



VANDERMAN
PLACE

Sample Weekly Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
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. Orange Juice
Cereal	6 oz. Oatmeal	6 oz. Cream of Wheat	6 oz. Oatmeal	6 oz. Buttery Grits	6 oz. Oatmeal	6 oz. Cream of Wheat	6 oz. Cinnamon Oatmeal
Main	2 ea. Pancakes 2 sl. Bacon	1 ea. Hard Boiled Egg 1 ea. Iced Cinnamon Roll	2x2 Cheddar Cheese Omelet 1 sl. White Toast	2 sl. French Toast 1 oz. Sausage Link	1 ea. Boiled Egg 1 ea. Blueberry Muffin	1 ea. Fried Egg Patty/1 sl. Cheese on 1/2 ea. English Muffin	3 oz. Scrambled Eggs 1 ea. Toasted Mini Bagel 1 ea. Hashbrown Patty
Beverage	<i>Margarine / Syrup</i> Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	<i>Margarine / Syrup</i> Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	<i>Cream Cheese</i> Coffee/ Tea/ Milk
Lunch							
Main	3 oz. Roast Turkey Breast 1/2 c. Whipped Sweet Potatoes 1/2 c. Brussel Sprouts Cranberry Sauce	3 oz. Polish Kielbasa 1/2 c. Parslied Red Potatoes 1/2 c. Sweet & Sour Cabbage	3 oz. Teriyaki Chicken Breast 1/2 c. Steamed White Rice 1/2 c. Sugar Snap Peas	6 oz. Cheese Ravioli 2 oz. Marinara Sauce 1/2 c. Italian Vegetables 1 sl. Garlic Bread <i>Dressing</i>	3 oz. Honey Mustard Pork Loin 1/2 c. Scalloped Potatoes 1/2 c. Corn <i>Lettuce/Tomato/Ketchup</i>	3 oz. Mediterranean Fish Fillet 1/2 c. Parmesan Rice Pilaf 1/2 c. Capri Vegetables	4 oz. Chicken Alfredo 1/2 c. Penne in cream Sauce 1/2 c. Broccoli <i>Tartar Sauce</i>
Alternate	3 oz. Baked Fish <i>Tartar Sauce</i>	3 oz. Breaded Chicken Fillet 1/2 c. Mashed Potatoes	3 oz. Salisbury Steak 1/2 c. Mashed Potatoes	3 oz. Baked Ham 1/2 c. Mashed Potatoes	3 oz. Cheddar Cheese Burger 1/2 c. Potato Chips	1 ea. Stuffed Pepper 1/2 c. Mashed Potatoes	4 oz. Fried Clam Roll 1/2 c. Cole Slaw
Dessert	1/10th Assorted Pie	1/2 c. Baked Apples/Peaches	2x2 Frosted Carrot Cake	2x2 Strawberry Shortcake	1/2 c. Orange Creamsicle Parfait	1/2 c. Peach Cobbler	2x2 Lemon Bar
Beverage	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk
Supper							
Soup			6 oz. Potato Chowder		6 oz. Noodle Soup		
Main	6 oz. Tuna Pasta Salad	3 oz. BBQ Roast Beef	3 oz. Fish Sandwich on a Bun	4 oz. Chicken Tenders	1/6 th. Vegetable Quiche	3 oz. Turkey Pastrami on Rye	1 ea. Chili Dog on a Bun
Entree	1/2 c. Pea and Mushroom Salad	1/2 c. Baked Beans 2x2 Cornbread <i>Margarine</i>	1/2 c. Creamy Cole Slaw <i>Tartar Sauce/Crackers</i>	1/2 c. Sliced Carrots 1/2 c. Mashed Potatoes <i>Dipping sauce</i>	1/2 c. Baby Spinach Salad <i>Crackers</i>	1/2 c. Three Bean Salad <i>Mustard</i>	1/2 c. Potato Wedges <i>Mustard/Ketchup</i>
Alternate	1/2 ea. Loaded Baked Potato w/ 3 oz. Taco Meat/Cheese/Salsa	6 oz. Macaroni and Cheese 1/2 c. Mixed Vegetables	1/2 ea. Chicken Caesar Wrap	3 oz. Egg Salad on Rye	3 oz. Italian Sausage Grinder <i>Peppers/Onions</i>	1 ea. Cottage Cheese & Fruit Plate/ Dinner Roll	3 oz. Chicken Salad on a Roll
Dessert	1/2 c. Chilled Plums	1/2 c. Fresh Fruit	1/2 c. Fruit Cocktail	1/2 c. Diced Pears	1/2 c. Fruited Gelatin	1/2 c. Strawberries and Bananas	1/2 c. Carrot Raisin Salad
Beverage	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	Coffee/ Tea/ Milk	1/2 c. Mandarin Oranges Coffee/ Tea/ Milk

Resident Name: _____

Rm:# _____

Dietitian Signature _____

Nourishments: 10:00am- Hydration offered to Residents

2:00pm- Hydration + Light Snack(Crackers/Cookies)

HS(7:00/8:00PM)- Hydration + Light Snack(Crackers/Cookies)

Note: Physician or Dietitian recommended supplemental snacks are provided at all three Nourishment times.