



Portage County Healthcare Center



HEALTHY HORIZONS SPRING/SUMMER MENU

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
***** BREAKFAST *****						
Oatmeal Whole Wheat Toast Peanut Butter Cranberry Juice	Scrambled Egg Bacon Biscuit Butter/Jelly Grape Juice	Cheerios Hard Boiled Egg Donut Stewed Prunes	Pancakes Butter/Syrup Sausage Link Orange Juice	Rice Chex Scrambled Egg Toast Butter/Jelly Apple Juice	Farina Hard Boiled Egg Raisin Toast Prune Juice	Rice Krispies Scrambled Egg Danish Citrus Sections
***** NOODL MEAL *****						
Cabbage Roll Boiled New Potato Whole Kernel Corn Whole Wheat Bread Gingerbread	Roast Beef Mashed Potatoes Gravy Carrot Coins Tossed Salad with Dressing Dinner Roll Apple Crisp	Herbed Chicken Mashed Potatoes Gravy Broccoli with Cheese Éclair Torte	BBQ Pork Ribs Hashbrowns Vegetable Blend Dinner Roll Pineapple Tidbits	Fish Sandwich Potato Salad Tomato Juice Blueberry Crunch	Braised Beef Tips over Noodles Sliced Beets Carrot/Pineapple Salad Whole Wheat Bread Cookie	Chicken Cordon Bleu Rice California Blend Veg. Whole Wheat Bread Fruit Pie
***** EVENING MEAL *****						
Fish Sticks Macaroni & Cheese Pickled Beets Melon Cookie	Cottage Cheese Fruit Plate Dinner Roll Gelatin Cubes	Minestrone Soup Crackers Corned Beef & Swiss on Rye Fruit Salad Cookie	Chicken Tenders Herb Buttered Noodle Peas Chocolate Pudding	Cr. of Tomato Soup Crackers Grilled Cheese Sandwich Cucumber Salad Jelly Roll	Pizza Italian Blend Veg. Ice Cream Cookie	Beef Roll Up Mashed Potato Gravy Pea & Cheese Salad Lemon Bars