

Monday September 2, 2024

Western Omelet

Applesauce

Toast

Juice of Choice

Tuesday September 3, 2024

Wednesday September 4, 2024

Thursday September 5, 2024

Friday September 6, 2024

Saturday September 7, 2024

Egg & Cheese on

Croissant

Sausage Links

Berry Cup

Juice of Choice

Sunday September 8, 2024

Ham & Cheese Frittata Diced Pears Toast

Juice of Choice Milk

Cereal of Choice

Cinnamon French Toast

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Diced Peaches Juice of Choice Milk

Sausage Patty

Milk Cereal of Choice

Apple Pancakes Bacon Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Breakfast Sausage Burrito Fresh Banana Juice of Choice Milk

Cereal of Choice

Fried Egg Canadian Bacon Fruit Cocktail English Muffin Juice of Choice Milk

Cereal of Choice

Milk Cereal of Choice Cereal of Choice

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Supreme Pizza Rocky Road Pudding Lemonade

Baked Salmon Oven Roasted Potatoes Calico Cabbage

Dinner Roll or Bread Strawberries Romanoff Lemonade Milk

Meatloaf with Gravy Garlic Mashed Potatoes Italian Vegetable Blend Dinner Roll or Bread Melon Cubes Lemonade

Milk

Marinated Chicken Twice Baked Potato Dilled Baby Carrots Dinner Roll or Bread Pears and Apricots Lemonade Milk

Chuckwagon Corn Broccoli Au Gratin Watermelon Lemonade

Milk

BBQ Chicken

Sliced Baked Ham Macaroni & Cheese French Cut Green Beans Dinner Roll or Bread Rosy Pears Lemonade Milk

Parmesan Basil Orzo Mixed Vegetables Dinner Roll or Bread Chocolate Eclair Bar Lemonade Milk

Marinated Flank Steak

Spring Mix with Dressing Milk

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DINNER

Swedish Meatballs Egg Noodles Prince Edward Vegetable Blend Dinner Roll or Bread Chocolate Tango Pudding

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Chicken Salad Sandwich French Onion Soup Garden Salad with Dressing Lemon Bar Milk

Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Dinner Roll or Bread Blueberries & Peaches Milk

Chicken Strips Breaded Dipping Sauce Cottage Fries California Vegetable Blend Dinner Roll or Bread Orange Dream Cake Milk

French Dip Sandwich Homemade Potato Chips Tossed Salad Chocolate Chip Bread Pudding Milk

Lemon Pepper Turkey Delmonico Potatoes Spinach with Garlic Dinner Roll or Bread Lemon Pudding Tart Milk

Beef Stroganoff w/Noodles Cauliflower & Pimento Dinner Roll Angel Food Cake Blueberry Compote Topping Whipped Topping Milk





Monday September 9, 2024

Tuesday September 10, 2024

Wednesday September 11, 2024

Thursday September 12, 2024

Friday September 13, 2024

Saturday September 14, 2024

Sunday September 15, 2024

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Egg & Canadian Bacon Breakfast Sandwich **Applesauce** Juice of Choice Milk

Cereal of Choice

Scrambled Eggs Sausage Links Mandarin Oranges Toast Juice of Choice Milk

Cereal of Choice

Pancakes Turkey Sausage Patty Fresh Banana Juice of Choice Milk Cereal of Choice

Denver Omelet Fruit Cocktail Toast Juice of Choice Milk Cereal of Choice **Huevos Rancheros** Hashbrown Patty **Diced Pears** Juice of Choice Milk Cereal of Choice

Scrambled Egg with Onions Bacon Berry Cup Cinnamon Roll Juice of Choice Milk Cereal of Choice

Waffle with Strawberries Sausage Links Diced Peaches Juice of Choice Milk Cereal of Choice

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Chicken & Dumplings Tossed Salad

Pound Cake with Fruit Topping Lemonade Milk

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Pot Roast Oven Roasted Potatoes Roasted Baby Carrots Dinner Roll or Bread Fruit Crisp Lemonade Milk

BBQ Turkey Sandwich **Duchess Potatoes** Prince Edward Blend Veg Orange Sherbert Milk

Steak Salad **Baked Potato** Sour Cream Garlic Texas Toast Snickerdoodle Cookie Lemonade Milk

BBQ Country Ribs Hashbrown Casserole Parslied Cauliflower Dinner Roll or Bread Peanut butter Bar Lemonade Milk

Bruschetta Chicken Garlic Mashed Potatoes Broccoli Florets Dinner Roll or Bread S'more Pudding Parfait Lemonade Milk

Meatsauce with Spaghetti Noodles Green Beans Garlic Bread Lemon Italian Ice Lemonade Milk

