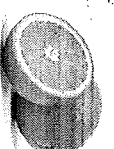


GROVE MENUS

Weekly Menu Epiphany Senior Housing



	Sun 01-15-2023	Mon 01-16-2023	Tue 01-17-2023	Wed 01-18-2023	Thu 01-19-2023	Fri 01-20-2023	Sat 01-21-2023
BREAKFAST	Apple Cinnamon Baked French Toast <i>or</i> Hot Cereal Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg and Ham Scramble <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Bacon and Egg Casserole <i>or</i> Bananas Foster Oatmeal Breakfast Potatoes Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Stuffed French Toast <i>or</i> Hot Cereal Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg of Choice <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Cheesy Scrambled Eggs <i>or</i> Mixed Berry Vanilla Baked Oatmeal Breakfast Potatoes Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	French Toast <i>or</i> Hot Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
LUNCH	Chicken and Potato Dumpling Soup Chicken Salad Sandwich Potato Chips Honeydew Roasted Carrots Whole Grain Bread Beverage Choice Sherbet	Cabbage Beef Soup Chili Burgers Cheesy Potato Rounds Peas and Carrots Whole Grain Bread Beverage Choice Apple Snickers Salad	Cream of Potato Soup All Beef Hot Dog Potato Salad Steamed Broccoli Whole Grain Bread Beverage Choice Strawberry Jello	Beef Noodle Soup Meatball Sub Sandwich Fingerling Potatoes Green Beans Whole Grain Bread Beverage Choice Apple Cobbler	White Chicken Chili Taco Salad Spanish Rice Spanish Green Beans Whole Grain Bread Beverage Choice Whipped Berry Pie	Classic Minestrone Soup Corned Beef and Cabbage Fingerling Potatoes Garlic Green Beans Whole Grain Bread Beverage Choice Ice Cream	Green Salad Hamburger Steak and Onions Roasted Red Potatoes Steamed Broccoli Whole Grain Bread Beverage Choice Fruit Crisp
DINNER	Baked Beef Brisket Hash Brown Bake Vegetable Medley Whole Grain Bread Beverage Choice Homemade Cookie	Breaded Shrimp with Tartar Sauce Cheesy Bacon Potato Slices California Blend Whole Grain Bread Beverage Choice Pineapple Cake	Apple Pork Chop Long Grain Wild Rice Pilaf Riviera Blend Vegetables Whole Grain Bread Beverage Choice Ice Cream	Chicken Cordon Bleu Fresh Mashed Potatoes and Gravy Peas and Onions Whole Grain Bread Beverage Choice Cherry Bars	Hot Pork Gravy Classic Mashed Potatoes Grilled Mixed Vegetables Whole Grain Bread Beverage Choice Soft Oatmeal Cookie	Beef Taco Spanish Rice Mexican Roasted Vegetables Whole Grain Bread Beverage Choice Lemon Cake	Chicken Cacciatore Baked Potato Seasoned Cauliflower Whole Grain Bread Beverage Choice Butterscotch Pudding
	Milk offered at every meal						

Dietitian's Signature: *Dawn Stager #610128*
10-9-2022