

Greenwood House Menu Week of 1/23/2022

| DAY | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|--|---|
| Week 1 | 1/23/2022 | 1/24/2022 | 1/25/2022 | 1/26/2022 | 1/27/2022 | 1/28/2022 | 1/29/2022 |
| Breakfast House Selection - Based on Resident Preferences | Orange or Banana - 1 Orange Juice - 4 oz Cereal: Cold - 1 ea or Oatmeal- 6 oz Hard Cooked Egg - 1 Toast - 1 sl w/Margarine/Jelly - 1 ea Milk - 8 oz Coffee - 8 oz | Orange or Banana - 1 Orange Juice - 4 oz Cereal: Cold - 1 ea\Cream of Wheat 6oz Scrambled Egg - ¼ c Toast - 1 sl w/Margarine/Jelly - 1 ea Milk - 8 oz Coffee - 8 oz | Orange or Banana - 1 Orange Juice - 4 oz Cereal: Cold - 1 ea or Oatmeal- 6 oz Hard Cooked Egg - 1 Toast - 1 sl w/Margarine/Jelly - 1 ea Milk - 8 oz Coffee - 8 oz | Orange or Banana - 1 Orange Juice - 4 oz Cereal: Cold - 1 ea\Cream of Wheat 6oz Scrambled Egg - ¼ c Toast - 1 sl w/Margarine/Jelly - 1 ea Milk - 8 oz Coffee - 8 oz | Orange or Banana - 1 Orange Juice - 4 oz Cereal: Cold - 1 ea or Oatmeal- 6 oz Hard Cooked Egg - 1 Toast - 1 sl w/Margarine/Jelly - 1 ea Milk - 8 oz Coffee - 8 oz | Orange or Banana - 1 Orange Juice - 4 oz Cereal: Cold - 1 ea\Cream of Wheat 6oz Scrambled Egg - ¼ c Toast - 1 sl w/Margarine/Jelly - 1 ea Milk - 8 oz Coffee - 8 oz | Orange or Banana - 1 Orange Juice - 4 oz Cereal: Cold - 1 ea or Oatmeal- 6 oz Scrambled Egg - ¼ c Toast - 1 sl w/Margarine/Jelly - 1 ea Milk - 8 oz Coffee - 8 oz |
| Lunch | Tossed Salad/Dressing 1 c/1 oz Beef Noodle Soup-6oz Yankee Pot Roast/Gravy- 4oz Peas and Carrots - 1/2 c Mashed Potatoes - 1/2 c Bread/ Margarine - 1 ea Peaches - ½ c Tea - 8 oz | Navy Bean Soup - 6 oz Chicken Chow Mein- 6 oz Rice Medley - ½ c Oriental Vegetables - ½ c Egg Roll - 2 each Bread/margarine - 1 ea Pineapple Tidbits - 1/2 c Tea - 8 oz | Tossed Salad - 1 c/Dressing - 2 oz Tomato Florentine Soup - 6 oz Beef BBQ - 6 oz Bowtie Noodles - ½ c Green Beans - ½ c Cornbread - 1 piece Apple Crisp - ½ c Tea - 8 oz | Chicken Noodle Soup - 6 oz Pasta and Beef Casserole - 6 oz Mixed Vegetables - ½ c Bread / Margarine - 1 ea Ambrosia - ½ c Tea - 8 oz | Chicken Orzo Soup - 6 oz Roast Turkey - 4 oz Gravy - 2 oz Stuffing - ½ c Capri Vegetable - 1/2cup Roll/ Margarine - 1 ea Marble Pound Cake - 1 sl Tea - 8 oz | Split Pea Soup - 6 oz Vegetable LoMein - 1 cup Oriental Vegetables - 1/2 c Chinese Noodles - 2 oz Egg Roll - 2 each Bread/Margarine - 1 ea Chocolate Pudding -1/2 c Milk - 8 oz | Pasta Fagioli Soup 6 oz Swedish Meat Balls Noodles - ½ c Beans with mushrooms - ½ c Challah Roll/Margarine - 1 ea Fresh Fruit Salad - 1/2 c Tea - 8 oz |
