUIT FROSTED BANANA CAKE	HOT PORK TENDERLOIN SANDWICH OPEN FACED WITH MASHED POTATOES AND GRAVY  UNDER SEA SALAD	CHICKEN TENDERS WITH DIPPING SAUCE AU GRATIN POTATOES FRUIT CUP RED POKE CAKE
A L T	STEAK-UM ON A BUN WITH RAW ONION AND PICKLES	CHIMICHANGA ON A BED OF LETTUCE	EGG SALAD SANDWICH POTATO CHIPS 	MEATBALL SUB WITH MOZZARELLA 	STUFFED PEPPER	SUB SANDWICH WITH LUNCH MEAT, CHEESE, LETTUCE, TOMATO AND PICKLES	MANICOTTI IN SPAGHETTI MEAT SAUCE 

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


















Menus Approved By: _____
WEEK OF: 10/13 11/17 12/22 1/26 3/1 4/5

WEEK 2

COLUMBIA HEALTH CARE CENTER – FALL/WINTER 2019-2020

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 SCRAMBLED EGG 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 CHEDDAR 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 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 FRUIT
L U N C H	GLAZED BAKED HAM GREEN BEANS BUTTERED SQUASH DINNER ROLL FRUIT PEANUT BUTTER BROWNIE	GOULASH CORN BREAD RIVIERA VEGETABLES FRUIT RASPBERRY WHITE CAKE	SMOTHERED CHICKEN BREAST FILET  WILD RICE PEAS FRUIT PINEAPPLE UPSIDEDOWN CAKE	SPAGHETTI AND MEATBALLS  GARLIC BREAD ITALIAN BLEND VEGETABLE FRUIT STRAWBERRY RHUBARB PIE	MEATLOAF MASHED POTATOES AND GRAVY BUTTERED CORN FRUIT CRANBERRY APPLE DESSERT	BUTTERFLY SHRIMP BAKED POTATO WITH SOUR CREAM AND BUTTER SUNSHINE CARROTS FRUIT LEMON POKE CAKE WITH WHIPPED TOPPING	BRAT PATTY ON A BUN MASHED POTATOES AND GRAVY COLE SLAW FRUIT CHERRY PIE
A L T	LEMON PEPPER COD  TARTAR SAUCE	QUICHE LORRAINE 	GRILLED REUBEN SANDWICH	GRILLED POLLOCK TARTAR SAUCE 	CHICKEN CAESAR SALAD 	CRANBERRY TURKEY MELT 	CHEESY CHICKEN SPINACH BAKE 
S U P P E R	CHEESEBURGER SOUP WARM BUTTERED BISCUIT ROSEY APPLESAUCE YELLOW CAKE WITH CHOCOLATE FROSTING	FISH STICKS  TARTAR SAUCE SCALLOPED POTATOES FRUITED JELLO SUGAR COOKIE	HAMBURGER VEGETABLE BARLEY SOUP  SLICED TURKEY SANDWICH WITH LETTUCE, TOMATO, AND MAYONNAISE FRUIT BANANA TORTE	EGG AND CHEESE SANDWICH  TRI TATORS BLUEBERRY CHEESE CAKE	MINISTRONI SOUP CHICKEN PARMESAN  FRUIT PINEAPPLE PRETZLE DESSERT	HOT DOG ON A BUN PICKLES, RELISH, ONION FRIED POTATOES WITH ONION FRUIT PEANUT BUTTER COOKIE	HAM AND EGG BAKE STEWED TOMATO AND ZUCHINNI FRUIT CUP PUDDING PARFAIT
A L T	BBQ CHICKEN FILET ON A BUN 	VEGETABLE LASAGNA	APPLEWOOD SMOKED CHICKEN TENDERS	ROAST BEEF ON A HOGIE WITH HORSERADISH SAUCE	EGG SALAD SANDWICH	TUNA NOODLE CASSEROLE 	COD NUGGETS WITH TARTAR SAUCE 

Notes:

BREAD/MARG AND LOW FAT MILK AVAILABLE AT MEALS.