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Kielbasa Sausage Fried Chicken Chicken Gravy Pierogis Sauerkraut Parslied Mashed Potatoes California Vegetable Blend Dinner Roll Chocolate Mousse Chocolate Chip Bar Milk Milk

Tuna Noodle Casserole Green Peas Dinner Roll or Bread Cherry Italian Ice Milk

Shredded Pork Sandwich Corn O'Brien Tossed Salad with Dressing Chocolate Brownie Milk

Deli Sandwich Wild Rice & Chicken Soup Saltine Crackers Stewed Tomato Salad Rainbow Cake Milk

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Breaded Pork Chop Rice Pilaf Herbed Carrots Dinner Roll or Bread Strawberry Cake with Frosting Milk

Grilled Two Cheese Sandwich Cream of Tomato Soup Saltine Crackers Caribbean Vegetable Blend Assorted Ice Cream Milk





Monday September 16, 2024

Tuesday September 17, 2024

Wednesday September 18, 2024

Thursday September 19, 2024

Friday September 20, 2024

Saturday September 21, 2024

Sunday September 22, 2024

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French Toast Canadian Bacon **Applesauce** Juice of Choice

Milk Cereal of Choice

Herbed Turkey

Turkey Gravy

Cornbread Dressing

Caribbean Vegetable Blend

Dinner Roll or Bread

Cinnamon Scalloped

Peaches

Lemonade Milk

Breaded Veal Cutlet

Lemon Herb Butter Sauce

Sweet Potato Wedges

Sugar Snap Peas

Dinner Roll or Bread

Lime Dream Cake

Milk

Sausage Omelet Mandarin Oranges Toast Juice of Choice Milk

Cereal of Choice

Fried Egg Sausage Patty Fresh Banana Toast Juice of Choice Milk

Cereal of Choice

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Western Scrambled Eggs Bacon Fruit Cocktail Toast Juice of Choice Milk Cereal of Choice

Corned Beef Hash Scrambled Eggs Diced Pears Toast Juice of Choice Milk Cereal of Choice

Hard Cooked Egg Sausage Links Berry Cup Cinnamon Roll Juice of Choice Milk Cereal of Choice

Blueberry Pancakes Bacon Diced Peaches Juice of Choice Milk Cereal of Choice

Roast Beef Au Jus Baked Potato Sour Cream Broccoli Florets Peaches & Cream Gelatin Dessert Lemonade Milk

Bourbon Maple Glazed Ham Cream Cheese Corn Parsley Buttered Carrots Dinner Roll or Bread Chocolate Tart Lemonade Milk

Mexican Style Beef Tips over Noodles California Blend Vegetables Dinner Roll Chocolate Ice Cream Lemonade Milk

Mambo Pork Loin Potato Wedges Zucchini Dinner Roll or Bread Hawaiian Fruit Cup Lemonade Milk

Chicken Alfredo with Fettuccine Noodles Capri Vegetable Blend Pineapple Dream Lemonade Milk

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Salisbury Steak Garlic Mashed Potatoes Spinach Dinner Roll Marble Cheesecake Brownie Lemonade Milk

Ranch Turkey/Swiss Wrap Pasta Salad Marinated Pepper Salad Strawberry Applesauce

Milk

Fried Popcorn Shrimp Steak Fries Normandy Vegetable Blend Butterscotch Pudding Parfait Milk

Chicken Monterey Sandwich Potatoes O'Brien Sour Cream Cucumber Salad Red Velvet Cake Milk

Blue Cheese Hamburger Lettuce Tomato Onion & Pickle Sidewinder Fries **Baked Beans** Yellow Cupcake w/ Chocolate Frostina Milk

Reuben Sandwich Broccoli Salad Sugar Cookie Milk

DINNER

Chicken Parmesan Lemon & Herb Penne Garden Salad with Dressing Garlic Breadstick Modified Deluxe Fruit Salad Milk



MVH Fall/Winter 2023-24

Powerlink Nutritional Services

Monday September 23, 2024

Tuesday September 24, 2024

Wednesday September 25, 2024

Thursday September 26, 2024

Friday September 27, 2024

Saturday September 28, 2024

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Sunday September 29, 2024

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Hard Cooked Egg Bacon Diced Pears Coffee Cake

Milk

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Cheese Omelet Sausage Links **Applesauce**

Toast Juice of Choice Milk

Cereal of Choice

Roast Beef with Grilled

Onions

Au Jus

Apple Bread Dressing

Brussels Sprouts Medley

Dinner Roll or Bread

Mango Cup Lemonade Milk

Chef Salad with

Bacon Mandarin Oranges Toasted Bagel Cream Cheese Juice of Choice

Fried Egg

Milk Cereal of Choice

Pecan Crusted Chicken

Tomato Cilantro Rice

Roasted Asparagus

Poached Pears

Lemonade

Milk

Scrambled Eggs Canadian Bacon Fresh Banana Toast Juice of Choice

Milk Cereal of Choice French Toast Casserole Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Cereal of Choice

