

Complete Care @ Barn Hill

WEEK 1

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Country Style Scrambled Egg Bacon Whole Wheat Toast Alt: Cold Cereal Banana Muffin	<u>Breakfast</u> Orange Juice Cream of Wheat Cinnamon Apple French Toast Sausage Links Alt: Cold Cereal Banana Asstd. Toast	<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Sausage, Egg, & Cheese-English Muffin Hash Brown Alt: Cold Cereal, Banana Muffin	<u>Breakfast</u> Orange Juice Cream of Wheat Warm Banana Bread with & Scrambled Eggs Alt: Cold Cereal Banana Asstd. Toast, Cottage cheese	<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Swiss, Spinach & Mushroom, Egg Bake Home Fries Alt: Cold Cereal Banana Asstd. Toast	<u>Breakfast</u> Orange Juice Cream of Wheat Pear, Cinnamon, Cranberry, & Granola Yogurt Parfait Banana Alt: Cold Cereal Banana Muffin	<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Buttermilk Pancakes Sausage Links Alt: Cold Cereal Banana Asstd. Toast
<u>Lunch</u> Korean BBQ Chicken Brown Rice Mushroom Broccoli Onion Sautee Mandarin Oranges	<u>Lunch</u> Italian Meatloaf w/ Marinara Sauce and Mozzarella, Garlic Parm. Noodles, Vegetable Blend Chocolate & Vanilla Pudding Sundae Alt: Cod Provencal Roasted Red Potatoes Green Beans	<u>Lunch</u> Turkey Meatballs w/ Cranberry Glaze Roasted Sweet Potatoes Peas Fruit Cocktail Alt: Asian Citrus Glazed Tuna Patty, Herbed Couscous, Peas	<u>Lunch</u> Pepper Steak Brown Rice Green Beans Dinner Roll Apple Pie Alt: Orange Glazed Pork Mashed Potato Sliced Carrots Dinner Roll	<u>Lunch</u> Breadless Chicken Cordon Bleu w/ Supreme Sauce Mashed Potatoes Zucchini & Tomatoes Fresh Baked Cookie Alt: Seafood Newburg Brown Rice Asian Veg. Blend	<u>Lunch</u> Cheese Ravioli with Butternut Squash and Spinach in Alfredo Sauce Green Beans Bread Stick Butterscotch Pudding Alt: Fish Cake, Mashed Potato Peas	<u>Lunch</u> Beef & Broccoli Stir Fry w/ Lo-Mein Noodles Dinner Roll Strawberry Mousse Alt: Grilled Kielbasa, Brioche Bun, Honey Mustard Roasted Asparagus
<u>Alternate</u> Pecan Crusted Pork Mashed Potatoes Peas	<u>Alternate</u> Cod Provencal Roasted Red Potatoes Green Beans	<u>Alternate</u> Asian Citrus Glazed Tuna Patty, Herbed Couscous, Peas	<u>Alternate</u> Orange Glazed Pork Mashed Potato Sliced Carrots Dinner Roll	<u>Alternate</u> Seafood Newburg Brown Rice Asian Veg. Blend	<u>Alternate</u> Fish Cake, Mashed Potato Peas	<u>Alternate</u> Grilled Kielbasa, Brioche Bun, Honey Mustard Roasted Asparagus
<u>Supper</u> Beef & Country Vegetable Soup Turkey & Swiss Melt Carrots Roasted potatoes Pumpkin Pudding Alt: Grilled Chicken Caesar Salad Garlic Bread Stick	<u>Supper</u> Cream of Veg. Soup Sloppy Joe on a Bun Tater Tots Apple Cobbler Alt: Cranberry Chicken Salad Panini with Caramelized Onions & Cheddar Sweet Yams	<u>Supper</u> Split Pea Soup Chicken and Waffle with Rosemary Honey Creamed Spinach Confetti Cake with Vanilla Icing Alt: Garden Vegetable Quiche Mixed Green Salad	<u>Supper</u> Tomato Soup Grilled Cheese Sandwich California Blend Vegetables Tropical Fruit Cocktail Alt: Chopped Beef Steak w/ Mushrooms Mashed Potatoes	<u>Supper</u> Loaded Potato Soup Hamburger with Lettuce and Tomato French Fries Peaches & Whipped Cream Alt: Grilled Cuban Sandwich Yucca Fries	<u>Supper</u> Vegetable Orzo Soup Chicken & Black Bean Quesadilla, Cilantro Lime Rice, Capri Veg Blend Carrot Cake Alt: Grilled Pork Veggie & Quinoa	<u>Supper</u> Chicken Noodle Soup Tuna Salad Sandwich w/ Lettuce & Tomato Italian Pasta Salad Mixed Berry & Apple Crisp Alt: Chili Con Carne Corn Bread