SOUP OF THE DAY OFFERED AT LUNCH AND SUPPER DAILY



Menus Approved By _____

WEEK OF: 10/20 11/24 12/29 2/2 3/8 4/12

WEEK 3

COLUMBIA HEALTH CARE CENTER – FALL/WINTER 2019-2020

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	CHOICE OF JUICE MALT O MEAL SCRAMBLED EGG 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 CHEDDAR OMLETTE LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG PANCAKES/SYRUP BANANA	CHOICE OF JUICE OATMEAL BISCUIT AND GRAVY SCRAMBLED EGG LOW FAT MILK
A L T	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER 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 FRIED EGG TOAST PEANUT BUTTER MARGARINE/JELLY	CHOICE OF COLD CEREAL CEREAL BACON TOAST PEANUT BUTTER	CHOICE OF COLD CEREAL CEREAL PEANUT BUTTER TOAST FRUIT
L U N C H	PORK TENDERLOIN WITH GRAVY GLAZED SWEET POTATOES RIVIERA BLEND VEGETABLE FRUIT 4 LAYER TORTE	SWISS STEAK BABY BAKERS ESCALOPED CORN FRUITED JELLO BLUEBERRY PIE	PORCUPINE MEATBALLS BUTTERED NOODLES WAX BEANS FRUIT ANGEL FOOD CAKE	CHICKEN BISCUIT CASSEROLE BROCCOLI FRUIT GRANDMA'S OATMEAL CAKE	ROAST TURKEY MASHED POTATOES AND GRAVY STUFFING GARDEN BLEND VEGETABLE CRANBERRY SAUCE PUMPKIN PIE	CRAFT BEER BATTERED COD TARTAR SAUCE SCALLOPED POTATOES MALIBU BLEND VEGETABLE FRUIT LEMON BLUEBERRY BAR	BBQ ON A BUN POTATO SALAD BAKED BEANS FRUIT RED JELLO POKE CAKE
A L T	CHICKEN CORDON BLEU	FISH FLORENTINE WITH SPINACH	FRENCH DIP WITH AU JUS	FIREBRAISED TURKEY SANDWICH ON MULTI GRAIN BREAD WITH MAYO	SALMON CROQUETTE WITH TARTAR SAUCE	HEARTY CHICKEN TORTILLA SOUP	FISH NUGGETS WITH TARTAR SAUCE
S U P P E R	CREAM OF BROCCOLI SOUP ROAST BEEF SANDWICH WITH MAYO APPLESAUCE CUP MONSTER COOKIE	SCALLOPED POTATOES AND HAM PEAS FRUIT CHERRY DREAM BAR	BRUCHETTA CHICKEN CASSEROLE GRILLED ZUCCINI FRUIT BANANA PUDDING	FRENCH ONION SOUP EGG SALAD SANDWICH EMERALD PEAR APPLE CRISP	BEEF CHOP SUEY WHITE RICE EGGROLL FRUIT SUGAR COOKIE	BAKED MACARONI AND CHEESE DICED CARROTS DINNER ROLL FRUIT	CHICKEN RICE SOUP HOT HAM AND CHEESE ON A BUN FRUIT CUP DOUBLE CHOCOLATE COOKIE
A L T	GRILLED TURKEY AND SWISS SANDWICH	CHEF SALAD WITH DICED CHICKEN AND VEGGIES	HUSHPUDDY FISH FILET WITH TARTAR SAUCE	ROAST BEEF ON A HOAGIE WITH CREAMY HORSE RADISH SAUCE	BUTTER CRUMB COD WITH TARTAR SAUCE	TERIYAKI GLAZED CHICKEN FILET ON A BUN	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: _____ 4/19

WEEK OF: 10/27 12/1 1/5 2/9 3/15

WEEK 4

COLUMBIA HEALTH CARE CENTER – FALL-WINTER 2019-2020

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 SCRAMBLED EGG 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 CHEDDAR 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 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 FRUIT
L U N C H	TURKEY BREAST WITH GRAVY BROCCOLI AND CHEESE SAUCE BABY BAKERS FRUIT PUMPKIN MOUSSE	LEMON AND HERB BAKED COD MASHED POTATOES AND GRAVY ZUCCHINI CASSEROLE FRUIT HUMMINGBIRD CAKE	CHICKEN VEGETABLE STIR FRY WHITE RICE EGGROLL MANDARIN ORANGES APPLE BAR	ROAST BEEF MASHED POTATOES AND GRAVY PEAS FRUIT CHOCOLATE FROSTED BROWNIE	PORK TENDERLOIN POTATO PANCAKES SQUASH FRUIT GERMAN APPLE CAKE	FISH SANDWICH TARTAR SAUCE AU GRATIN POTATOES RIVIERA BLEND VEGETABLE FRUIT LEMON MERINGUE PIE	HONEY MUSTARD CHICKEN FILET BAKED SWEET POTATOES1 SCALLOPED CORN FRUIT ALMOND BAR
A L T	SWEDISH MEATBALLS	BBQ RIBLET ON A BUN	GRILLED BONE IN PORK CHOP WITH MASHED POTATOES AND GRAVY	TURKEY, SWISS, BACON, AND TOMATO ON MULTI GRAIN BREAD WITH MAYO	GRILLED POLLOCK WITH TARTAR SAUCE	DEEP FRIED CHICKEN FILET WITH LETTUCE, TOMATO, AND MAYO	PIZZA BURGER ON A BUN
S U P P E R	BRATWURST PATTY/BUN WITH PICKLES POTATO CHIPS FRUIT CUP CHOCOLATE CHIP COOKIE	HAMBURGER POTATO CASSEROLE PEAS AND CARROTS FRUIT ICE CREAM	MUSHROOM BARLEY SOUP GRILLED CHEESE FRUIT OATMEAL RAISIN COOKIE	SPAGHETTI PIE SUNSHINE CARROTS FRUITED JELLO WITH BANANA	BEEF STEW OVER MASHED POTATOES BROCCOLI FRUIT RICE PUDDING	CHEESE STUFFED SHELL IN MARINARA SAUCE GARLIC BREAD ITALIAN BLEND VEGETABLE SHERBERT	CHICKEN VEG SOUP EGG SALAD SANDWICH FRUIT CUP PEANUTBUTTER COOKIE
A L T	CHICKEN SALAD SANDWICH	CHICKEN PHILLY WITH FRIED ONION AND SWISS ON A HOAGIE	BAKED FISH SANDWICH WITH LETTUCE AND TARTAR	OLD BAY BAKED COD	BAKED TURKEY FRITTER WITH GRAVY	HUSH PUPPY FISH FILET WITH TARTAR SAUCE	COUNTRY FRIED STEAK 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: _____

