

# Wisconsin Veterans Home-Union Grove

# Week #3

# October 10-16, 2021

	SUNDAY-October 10	MONDAY-October 11	TUESDAY-October 12	WEDNESDAY-October 13	THURSDAY-October 14	FRIDAY-October 15	SATURDAY-October 16
B R E A K F A S T	<b>Orange Pineapple Juice</b> <b>Cheerios</b> (Oatmeal) <b>Warm Breakfast Biscuit</b> (Toast) <b>with Creamed Beef</b> (Poached Egg)	<b>Apple Juice</b> <b>Oatmeal</b> (Bran Flakes) <b>Scrambled Eggs</b> (Hard Boiled Egg) <b>Iced Coffeecake</b> (Toast)	<b>Orange Juice</b> <b>Buttermilk Pancakes</b> <b>With Syrup</b> (Toast) <b>Fresh Banana</b>	<b>Pineapple Juice</b> <b>Raisin Bran</b> (Oatmeal) <b>Poached Egg</b> (Scrambled Eggs) <b>Lemon Poppyseed Muffin</b>	<b>Grape Juice</b> <b>Belgian Waffle</b> <b>with Blueberry Filling</b> (Pancakes) (Toast)	<b>Orange Juice</b> <b>Rice Krispies</b> (Oatmeal) <b>Fried Eggs</b> <b>Sausage Patties</b> <b>Bagel with Cream Cheese</b>	<b>Cranberry Juice</b> <b>Hard Boiled Egg</b> (Scrambled Egg) <b>Cinnamon Roll with Icing</b> (Toast) <b>Fresh Banana</b>
L U N C H	<b>BBQ Riblet</b> (Meatloaf) <b>Cheesy Hash Browns</b> (Cheesy Potato Puff) <b>Ranch Pea Salad</b> (Carrot Salad) <b>Spice Cake</b>	<b>Smoked Beef Au Jus</b> (Turkey Tetrazzini) <b>Baked Potato</b> (Whipped Potatoes) <b>Cucumbers Vinaigrette</b> (Pea Salad) <b>Lemon Vanilla Cake</b>	<b>Italian Meat Sauce</b> (Turkey Loaf) <b>Over Noodles</b> (Whipped Potatoes) <b>Tossed Salad with Ranch Dressing</b> (French Dressing) (Carrot Salad) <b>Warm Garlic Toast</b> <b>Strawberry Ice Cream Sundae</b>	<b>Pork Chop with Apple and Onion</b> (Meatloaf) <b>Roasted Red Potatoes</b> (Whipped Potatoes) <b>Pickled Beets</b> (2 Bean Salad) <b>Pistachio Torte</b>	<b>Meatloaf Supreme with Roasted Peppers, Onions and Pork Gravy</b> (Salisbury Steak) <b>American Fries</b> (Whipped Potatoes) <b>Roasted Baby Carrots</b> (Green Beans) <b>Banana Cream Pie</b>	<b>Salmon Croquette with Dill Sauce</b> (Turkey Loaf) <b>Garlic Whipped Potatoes</b> (Whipped Potatoes) <b>Fresh Spinach Salad with Bacon Vinaigrette</b> (French Dressing) (Pea Salad) <b>Lime Jell-o Poke Cake</b>	<b>Chicken Dijon</b> (Tater Tot Hot Dish) <b>Fried Rice</b> (Whipped Potatoes) <b>Braised Red Cabbage</b> (Peas) <b>Pumpkin Bar</b>
S U P P E R	<b>Tater Tot Hot Dish</b> (Chicken Breast with Whipped Potatoes) <b>Peas &amp; Carrots</b> (Green Beans) <b>Creamy Fruit Salad</b>	<b>Build Your Own: Breaded Chicken Breast Sandwich</b> (Hamburger Patty with a Bun) <b>Lettuce, Tomato, Onion, Pickles</b> (2 Bean Salad) <b>Waffle Fries</b> (Whipped Potatoes) <b>Chocolate Chip Cookie</b>	<b>Hot Shredded Turkey and Gravy over Whipped Potatoes and Sage Dressing</b> (Macaroni and Cheese) <b>Green Beans</b> (Diced Carrots) <b>Double Chocolate Pudding</b>	<b>Navy Bean Soup</b> (Beef Vegetable Soup) <b>with Crackers</b> <b>Chunky Chicken Salad with Sliced Grapes and Almonds</b> (Beef Salad Sandwich on White) <b>Warm Apple Crisp</b>	<b>Chili with Noodles</b> <b>Cracker</b> (Macaroni and Cheese) <b>Warm Tortilla Chips</b> <b>With Nacho Cheese Sauce</b> (Cornbread) <b>Peaches</b> <b>Vanilla Ice Cream</b>	<b>Savory Sausage On Sauerkraut</b> (Beef Roast) <b>Oven Brown Potatoes</b> (Whipped Potatoes) <b>Fried Corn</b> (Diced Beets) <b>Warm Cherry Strudel Stick</b>	<b>Cheesy Broccoli Soup</b> (Chicken Vegetable Soup) <b>with Crackers</b> <b>Grilled Turkey and Cheese on White</b> (Hamburger on a Bun) <b>Pickle Spear</b> <b>Black Forest Mousse</b>

(Alternates to main items are listed in parenthesis)

Additional substitutes at lunch and supper include: cold lunchmeats, assorted cheeses, cottage cheese, peanut butter, hard boiled egg, and Soup of the Day

Please speak to your dietitian or dining room worker to request alternate item or to address preference concerns.