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Juice of Choice

Cereal of Choice

Egg & Ham Bake Berry Cup Toast Juice of Choice Milk

Cereal of Choice

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Waffle Sausage Links Diced Peaches Juice of Choice Milk

Cereal of Choice

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Chicken Teriyaki

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Breadstick Chocolate Raspberry Bar Lemonade Milk

Baked Ziti with Meatsauce

Tossed Salad with Dressing

Pineapple Rice Pilaf Asian Vegetable Blend Dinner Roll or Bread Chocolate Eclair Bar Lemonade

Milk

Fish Sandwich with Cheese Steak Fries Creamy Coleslaw Apple Betty Lemonade

Milk

Chuck Wagon Steak Sweet Potato Casserole Broccoli Florets Dinner Roll or Bread Ice Cream Sundae Lemonade Milk

Turkey & Cheese on Hoagie Potato Salad Summer Vegetable Blend Hummingbird Cake w/Cream Cheese Frosting Lemonade Milk

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Ham & Cheese on a

Milk

Croissant Turkey and Ham Mushroom Barley Soup Assorted Salad Dressing Broccoli Cheese Soup Saltine Crackers Tomato & Green Pepper Dinner Roll or Bread Strawberries and Cream Salad Ambrosia

Bratwurst on a Bun Potato Wedges Sauteed Peppers & Onions

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Oatmeal Cookie Milk

Thin Crust Cheese Pizza Garden Salad with Dressing Breadstick Ice Cream Sandwich Milk

Turkey Rice Casserole Prince Edward Vegetable Blend Fruit Fling Dinner Roll or Bread Milk

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Apple Ginger Pork Chop Oven Roasted Potatoes Zucchini Dinner Roll or Bread Peach Crisp Milk

Ham & Pea Tortellini **Baby Carrots** Breadstick Snickerdoodle Cookie Milk



Milk

Powerlink Nutritional Services



Monday September 30, 2024

Tuesday October 1, 2024 Wednesday October 2, 2024

Thursday October 3, 2024 Friday October 4, 2024

Saturday October 5, 2023

Sunday October 6, 2024

Fried Egg

A S T K K R E К

Egg Bacon & Cheese Breakfast Sandwich **Applesauce** Juice of Choice Milk

Cereal of Choice

Sausage Gravy Scrambled Eggs **Biscuit** Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Vegetable Omelet Sausage Patty Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

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Cheese Strata with Peppers Canadian Bacon Fruit Cocktail Juice of Choice Milk Cereal of Choice

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French Toast Sticks Turkey Sausage Patty Diced Pears Juice of Choice Milk Cereal of Choice

Scrambled Eggs Bacon Assorted Danish Berry Cup Juice of Choice Milk Cereal of Choice

Breakfast Ham **English Muffin** Diced Peaches Juice of Choice Milk

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Cereal of Choice

LUNCH

Rancher's Chicken **Baked Veal Cutlet** Creamed Peas Brown Gravy **Delmonico Tomatoes** Bow Tie Pasta California Vegetable Blend Cantaloupe Cubes Lemonade Dinner Roll or Bread Milk Mandarin Orange Delight Gelatin Lemonade

Yankee Pot Roast Dinner Roll or Bread Pound Cake with Fruit Topping Lemonade Milk

Hawaiian Ham Hashbrown Casserole Roasted Asparagus Dinner Roll or Bread Chocolate Mousse Lemonade Milk

BBQ Beef Brisket Mashed Sweet Potato Broccoli & Cauliflower Peanut Butter Cookie Lemonade Milk

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Pork Medallions Company Potatoes Buttered Green Beans Dinner Roll or Bread Blonde Brownie Lemonade Milk

Honey Glazed Turkey Sweet Potato Wedges Mixed Vegetables Dinner Roll or Bread Sliced Apples Lemonade Milk

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BLT Sandwich with Turkey Vegetable Soup Saltine Crackers German Cucumber Salad Coconut Cream Pie Milk

Milk

Black Jack Burger Waffle Fries Caesar Salad Assorted Salad Dressing Rosy Pears Milk

Cheese Ravioli Casserole Lemony Rocket Salad w/ Dressina Garlic Bread Orange Sherbet Milk

Tuna Melt Caribbean Vegetable Blend Cream Pie Milk

Chicken a la King Parslied Rice Zucchini Dinner Roll or Bread Pineapple Cream Gelatin Milk

Cheese Quesadilla Fiesta Rice Vegetarian Refried Beans Salsa Sour Cream Melon Cubes Milk

Sloppy Joe on a Bun Onion Rings Dixie Coleslaw Fruit and Yogurt Parfait Milk