WEEK OF: 11/3 12/8 1/12 2/16 3/22 4/26

WEEK 5

COLUMBIA HEALTH CARE CENTER – FALL-WINTER 2019-2020

WEEEK AT A GLANCE

	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 SCRAMBLED EGG 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 CHEDDAR OMLETTE LOW FAT MILK	CHOICE OF JUICE OATMEAL FRIED EGG PANCAKES/SYRUP BANANA LOW FAT MILK	CHOICE OF JUICE OATMEAL FRENCH TOAST CASSEROLE SCRAMBLED EGG LOW FAT MILK
A L T	CHOICE OF COLD CEREAL TOAST PEANUT BUTTER MARGARINE/JELLY 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 FRUIT
L U N C H	CREAMY ITALIAN CHICKEN OVER BUTTERED EGG NOODLES GREEN AND GOLD BEAN CHOCOLATE PUDDING IN A TART SHELL, FRUIT	SHRIMP STRI FRY CITRUS RICE  BROCCOLI FRUIT CHERRY CRISP	BREADED CHICKEN TENDERS TWICE BAKED POTATO MALIBU BLEND VEGETABLE FRUIT APPLE PIE	PULLED PORK ON A BUN SWEET POTATO CASSEROLE GREEN BEANS STRAWBERRY SHORTCAKE OVER A BISCUIT	HOMEMADE CHILI GRILLED CHEESE TOSSED SALAD FRUIT LUNCH LADY BROWNIES	BEER BATTERED FISH TARTAR SAUCE MAPLE ROASTED SWEET POTATO CALICO BEANS FRUIT CARROT CAKE CRCHEESE FROSTING	ITALIAN CHICKEN BREAST FILET  MASHED POTATOES AND GRAVY ITALIAN BLEND VEGETABLE FRUIT MINI CREAM PUFFS
A L T	PORK CHOPETTE IN GRAVY 	COUNTRY FRIED STEAK WITH GRAVY	BAKED PORK FRITTER WITH GRAVY 	WHITEFISH BURGER ON A BUN WITH  TARTAR SAUCE	FIREBRAI  SED TURKEY SANDWICH ON MULTI GRAIN BREAD WITH MAYO	SALSBURY STEAK IN GRAVY 	CHEDDARWURST ON A BUN
S U P P E R	MUSHROOM SOUP CRACKERS  SLICED TURKEY AND CHEESE SANDWICH WITH MAYO FRUIT CUP COOKIE	WESTERN OMLETTE LIL SMOKIES HASH BROWN BAKE PUMPKIN BAR	TATER TOT CASSEROLE PICKLED BEETS DINNER ROLL FRUITED JELLO	VEG BEEF SOUP SUMMER SAUSAGE SANDWICH FRUIT CHOCOLATE CHIP BANANA CAKE	BEEF STROGANOFF OVER NOODLES  BUTTERED CORN FRUIT APPLE BAR	CHEESEY CALIFORNIA SOUP HAM AND SWISS ON RYE PICKLES FRUIT LEMON POKE CAKE WITH WHIPPED TOPPING	KALUA PORK BABY CARROTS MASHED POTATOES AND GRAVY PEACH COBBLER
A L T	TACO CASSEROLE	SALMON CROQUETTE WITH TARTAR SAUCE 	FISH STICKS  TARTAR SAUCE	BAKED RANCH CHICKEN FILET 	WALLEYE FINGERS WITH TARTAR SAUCE	FISH NUGGETS WITH TARTAR SAUCE 	CHICKEN SALAD SANDWICH 

Notes:

BREAD/MARG AND LOW FAT MILK AVAILABLE AT MEALS.

SOUP OF THE DAY



SOUP OF THE DAY OFFERED AT LUNCH AND SUPPER DAILY

WEEK OF: 11/10 12/15 1/19 2/23 3/29 5/3