| Alternate 1 | Sliced Turkey Sandwich - 4 oz on Rye, Lettuce and Tomato Pasta Salad - 1/2 c Health Salad - 1/2 c | Pastrami (4 oz) Sandwich on Rye Mustard 1 pc Potato Salad 1/2 c Cole slaw - 1/2 c | Chicken Tenders - 4 oz Honey Mustard Sauce - 1 pc Tater tots - ½ c Green Beans - 1/2 c | Chicken Salad Hoagie - 4 oz Pickled Beets - ½ c Lettuce and Tomato - 2sl Roll - 1 ea | Sealeg Salad Platter - 1/2 c Lettuce/Tomato - 2 sl each Macaroni Salad - 1/2 c/ Roll Fresh Strawberries - 1/2 c | Veg Cheese Burger-1 ea Roll - 1 Roasted Potatoes -1/2 cup Lettuce and Tomato- 2 sl | Herbed Baked Chicken - 6oz Beans with Mushrooms - 1/2c Noodles- ½ c |
| Dinner | Tomato Soup- 6 oz Stuffed Shells in Alfredo Sauce - 6 oz Spinach - ½ c Garlic Bread -1 piece Ice cream - ½ c Milk - 8 oz Coffee - 8 oz | Cr of Cauliflower Soup - 6 oz Country Style Egg, Potato and Pepper Casserole - 6 oz Applesauce - ½ c Rye Bread/Margarine - 1 ea Cookies - 2ea Milk - 8 oz Coffee - 8 oz | Minestrone Soup- 6oz Soup- 6 oz Spaghetti and Vegetarian "Meat" Sauce with Cheese 6 oz Italian Zucchini - ½ c Bread/Margarine - 1ea Rugelach- 2 each Milk - 8 oz Coffee - 8 oz | Cream of Celery Soup- 6 oz Cheese Manicotti - 6 oz Parslied Cauliflower - 1/2 c Garlic Stick - 1 Cranberry Fluff - 1/2c Milk - 8 oz Coffee - 8 oz | Potato Cheese Soup- 6oz Beer Breaded Pollack-4 oz Stewed Tomatoes- ½ c Macaroni and Cheese 1/2c Bread/Margarine - 1 ea Key Lime Delight- ½ c Milk - 8 oz Coffee - 8 oz | Chopped Liver- 2oz Matzo Ball Soup - 6 oz Roast beef - 4 oz California Blend- ½ c Mashed Potoatoes - 1/2 c Challah Roll/margarine - 1ea Mandarin Oranges-1/2 c Tea - 8 oz | Vegetable Soup 6oz Cheese Omelet - 4 oz Hash Browns - ½ c Rye Bread/margarine - 1 ea Applesauce - ½ c Ice Cream Sandwich - 1 ea Milk - 8 oz Coffee - 8 oz |
| Alternate 1 | Salmon cakes 4 oz Tartar Sauce - 1 pc Spinach - ½ c Sweet Potatoes - 1/2 c | Vegetable Stuffed Cabbage-6oz Broccoli - 1/2 c | Egg Salad Sandwich Crossaint- 1ea Lettuce and Tomato - 2sl Pasta Salad - 1/2 c | Mediterranean Platter Hummus - 1/2 c Olives - 2 oz Cucumber Cherry Tomato Salad ½ c Pita Bread - 1 each Grapes 1c | Blintzes - 3 Sour Cream - 1oz Carrot and Raisin Salad - 1/2 c Pear Cinnamon Sauce - ½ c | Chicken marsala - 4 oz California Blend- ½ c Mashed Potatoes - 1/2 c | Tuna Salad Platter-1/2c tuna Lettuce/tomato - 2 slices ea Roll - 1 each Health Salad - 1/2 c |

*Alternate Selections will receive appetizers and desserts as outlined on the House Selection *Menu updated 9/8/21