

Greenwood House Menu Week 3

Week 3	3.1.26	3.2.26	3.3.26	3.4.26	3.5.26	3.6.26	3.7.26
DAY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast House Selection – Individualized Based on Resident Preferences	Orange or Banana – 1	Orange or Banana – 1	Orange or Banana – 1	Orange or Banana – 1	Orange or Banana – 1	Orange or Banana – 1	Orange or Banana – 1
	Orange Juice – 4 oz	Orange Juice – 4 oz	Orange Juice – 4 oz	Orange Juice – 4 oz	Orange Juice – 4 oz	Orange Juice – 4 oz	Orange Juice – 4 oz
	Cereal: Cold – 1 ea or Oatmeal– 6 oz	Cereal: Cold – 1 ea\Cream of Wheat 6oz	Cereal: Cold – 1 ea or Oatmeal– 6 oz	Cereal: Cold – 1 ea\Cream of Wheat 6oz	Cereal: Cold – 1 ea or Oatmeal– 6 oz	Cereal: Cold – 1 ea\Cream of Wheat 6oz	Cereal: Cold – 1 ea or Oatmeal– 6 oz
	Hard Cooked Egg - 1	Scrambled Egg – 2 oz	Hard Cooked Egg - 1	Scrambled Egg – 2 oz	Hard Cooked Egg - 1	Scrambled Egg –2 oz	Scrambled Egg –2 oz
	Toast/Margarine/Jelly 1 each	Toast/Margarine/Jelly - 1 each	Toast/ Margarine/Jelly 1 each	Toast/ Margarine/Jelly - 1 each	Toast/Margarine /Jelly - 1 each	Toast/Margarine/Jelly 1 each	Toast/Margarine/Jelly - 1 each
Milk 8oz	Milk 8oz	Milk 8oz	Milk 8oz	Milk 8oz	Milk 8oz	Milk 8 oz	
Lunch	Minestrone Soup – 6 oz	Garden vegetable Soup – 6 oz	Lentil Soup– 6 oz	Cream of Broccoli Soup - 6oz	Lima Bean Soup – 6 oz	Matzo Ball Soup - 6oz -	Potato Soup – 6 oz
	Veg Burger w/ Cheese Melt, Lettuce & Tomatoes - 1 each	Vegetable Lasagna w/ Blush Sauce - 8oz	Potato & Cheese Pierogies w/ Fried Onions - 8oz	Macaroni & Cheese - 6oz	Eggplant Parm w/ Blush Sauce - 6oz	Broccoli and Tomato Quiche - 8oz	Garden Beef Bolanaise - 6oz
	Mayo - 1 PC	Italian Vegetable Blend - 4oz	Wax Beans - 4oz	Broccoli - 4oz	Carrots - 4oz	Capri blend – 4 oz	Italina Blend - 4oz
	Capri blend – 4 oz	Garlic Bread - 1 Slice	Sour Cream - 2oz	Stewed Tomatoes - 4oz	Linguini - 4 oz	O'Brien Potatoes - 4oz	Pasta - 4oz
	Tater Totz - 4 oz	Margarine - 1 pc	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each
	Chocolate Cake - 1 sl	Ice Cream - 4oz	Carrot Cake - 1Slice	Tapioca Pudding - 4oz	Marble Pound Cake - 1 Slice	Chocolate Pudding - 4oz	Home Baked Cookies - 2 each
	Milk - 8oz	Milk - 8oz	Milk - 8oz	Milk - 8oz	Milk - 8oz	Milk - 8oz	Milk - 8oz
Alternate 1	Deviled Egg Salad Platter - 4oz	Tuna Sandwich on White Bread - 4oz/2 slices	Chef Salad With Cheese and Hard Cooked Egg - 1 each	Seafood Salad Platter - 4oz	Greek Salad w/ Kalamata Olives, Red Onions, Tomatoes, Feta Cheese & Pepperoncini - 1 each	Tropical Fruit & Yogurt Plate - 8 oz Yogurt/ 1 cup fruit	Lox & Bagel - 4oz
	Lettuce/Tomato - 2 slices each	Lettuce & Tomato - 2 slices each	Salad Dressing - 2 oz	Lettuce & Tomato - 2 slices	Greek Salad Dressing - 2 oz	Roll/Margarine - 1 each	Lettuce & Tomato - 2 slices
	3 Bean Salad - 4 oz	Health Salad - 4oz	Roll/Margarine - 1 each	Macaroni Salad - 4 oz	Roll/Margarine - 1 each		Cream Cheese - 1 each
	Roll/Margarine - 1 each			Roll/Margarine - 1 each			
Dinner	Swedish Meatballs - 6oz	Grilled Chicken - 4oz	Chicken Marsala - 4oz	Sausage w/ Onions & Peppers – 8 oz	Salisbury Steak/Gravy - 4oz/2 oz	Roasted Chicken - 4oz	Breaded Fish -4 oz/Tartar Sauce
	Spinach - 4oz	Peas & Carrots - 4oz	Green Beans - 4 oz	Cauliflower - 4 oz	Spinach - 4oz	Mixed vegetables - 4oz	Broccoli - 4oz
	Noodles - 4oz	Seasoned Rice - 4oz	Mashed Potatoes - 4oz	Roasted Potatoes - 4oz	Seasoned Rice - 4oz	Lemon Herb Roasted Potatoes - 4oz	Rice - 4oz
	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each	Roll/Margarine - 1 each
	Peaches - 4oz	Fresh Fruit Cup - 4oz	Pineapple Tidbits - 4oz	Fresh Fruit Cup - 4oz	Mandarin Oranges - 4oz	Fresh Fruit Cup - 4 oz	Fruit Cocktail - 4oz
Alternate 1	Waldorf Salad w/ Grapes, Celery, Onion, Grilled Chicken Salad- 1 ea	Open Faced Shredded BBQ Beef over Kaiser Roll - 4oz/ 1 oz	Roast Beef Hoagie - 4oz/1 roll	Egg Salad on Croissant - 4oz/1 ea	Tex Mex Chicken Tacos - 2 each	Italian Roast Beef Sandwich on Roll 4 oz/1 roll	Chicken Salad Sandwich on white - 4oz
	Roll/Margarine - 1 each	Coleslaw - 4oz	Horseradish Sauce- 2oz	Lettuce & Tomato - 2 slices	Lettuce & Tomato - 2 slices	with Balsamic Aioli - 2 oz	Lettuce & Tomato - 2 slices
		Lettuce & Tomato - 2 slices each	Lettuce & Tomato - 2 slices	Carrot & Raisin Salad - 4oz	Salsa - 2 oz	Lettuce & Tomato - 2 slices	Health Salad - 4oz
		Potato Salad - 4oz		Seasoned Rice - 4oz	Coleslaw - 4oz		

Alternate Selections will receive appetizers and desserts as outline on the house selection Menu Updated 10/2/23