



# We Believe in The Power of Food

WEEK 1

## Sunday

### Breakfast

**Classic American Breakfast**  
Scrambled Eggs  
Crispy Bacon  
Breakfast Potatoes  
Banana

### Lunch

**Beef Pot Roast with Gravy**  
Mashed Potatoes  
Carrots with Fresh Herbs  
Apple  
Cookies & Cream Mousse

### Dinner

**Apricot Barbecue Boneless Pork Chop**  
Macaroni & Cheese  
Seasoned Green Beans  
Fruit Cup  
Angel Food Cake with Whipped Topping

## Monday

### Breakfast

**Stuffed Crepes with Blueberry Sauce**  
Scrambled Eggs  
Turkey Sausage

### Lunch

**Chicken Marsala**  
Garlic & Herb Roasted Potatoes  
Ratatouille  
Banana  
Orange Creamsicle

### Dinner

**Italian Meatballs with Penne Pasta & Marinara**  
Side Salad  
Pineapple  
Brownie

## Tuesday

### Breakfast

**Denver Scramble**  
Tomato Salsa  
Oven Roasted Sweet Potato Hash  
Oatmeal with Cranberry-Orange Sauce

### Lunch

**Meatloaf with Gravy**  
Mashed Potatoes  
Steamed Broccoli  
Orange Wedges  
Banana Pudding Parfait

### Dinner

**Sweet & Sour Chicken with Rice**  
Fresh Grapes  
Chocolate Chip Cookie

## Wednesday

### Breakfast

**Peaches & Cream Pancakes**  
Fruit Cup

### Lunch

**Roasted Pork Loin with Pan Gravy**  
Tomato & Spinach  
Brown Rice  
Carrots with Herbs  
Sweet Cinnamon Apples

### Dinner

**Asian Pepper Steak**  
Rice  
Mixed Vegetables  
Side Salad  
Banana  
Double Chocolate Brownie

## Thursday

### Breakfast

**Breakfast Skillet**  
Home-Style Potatoes  
Peppers | Onions  
Scrambled Eggs  
Turkey Sausage  
Banana

### Lunch

**Lemon, Rosemary Chicken Thigh**  
Mashed Potatoes  
Seasoned Green Beans  
Orange Wedges  
Brownie

### Dinner

**Chicken Parmesan**  
Penne  
Sautéed Zucchini & Squash  
Fruit Cup  
Sugar Cookie

## Friday

### Breakfast

**Bananas Foster French Toast**  
Scrambled Eggs  
Bacon

### Lunch

**Tender Beef Stroganoff**  
Mushrooms  
Egg Noodles  
Roasted Carrots  
Banana  
Blueberry Crisp

### Dinner

**Chicken Picatta**  
Garlic Orzo  
Roasted Vegetables  
Pineapple  
Orange Creamsicle

## Saturday

### Breakfast

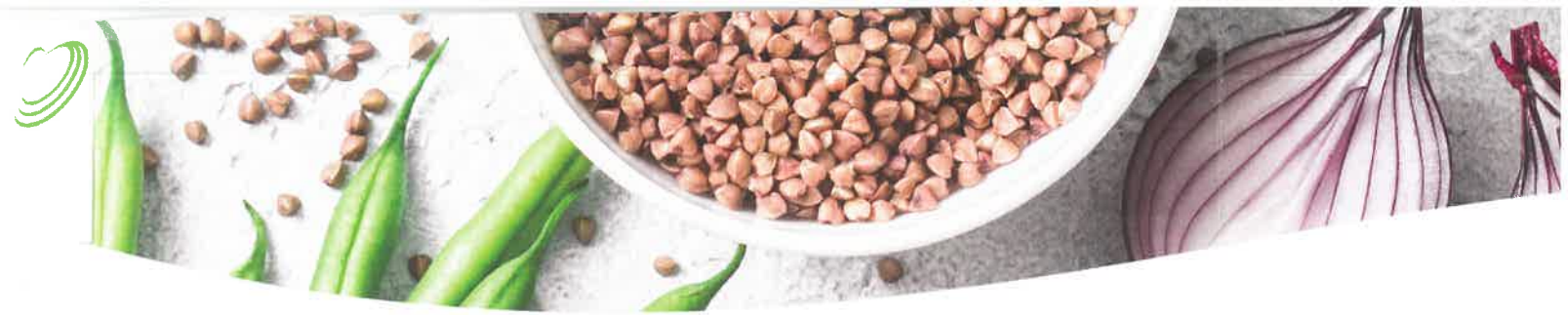
**Scrambled Eggs with Cheese**  
Breakfast Potatoes  
Turkey Sausage  
Fruit Cup