Water, Juice, Milk and Hot Beverages served with each meal

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WEEK 2

**Sunday
Breakfast**
Orange Juice
Cinnamon Maple Oatmeal
Country Style Scrambled Egg
Bacon
Whole Wheat Toast
Alt: Cold Cereal
Banana Muffin

Lunch
Boneless Pork Chop w/ Apples & Sweet Potatoes Served w/ an Herbed Stuffing
Spiced Poached Pears

Alternate
Potato Crusted Cod
Carrot Puree

Supper
Winter Vegetable Soup
Chicken Parmesan Sub
Tater Tots
Glazed Zucchini Bread

Alternate
Tuna Salad & Spinach Wrap
Macaroni Salad

**Monday
Breakfast**
Orange Juice
Cream of Wheat
Cinnamon Apple French Toast
Sausage Links
Alt: Cold Cereal
Banana Asst. Toast

Lunch
Cranberry Turkey Meatloaf w/ Corn Pudding
Parsnip-Carrot Blend
Fresh Baked Cookie

Alternate
Cider Poached Salmon w/ Zucchini & Yellow Squash
Barley Pilaf

Supper
French Onion Soup w/ Cheese Crostini
Swedish Meatballs
Roasted Potatoes
Peas & Carrots

Blondie Bar
Alternate
Grilled Tomato, Basil, & Mozzarella on Whole Wheat
Cole Slaw

**Tuesday
Breakfast**
Orange Juice
Cinnamon Maple Oatmeal
Sausage, Egg, & Cheese-English Muffin
Hash Brown
Alt: Cold Cereal,
Banana Muffin

Lunch
Meat Lasagna
Italian Veg. Blend
Garlic Bread
Vanilla Pudding

Alternate
Crustless Chicken Pot Pie
Rice
Fresh Biscuit

Supper
Carrot Ginger Soup
Turkey Burger w/ Caramelized Onions
Cheddar Cheese
Sweet Potato Fries

Peach Cobbler
Alternate
Glazed Ham
Roasted Potatoes
Broccoli

**Wednesday
Breakfast**
Orange Juice
Cream of Wheat
Warm Banana Bread with & Scrambled Eggs
Alt: Cold Cereal
Banana Asstd. Toast, Cottage cheese

Lunch
Shoyu Chicken w/ Green Onions, Brown Rice, Green Bean & Mushroom Sautee
Fruit Cocktail

Alternate
Lemon Baked Tilapia
Butternut Squash
Quinoa

Supper
Egg Drop Soup
Sesame Pork Loin
Vegetable Lo-Mein
Tapioca Pudding w/ Cinnamon Whipped Cream

Alternate
Cheese Pizza W/
Tossed Salad

**Thursday
Breakfast**
Orange Juice
Cinnamon Maple Oatmeal
Swiss, Spinach & Mushroom, Egg Bake
Home Fries
Alt: Cold Cereal
Banana Asstd. Toast

Lunch
Salisbury Steak
Mashed Potatoes
Capri Blend
Vegetables
Apricot Halves

Alternate
Seafood Stew over Rice
Bread Stick

Supper
Chicken Tortilla Soup
Black Bean & Mushroom Quesadilla
Seasoned Rice
S'mores Pudding Cup

Alternate
Turkey Salad BLT on Whole Wheat with French Fries

**Friday
Breakfast**
Orange Juice
Cream of Wheat
Pear, Cinnamon, Cranberry, & Granola Yogurt Parfait
Banana
Alt: Cold Cereal
Banana Muffin

Lunch
Shrimp Scampi over Egg Noodles, Served w/ Broccoli
Pumpkin Pie

Alternate
Pulled Braised Pork w/ Cranberries
Steamed Red Potatoes
Cauliflower

Supper
Sweet Potato & Pumpkin Soup
Chicken & Cheese Macaroni Casserole w/ Green Beans

Scalloped Apples
Alternate
Hearty Beef & Vegetables in Onion Gravy w/ Mashed Potatoes

**Saturday
Breakfast**
Orange Juice
Cinnamon Maple Oatmeal
Buttermilk Pancakes
Sausage Links
Alt: Cold Cereal
Banana Asst. Toast

Lunch
BBQ Chicken Breast
Sour Cream & Chive Mashed Potatoes
Wax Beans
Dinner Roll
Boston cream Pie

