

Greenwood House Menu Week 3

	Sunday, January 3, 2021	Monday, January 4, 2021	Tuesday, January 5, 2021	Wednesday, January 6, 2021	Thursday, January 7, 2021	Friday, January 8, 2021	Saturday, January 9, 2021
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 Cooks Choice 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 Hard Cooked Egg - 1 Toast – 1 sl w/Margarine/Jelly – 1 ea Milk – 8 oz Coffee – 8 oz
Lunch	Tossed Salad – 1 c/Dressing – 2 oz Vegetable Soup – 6 oz Chicken A La King – 6 oz egg noodles – ½ c wax beans – ½ c Roll/Margarine – 1 ea Pineapple Chunks – ½ c Tea – 8 oz	Chicken and Stars Soup- 6 oz Beef Bolognese (6 oz) over Penne Pasta (1/2) Capri Vegetables – ½ c Garlic Bread – 1 sl Mandarin Oranges – ½ c Tea – 8 oz	Tossed Salad – 1 c/Dressing – 2 oz Turkey Noodle Soup – 6 oz Oven Fried Chicken – 4 oz California Blend Vegetables - ½ c Mashed Potatoes – ½ c Bread/Margarine – 1 ea Peach Crisp – ½ c Tea – 8 oz	Lentil Soup – 6 oz Hamburger - 4 oz Bun – 1 Lettuce/Tomato – 2 sl Corn niblets – 1 sm tater tots – 4 oz Fruited Jello – ½ c Tea – 8 oz	Spring Mix Salad – 1 c/Dressing – 2 oz Tomato Orzo Soup – 6 oz Orange Glazed Chicken – 4 oz Oriental Vegetables – 1/2c Rice- ½ c Bread/Margarine – 1 ea Fresh Fruit in Season – 1 piece Tea – 8 oz	Vegetable Soup – 6 oz Seafood Scampi 6 oz Pasta – ½ c Broccoli – ½ c Bread/Margarine – 1 ea Coconut Banana Pie – 1 sl Milk – 8 oz Coffee – 8 oz	Matzo Ball Soup – 6 oz Shepherds Pie – 6 oz Prince Edward Vegetables – ½ c Challah Roll – 1 ea Baklava – 2oz Tea – 8 oz
Alternate 1	Knockwurst - 1 ea Roll - 1 Sauerkraut – ½ c baked beans – 1/2C	New York Style Corned Beet Sandwich - 3 oz RYE BREAD -2 SL Potato Salad – ½ c Health Salad – ½ c	Stuffed Pepper – 1 Mashed Potatoes – ½ c California Blend Vegetables – ½ c	Chicken Salad Platter - ½ c Couscous Salad – ½ c Lettuce/Tomato – 2 sl	Pepper Steak – 6 oz Rice – ½ c Oriental Vegetables – 1/2c Eggroll – 2 each	Veggie Chili – 6 oz w/ Cheese – ¼ c Rice – ½ cup	Chicken TENDERS – 6 oz Potato Salad – ½ c Cucumber Tomato Salad – ½ c HONEY MUSTARD 1OZ
Dinner	Potato Soup – 6 oz Lemon Pepper Baked Fish – 4 oz Seasoned Rice -½ c Spinach – ½ c Bread/ Margarine – 1 ea Fruit Cup - ½ c Milk – 8 oz Coffee – 8 oz	Broccoli Soup - 6oz Cheese Omelet – 4 oz Carrots - 1/2 cup Obrien Potatoes – ½ c Bread/ Margarine – 1 ea Chocolate Éclair - 1 Milk – 8 oz Coffee – 8 oz	French Onion Soup – 6 oz Vegetable Chicken Parm- 4 oz Sweet Potato Wedges – ½ c Zucchini – ½ c Bread/Margarine -1 ea Strawberry Short Cake – 1 sl milk – 8 oz Coffee – 8 oz	Vegetable Noodle Soup – 6 Teriyaki Salmon – 4 oz Italian Green Beans – ½ c Noodles – ½ c Bread/Margarine -1 sl Tapioca Pudding - 1/2 c Milk – 8 oz Coffee – 8 oz	Bean Soup – 6 oz Vegetable Stuffed Cabbage – 6 oz Normandy Blend Vegetables -1/2 c baked sweet Potatoes – ½ Bread/Margarine – 1 ea Chocolate Mousse – ½ c Milk – 8 oz Coffee- 8 oz	Chopped Liver - 2 oz Chicken Noodle Soup - 6 oz Rosemary Baked Chicken -4 oz Scandinavian Veg – ½ c Kasha And Bowties – ½ c Challah Roll- 1 ea Pineapple/Orange Sections – ½ c Tea – 8 oz	Vegetable Barley Soup – ½ c Macaroni and cheese – 6 oz Stewed tomatoes – ½ c Rye Bread – 1 sl Margarine -1 ea Rice Pudding – ½ c Milk – 8 oz Coffee – 8 oz
Alternate 1	Stuffed Shells in Alfredo Sauce – 6 oz Spinach – ½ c	Eggplant Rollatini – 6 oz Carrots - 1/2 cup	mediterranean platter- 5 oz pita -1 olive – 2 oz cucumber and cherry tomato – 1/2 c grapes – ½ c	Veggie Burger – 1 ea Bun - 1 Lettuce and Tomato – 2 sl Italian Green Beans – ½ c	Cheesy Vegetable Quiche – 1 sl Normandy Blend Vegetables – ½ c	Beef Short Ribs BBQ – 4 oz Kasha and Bowties – ½ c Scandinavian Veg – ½ c	Tuna Melt on English Muffin - 1 ea Cole Slaw - 1/2 cup Fruit Cup – ½ c

*Alternate Selections will receive appetizers and desserts as outlined on the House Selection *Menu updated 9/1/2020