### Lunch

**Chicken Pot Pie**  
Steamed Broccoli  
Apple  
Brownie & Strawberry Delight

### Dinner

**Lasagna with Marinara**  
Italian Vegetables  
Fresh Grapes  
Chocolate Ice Cream



# We believe in The Power of Food

WEEK 2

## Sunday

### Breakfast

**Pancake Breakfast**  
Blueberry Pancakes  
with Syrup  
Turkey Sausage Links  
Scrambled Eggs  
Banana

### Lunch

**Beef Pot Roast  
with Gravy**  
Mashed Potatoes  
Sautéed Spinach  
Mandarin Oranges  
Carrot Cake with  
Walnuts

### Dinner

**17 Spice Roasted Pork  
Loin with Pan Gravy**  
Macaroni & Cheese  
Zucchini & Tomato  
Dinner Roll  
Fresh Grapes  
Sugar Cookie

## Monday

### Breakfast

**Good Morning  
Breakfast Sandwich**  
Egg and Cheese  
Muffin | Salsa  
Breakfast Potatoes  
Total Cereal | Pears

### Lunch

**Baked Chicken  
Quarter**  
Maple Mashed  
Sweet Potatoes  
Seasoned Green  
Beans | Applesauce  
with Cinnamon  
Brownie

### Dinner

**Latin Braised Beef**  
Black Beans | Tomato  
& Spinach Brown Rice  
Roasted Tomatoes  
Peaches  
Vanilla Ice Cream

## Tuesday

### Breakfast

**Home Style  
Breakfast**  
Maple Apple Oatmeal  
Scrambled Eggs  
Crispy Hash Browns

### Lunch

**Open Faced Hot  
Turkey Sandwich**  
Mashed Potatoes  
Zucchini & Tomato  
Fresh Grapes  
Blueberry Crisp

### Dinner

**Creamy Chicken  
Alfredo**  
Steamed Broccoli  
Fruit Cup  
Angel Food Cake with  
Whipped Topping

## Wednesday

### Breakfast

**Biscuit and Gravy**  
Scrambled Eggs  
Banana

### Lunch

**Honey Lime Chicken**  
Brown Rice  
Carrots with Herbs  
Dinner Roll  
Peaches | Banana  
Pudding Parfait

### Dinner

**Asian Pepper Steak**  
Rice  
Mixed Vegetables  
Dinner Roll  
Mandarin Oranges  
Oatmeal Raisin  
Cookie

## Thursday

### Breakfast

**Denver Scramble**  
Tomato Salsa  
Breakfast Potatoes  
Orange Cranberry Muffin  
Total Cereal | Pears

### Lunch

**Classic Hamburger  
Lettuce | Tomato**  
Garlic & Herb Roasted  
Red Potatoes  
Side Salad  
Banana  
Carrot Cake with Walnuts

### Dinner

**Lemon, Rosemary  
Chicken Thigh**  
Mashed Potatoes  
Seasoned Green Beans  
Dinner Roll  
Fresh Grapes  
Sweet Cinnamon Apples

## Friday

### Breakfast

**Waffles with  
Blueberry Sauce**  
Scrambled Eggs  
Turkey Sausage Links

### Lunch

**Sweet & Sour  
Chicken**  
Rice | Steamed  
Broccoli | Pineapple  
Brownie

### Dinner

**Olive Oil & Lemon  
Baked Cod**  
Lemon Orzo Pasta  
Sautéed Vegetable  
Medley | Dinner Roll  
Fruit Cup  
Vanilla Ice Cream