Alternate
Tuna Melt on English Muffin
Glazed Carrots

Supper
Cream of Celery Soup
Four Bean Chili
Cheddar Biscuits
Pineapple Chunks

Alternate
Flaked Cod w/ Pasta & Broccoli, in Creamy Marinara

Sunday Breakfast

Orange Juice
Cinnamon Maple Oatmeal
Country Style Scrambled Egg
Bacon
Whole Wheat Toast
Alt: Cold Cereal
Banana Muffin

Lunch

Cranberry Orange Glazed Turkey Breast
Roasted Sweet Potatoes
Broccoli

Diced Peaches

Alternate

Chef Salad w/ Ham, Turkey, Swiss, Tomatoes, & Cucumbers & Dinner Roll

Supper

Butternut Squash Bisque
Philly Cheesesteak Sandwich
Vegetable Medley

Apple Spice Coffee Cake

Alternate

Chicken & Vegetable Puff Pastry

Monday Breakfast

Orange Juice
Cream of Wheat
Cinnamon Apple French Toast
Sausage Links
Alt: Cold Cereal
Banana Asst. Toast

Lunch

Taco Meatloaf w/ Shredded Cheese, Lettuce & Tomato
Black Beans and Rice

Coffee Pudding

Alternate

Crab Noodle Casserole w/ Onions, Peppers
Mushroom, Peas

Supper

Cream of Tomato Soup
Grilled Cheese
Squash Medley

Ambrosia

Alternate

Veggie Burger w/ Lettuce & Tomato on Whole Grain Bun
Seasoned Fries

Tuesday Breakfast

Orange Juice
Cinnamon Maple Oatmeal
Sausage, Egg, & Cheese-English Muffin
Hash Brown
Alt: Cold Cereal,
Banana Muffin

Lunch

Grilled Pork Chop w/ Sweet & Sour Glaze
Scalloped Potatoes
Corn O'Brian

Tapioca Pudding

Alternate

Fish Cakes, Tartar Sauce, Mashed Potatoes
Broccoli

Supper

Cream of Vegetable Soup
Beef Stroganoff with Noodles, Roasted Carrots

Mandarin Orange Jell-O

Alternate

Italian Sub Panini w/ Pickle and Tater Tots

Wednesday Breakfast

Orange Juice
Cream of Wheat
Warm Banana Bread with & Scrambled Eggs
Alt: Cold Cereal
Banana Asstd. Toast, Cottage cheese

Lunch

Italian Sausage w/ Butternut Squash and Mushrooms
Garlic Parmesan Farro

Orange Sherbet

Alternate

Open Face Hot Turkey Sandwich
Green Beans

Supper

Stuffed Pepper Soup
Chicken Tenders, Honey Mustard
Mixed Vegetables
French Fries

Fruit Cocktail

Alternate

Cheese Pizza
Tossed Salad

Thursday Breakfast

Orange Juice
Cinnamon Maple Oatmeal
Swiss, Spinach & Mushroom, Egg Bake
Home Fries
Alt: Cold Cereal
Banana Asst. Toast

Lunch

Beef Burgundy
Creamy Polenta
Garden Salad

Chocolate Pudding with Whipped Topping

Alternate

Shrimp & Veg. Stir-Fry
Soft Rice
Din. Roll

Supper

Chicken Ditalini Soup
Ravioli Florentine w/ Garlic Spinach and Parmesan
Garlic Bread

Lemon Meringue Pie

Alternate

Ginger Sesame Chicken
Soft Rice, Broccoli

Friday Breakfast

Orange Juice
Cream of Wheat
Pear, Cinnamon, Cranberry, & Granola
Yogurt Parfait
Banana
Alt: Cold Cereal
Banana Muffin

Lunch

Baked Ziti
Italian Vegetable Blend
Garlic Bread Stick

Tiramisu

Alternate

Fish & Chips
Battered Fish w/ French Fries, Tartar Sauce, Mashed Peas

Supper

Minestrone Soup
Hot Dog w/ Sauerkraut & Baked Beans

Spice Cake with Frosting

Alternate

Black Bean & Turkey Chili, Biscuit, Mixed Greens

Saturday Breakfast

Orange Juice
Cinnamon Maple Oatmeal
Buttermilk Pancakes
Sausage Links
Alt: Cold Cereal
Banana Asst. Toast

