

Wisconsin Veterans Home-King

Week #1

September 1-7, 2019

	SUNDAY-September 1	MONDAY-September 2	TUESDAY-September 3	WEDNESDAY-Sept 4	THURSDAY-September 5	FRIDAY-September 6	SATURDAY-Sept 7
B R E A K F A S T	Orange Pineapple Juice Cheerios (Oatmeal) Biscuit with Sausage Gravy (Poached Egg/Scrambled Egg/toast)	Apple Juice Oatmeal (Bran flakes) Raisins Scrambled Eggs (Vanilla Yogurt) Lemon Poppyseed Muffin (Toast)	Orange Juice Cornflakes (Oatmeal) Buttermilk Pancakes With Syrup (Toast) Fresh Banana	Pineapple Juice Bran Flakes (Oatmeal) Poached Egg (Scrambled Eggs) Toast Made Fresh in Your Dining Room	Grape Juice Cream of Rice (Rice Krispies) Belgian Waffle With Strawberry Sauce (Pancakes/Toast)	Orange Juice Rice Krispies (Oatmeal) Scrambled Eggs with Bacon Strips (Sausage Links) Cinnamon Raisin Toast Made Fresh in Your Dining Room	Cranberry Juice Farina (Corn Flakes) Breakfast Sandwich on an English Muffin (Breakfast Bake) (Scrambled Eggs) Fresh Banana
L U N C H	Pulled, Smoked Pork with a Bun and a Side of BBQ Sauce (Chicken Breast) Ranch Tater Tots (Whipped Potatoes) Broccoli-Bacon-Tomato Salad (Cucumber Salad) Strawberry Rhubarb Fruit Cup	LABOR DAY Braised Beef Tips and Peppers (Macaroni and Cheese) Garlic Mashed Yellow Potatoes (Garlic Whips/Whipped Potatoes) Buttered Baby Carrots (Diced Rutabagas) Warm Garlic Roll Watermelon Cubes	Lasagna with Tomato Sauce (Turkey Tetrazzini) Steamed Zucchini (Diced Carrots) Warm Breadstick Vanilla Cheesecake	Memphis Style Pork Ribs (Chicken Breast) Macaroni and Cheese (Whipped Potatoes) Southern Hot Slaw (Wax Beans) Sweet Potato Pie	Open Faced Hot Beef Sandwich (Open Faced Hot Turkey Sandwich) Whipped Potato With Beef Gravy Tossed Salad with French-Bleu Cheese Dressing (Ranch Dressing/Pea Salad) Vanilla Ice Cream	Baked Haddock with Tartar Sauce (Meatloaf) Baked Potato (Whipped Potatoes) Roasted Brussels Sprouts (Asparagus) Rye Bread Raspberry Jell-o with Peaches	Chicken Breast with Supreme Sauce (Salisbury Steak) Steamed Red Potatoes (Whipped Potatoes) Mixed Vegetables (Diced Carrots) Raspberry Vanilla Cake
S U P P E R	Ham with Scalloped Potatoes (Turkey Loaf/Whipped Potatoes) Broccoli Florets (Diced Beets) Cherry Torte	Build Your Own: Cheeseburger with a Bun (Fish Patty with a Bun) Lettuce, Tomato, Onion and Pickles (Waldorf Salad) Onion Rings (Waffle Fries/Whipped Potatoes) Raspberry Sherbet	Cream of Cauliflower Soup with Crackers (Chicken Rice Soup) Grilled Cheese, Bacon and Tomato Sandwich on White Bread (Tater Tot Hot Dish) Fresh Apple Slices with Caramel Sauce	Kielbasa (Roast Beef/ Baked Haddock) American Fries (Whipped Potatoes) Corn and Peas (Squash) Gelatin Mosaic	Beef Dumpling Soup with Crackers (Potato Soup) Summer Sausage Sandwich on Whole Wheat (Turkey Salad Sandwich on White) Green Olives Warm Cherry Strudel Stick	Sausage Pizza (Macaroni and Cheese) Marinated Vegetable Salad (2-Bean Salad) Warm Garlic Toast with Italian Dipping Sauce Butterscotch Ice Cream Sundae	Cream of Mushroom Soup with Crackers (Chicken Vegetable Soup) Hot Ham and Swiss on a Rye Bun (Ham and Swiss Cass/Hamburger w/ Bun) Fruit Cocktail

(Alternate to main items is 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.