## Saturday

### Breakfast Skillet

**Country Breakfast**  
Home-Style Potatoes  
Peppers | Onions  
Scrambled Eggs  
Salsa  
Blueberry Muffin  
Pineapple

### Lunch

**Smothered Beef  
Peppers | Pan Gravy**  
Potato Wedges  
Carrots with Herbs  
Applesauce  
with Cinnamon  
Chocolate Chip  
Cookie

### Dinner

**Turkey à la King**  
Steamed Broccoli  
Dinner Roll  
Angel Food Cake with  
Whipped Topping

# We believe in The Power of Food

morrison  
healthcare  
A COMPASS ONE HEALTHCARE COMPANY

WEEK 3



## Sunday

### Breakfast

**Banana Pancakes with Syrup**  
Scrambled Eggs  
Turkey Sausage Links

### Lunch

**Baked Ziti with Meat Sauce**  
Steamed Broccoli  
Dinner Roll | Oranges  
Angel Food Cake with Whipped Topping

### Dinner

**Lemon Pepper Pork Loin**  
Mashed Potatoes  
Green Beans  
Banana  
Sugar Cookie

## Monday

### Breakfast

**Classic American Breakfast**  
Scrambled Eggs  
Salsa  
Breakfast Potatoes  
Mandarin Oranges

### Lunch

**Sloppy Joe**  
Garlic & Herb  
Roasted Red Potatoes  
Coleslaw | Pears  
Carrot Cake with Walnuts

### Dinner

**Chicken Picatta**  
Garlic Orzo  
Roasted Vegetables  
Fresh Grapes | Brownie

## Tuesday

### Breakfast

**Sunrise Platter**  
Oatmeal with Berries  
Scrambled Eggs  
Hash Brown  
Potatoes  
Applesauce

### Lunch

**Baked Chicken Quarter**  
Macaroni & Cheese  
Sautéed Zucchini  
Fresh Grapes  
Cookies & Cream  
Mousse

### Dinner

**Beef Stroganoff**  
Egg Noodles  
Steamed Broccoli  
Dinner Roll  
Fruit Cup  
Vanilla Ice Cream

## Wednesday

### Breakfast

**Breakfast Skillet**  
Scrambled Eggs  
Potatoes | Peppers  
Salsa | Total® Cereal  
Peaches

### Lunch

**Lasagna with Marinara**  
Italian Vegetables  
Dinner Roll  
Fruit Cup  
Chocolate Chip Cookie

### Dinner

**Teriyaki Chicken**  
Brown Fried Rice  
Ginger Carrots  
Pineapple  
Angel Food Cake with Whipped Topping

## Thursday

### Breakfast

**Hearty Breakfast Sandwich**  
Egg and Cheese Biscuit Sandwich  
Potatoes O'Brien  
Salsa | Banana

### Lunch

**Spanish Braised Beef**  
Brown Rice | Sautéed Tomatoes & Kale  
Fresh Grapes  
Sugar Cookie

### Dinner

**Lemon Rosemary Chicken Thigh**  
Mashed Potatoes  
Seasoned Green Beans  
Dinner Roll  
Mandarin Oranges  
Vanilla Ice Cream

## Friday

### Breakfast

**Classic French Toast Plate**  
Cinnamon French Toast with Syrup  
Scrambled Eggs  
Turkey Sausage Links  
Total® Cereal | Fruit Cup

### Lunch

**Chicken Pot Pie**  
Sautéed Zucchini & Squash | Pineapple  
Banana Pudding  
Parfait

### Dinner

**Dijon Herb Crusted Fish**  
Lemon Orzo  
Sautéed Vegetable Medley  
Fresh Grapes  
Brownie

## Saturday

### Breakfast

**Weekend Breakfast Platter**  
Scrambled Eggs with Cheese | Sweet Potato Hash with Peppers | Blueberry Muffin | Banana

### Lunch

**Sweet & Sour Chicken with Rice**  
Maple Mashed Sweet Potatoes | Creamed Spinach | Dinner Roll | Fruit Cup  
Chocolate Ice Cream

### Dinner

**Hamburger**  
Lettuce & Tomato  
Garlic & Herb  
Roasted Red Potatoes  
Carrot Sticks with Ranch Dressing  
Pineapple | Oatmeal  
Raisin Cookie