Lunch

Shepherd's Pie
Green Beans
Dinner Roll

Pineapple Cherry Bread Pudding

Alternate

Lemon Dill cod
Couscous
Peas & Carrots

Supper

Beef Vegetable Soup
Cranberry Chicken Salad
Spinach Wrap
Broccoli Salad

Angel Food Cake w/ Strawberry Topping

Alternate

Turkey a 'la King Biscuit
Mixed Vegetables

Complete Care @ Barn Hill

WEEK 4

Sunday
Breakfast
Orange Juice
Cinnamon Maple Oatmeal
Country Style Scrambled Egg
Bacon
Whole Wheat Toast
Alt: Cold Cereal
Banana
Muffin

Lunch
Mushroom & Onion Braised Chicken,
Steamed Rice, Broccoli

Caramel Glazed Apples

Alternate
Breaded Tilapia
Asparagus Bites
Barley Pilaf

Supper
Cream of Cauliflower Soup
Cowboy Burger w/
Lettuce, Tomato, Cole
Slaw, American Cheese,
BBQ Sauce, Onion Rings

Sweet Potato Pie
Alternate
Egg Salad Sandwich
Mixed Greens Salad

Monday
Breakfast
Orange Juice
Cream of Wheat
Cinnamon Apple French
Toast
Sausage Links
Alt: Cold Cereal
Banana
Asst. Toast

Lunch
Greek Style
Turkey Meatloaf
Braised Red Cabbage
Lentils

Ice Cream

Alternate
Chef Salad w/ Ham,
Turkey, Swiss, Tomato,
Cucumber & Egg

Supper
Chicken Noodle Soup
Spinach & Ricotta
Lasagna Roll, Marinara,
Garlic Bread

Diced Pears
Alternate
Chicken Cheese Steak
w/ Onions
Fries

Tuesday
Breakfast
Orange Juice
Cinnamon Maple
Oatmeal
Sausage, Egg, &
Cheese-English Muffin
Hash Brown
Alt: Cold Cereal,
Banana
Muffin

Lunch
Brown Sugar Rubbed
Pork Loin, Sweet
Potato, Wax Beans

Peach Crisp

Alternate
Baked Cod with
Lemon Butter
Mashed Potatoes
5 Way Veg Blend

Supper
Garbanzo & Rice Soup
Pepperoni Pizza
Steamed Broccoli

Lemon Pudding
Alternate
Tuna salad Sandwich
Creamy Cucumber
Salad

Wednesday
Breakfast
Orange Juice
Cream of Wheat
Warm Banana Bread with
& Scrambled Eggs
Alt: Cold Cereal
Banana
Asstd. Toast, Cottage
cheese

Lunch
Salisbury Steak
Mustard Glazed Potatoes
Italian Veg Blend

Alternate
Cheesecake w/ Caramel
& Chocolate Topping
Chicken Salad
Cheddar Melt, Greek
Pasta Salad w/
Balsamic

Supper
Corn Chowder
Parmesan Garlic Chicken
Wrap
Cole Slaw

Cherry Pie
Alternate
Shrimp & Peas ala
Vodka over Spaghetti,
Breadstick

Thursday
Breakfast
Orange Juice
Cinnamon Maple Oatmeal
Swiss, Spinach &
Mushroom, Egg Bake
Home Fries
Alt: Cold Cereal
Banana
Asst. Toast

Lunch
Vegetable Lasagna
Garlic bread

Alternate
Fruit Cocktail
Horseradish Crusted
Salmon
Garlic Couscous,
Glazed Carrots

Supper
Black Bean Soup
Caribbean Roast Pork w/
Yellow Rice
Capri Blend Vegetables

Butterscotch Mousse
Alternate
Beef Taco, with
Lettuce, Tomato,
Cheddar, Sour Cream,
Salsa

Friday
Breakfast
Orange Juice
Cream of Wheat
Pear, Cinnamon,
Cranberry, & Granola
Yogurt Parfait
Banana
Alt: Cold Cereal
Banana
Muffin

Lunch
Balsamic Chicken Breast
w/ Basil, Mozzarella, &
Tomato,
Garlic & Herb Mashed
Potatoes, Green Beans

Baked Cookie
Alternate
Seafood and Vegetable
Stir-Fry, Soft Rice

Supper
Beef Barley Soup
Pork BBQ Sliders,
Cole Slaw
Cheese Fries

Pineapple Upside Down
Cake
Alternate
Roast Beef & Blue
Cheese Panini, Vegetable

Saturday
Breakfast
Orange Juice
Cinnamon Maple
Oatmeal
Buttermilk Pancakes
Sausage Links
Alt: Cold Cereal
Banana
Asst. Toast

Lunch
Pork & Sauerkraut
Sour Cream & Chive
Baked Potato,
Vegetable Blend
Dinner Roll

Banana Cream Pudding
Cup

Alternate
Chicken Alfredo
Casserole, Carrots,
Dinner Roll

Supper
Cream of Mushroom
Soup
Chicken & Vegetable
Stir Fry, Brown Rice

Mandarin Oranges

Alternate
Grilled cheese w/
Roasted Carrots

Water, Juice, Milk and Hot Beverages served with each meal.

