

## GROVE PARK HOME Menu - Summer/Fall 2018

Week 2 – August 27 to September 2, September 24 to 30, October 22 to 28, November 19 to 25, December 17 to 23

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Assorted Juice Cream of Wheat Boiled Eggs Bran Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Oatmeal Plain Omelet English Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Cream of Wheat Poached Eggs Fruit Bowl  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Oatmeal Scrambled Eggs Raisin Toast Breakfast Sausage  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Cream of Wheat Poached Eggs English Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Oatmeal Boiled Eggs Morning Glory Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Cream of Wheat Plain Omelet Bacon Raisin Toast  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal
<b>LIGHT MEAL</b>	French Canadian Pea Soup  Black Forest Ham Sandwich Balsamic Garden Salad Diced Pineapple  <b>Alternate Choices</b> Cheddar Cheese Banana Loaf Fruit Strawberry Rhubarb Jelly	Cream of Celery Soup  Sliced Turkey Sandwich on 12 Grain Southwest Salad Tropical Fruit  <b>Alternate Choices</b> Italian Sausage Sauteed Peppers & Onions Plain Butter Tart Whole Wheat Bun	Beef Barley Soup  Tuna Casserole Green Peas Fresh Fruit - In Season  <b>Alternate Choices</b> Cobb Salad Whole Wheat Dinner Roll Mandarin Dream	Cream of Vegetable Soup  Spinach and Cheese Frittata Broccoli Grapes  <b>Alternate Choices</b> Shaved Beef Sandwich on Rye with Carrot, Celery, & Cucumber Salad Chocolate Fudge Brownie	Sweet Potato and Onion Soup  Chicken Fingers French Fries Asparagus Stewed Rhubarb  <b>Alternate Choices</b> Tuna Salad Sandwich Mediterranean Salad Butterscotch Pudding	Summer Roasted Tomato Soup  Sliced Turkey Breast Sliced Black Forest Ham Rotini Salad Apple-Zucchini Slaw Dinner Roll Peach Sliced  <b>Alternate Choices</b> Hamburger Four Bean Blend Rice Krispie Square	Soup Mushroom Dijon & Dill  Salmon Salad Sandwich on WW Bun Spinach Salad Banana  <b>Alternate Choices</b> Cabbage Roll Casserole Gingered Carrots Ice Cream Sandwich
<b>MAIN MEAL</b>	Indian Style Veal Cutlet Paprika Potatoes Seasoned Spinach Frosted Maple Cinnamon Cake  <b>Alternate Choices</b> Chicken Brunswick Stew Mashed Potatoes French Green Beans Apricot Halves	Baked Tilapia Mashed Potatoes Montego-Mixed Vegetables Raspberry Crumble  <b>Alternate Choices</b> Spanish Beef Steak Baked Potato Roasted Butternut Squash Watermelon Wedges	Sweet Tomato Chicken Mashed Potatoes Roasted Zucchini Hawaiian Wedding Cake  <b>Alternate Choices</b> Lamb "Stew" Bourguignon Buttered Egg Noodles Asparagus Baked Apples	Maple Apricot Pork Mashed Potatoes Parslied Cauliflower Banana Cream Pie  <b>Alternate Choices</b> Sliced Turkey Mushroom Sauce Parisienne Potatoes Brussel Sprouts Diced Pears	<b>RESIDENTS CHOICE</b>     <b>Alternate Choices</b> Grilled Fish with Peppers Oven Roasted Herb Potatoes Orange Basil Mixed Vegetables Whole Wheat Dinner Roll Cinnamon Fruit Compote	Beef Pot Roast Beef Gravy Mashed Potatoes Mexican Corn Strawberry Shortcake  <b>Alternate Choices</b> Vegetarian Lasagna Chef's Salad Fruit Cocktail	Roast Pork Loin Brown Gravy Whipped Potatoes Broccoli Fruit-Forest Pie  <b>Alternate Choices</b> Yogurt Chicken Mini Red Potatoes Diced Beets Diced Melon

**NOTE:**

Whole wheat bread available everyday at Lunch and Dinner. Crackers served everyday at Lunch with Soup.

Peanut Butter, Yogurt or Cheese available at breakfast if requested. Assorted Fruit Juices available at Breakfast.

250 ml Assorted Juices & Diet Drinks (Orange, Apple, Cranberry, Diet Cranberry, Diet Peach, Diet Grape, Diet Lemonade & Tomato) are offered everyday at Lunch & Dinner

250 ml Milk is offered everyday at Breakfast, Lunch & Dinner