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WEEK 5

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Country Style Scrambled Egg Bacon Whole Wheat Toast Alt: Cold Cereal Banana Muffin	<u>Breakfast</u> Orange Juice Cream of Wheat Cinnamon Apple French Toast Sausage Links Alt: Cold Cereal Banana Asst. Toast	<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Sausage, Egg, & Cheese-English Muffin Hash Brown Alt: Cold Cereal, Banana Muffin	<u>Breakfast</u> Orange Juice Cream of Wheat Warm Banana Bread with & Scrambled Eggs Alt: Cold Cereal Banana Asstd. Toast, Cottage cheese	<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Swiss, Spinach & Mushroom, Egg Bake Home Fries Alt: Cold Cereal Banana Asst. Toast	<u>Breakfast</u> Orange Juice Cream of Wheat Pear, Cinnamon, Cranberry, & Granola Yogurt Parfait Banana Alt: Cold Cereal Banana Muffin	<u>Breakfast</u> Orange Juice Cinnamon Maple Oatmeal Buttermilk Pancakes Sausage Links Alt: Cold Cereal Banana Asst. Toast
<u>Lunch</u> Roast Turkey, with Gravy, Bread Stuffing, Butternut Squash & Green Beans Apple Pie Alternate Fish Cakes Herbed Couscous Vegetable Medley	<u>Lunch</u> Old Fashion Meatloaf w/ Onion Gravy, Mashed Potatoes. & Maple Glazed Carrots Peanut Butter Chocolate Bar Alternate Buttermilk Breaded Chicken, White Pepper Gravy, Biscuit, Broccoli	<u>Lunch</u> Chicken Parnesan, Marinara, Spaghetti, Peas & Carrots Peach Cobbler Alternate Beef & Bean Quesadilla Seasoned Rice Tossed Salad/Dressing	<u>Lunch</u> Apple Cider Glazed Pork Loin Scalloped Potatoes Italian Blend Vegetables Chocolate Mousse Alternate Chicken Marsala Buttered Egg Noodles Asparagus Bites	<u>Lunch</u> Braised Beef and Vegetable Ragout Red Skin Mashed Strawberry Cheesecake Bar Alternate Shrimp & Vegetable Stew over Rice served w/ Diner Roll	<u>Lunch</u> Herbed Chicken Breast Vegetable Medley Garlic Parmesan Potatoes Dinner Roll Fruit Cocktail Alternate Battered Fish Sandwich Lettuce, Tom., Tartar Sauce Southwest Corn	<u>Lunch</u> Spaghetti with Meat Sauce, Vegetable Medley, Garlic Bread Blueberry Coffee Cake Alternate Chicken, Bacon Ranch Quesadilla Carrots, Rice
<u>Supper</u> Chicken & Rice Soup Sweet & Sour Meatballs Roasted Potatoes, Zucchini Poppy Seed Cake Alternate Tuna Noodle Casserole Mixed Greens	<u>Supper</u> Garden Vegetable Soup Cranberry Turkey Reuben Sandwich French Fries Tropical fruit Cocktail Alternate Grilled Chicken Caesar Salad, Garlic Breadstick	<u>Supper</u> Tomato Soup Garlic Mozzarella Grilled Cheese Roasted Squash Triple chocolate Brownie Alternate Coconut Tilapia Lemon Pepper Spinach Mashed Potatoes	<u>Supper</u> Steak & Potato Soup Polenta Lasagna w/ Eggplant Caponata Dinner Roll Pineapple Chunks Alternate Chicken Lo-Main with Asian Vegetable Blend	<u>Supper</u> Artichoke & Spinach Soup Penne Vodka w/ Chicken, 5-Way Veg. Blend Tapioca Pudding Alternate Asian Citrus Salmon Burger, Potato Salad	<u>Supper</u> Cream of Broccoli Soup Sesame Pork Cutlets, Vegetable Fried Rice White Cake w/ Fudge Icing Alternate Beefy Mac& Cheese Breaded Baked Tomato Halves	<u>Supper</u> Lentil Soup Tuna Salad Sandwich 4-Bean Salad Cinnamon Apple Rice Pudding Alternate Grilled Chicken Sand. Lettuce, Tom, Pickle Sweet Potato Fries

Water, Juice, Milk and Hot Beverages served with each meal