

Sioux Center Health

Garden Café Spring/Summer

Regular/No Added Salt

Week 3

| <b>Sunday</b><br>5-Aug  | <b>Monday</b><br>6-Aug   | <b>Tuesday</b><br>7-Aug   | <b>Wednesday</b><br>8-Aug  | <b>Thursday</b><br>9-Aug   | <b>Friday</b><br>10-Aug  | <b>Saturday</b><br>11-Aug  |
|---|--|---|--|--|--|--|
| <b>Breakfast</b>  |  |   |  |  |  |  |
| Orange Juice<br>Cream of Rice<br>Fresh Banana<br>Baked Omelet<br>Cinnamon French Toast<br>Wheat English Muffin<br>Coffee or Hot Tea<br>Apple Juice<br>Cranberry Juice | Orange Juice<br>Oatmeal<br>Fresh Apple<br>Hard Boiled Egg<br>Wheat Toast<br>Coffee or Hot Tea<br><br>Applse Juice<br>Cranberry Juice                               | Orange Juice<br>Cream of Wheat<br>Fresh Orange<br>Scrambled Eggs<br>Coffee Cake<br>Coffee or Hot Tea<br><br>Apple Juice<br>Cranberry Juice                | Orange Juice<br>Cream of Rice<br>Fresh Banana<br>Sausage Links<br>Pancakes<br><br>Apple Juice<br>Cranberry Juice                                     | Orange Juice<br>Oatmeal<br>Egg & Hashbrown<br>Casserole<br>Wheat Toast<br><br>Coffee or Hot Tea<br>Apple Juice<br>Cranberry Juice                                | Orange Juice<br>Cream of Wheat<br>Cheese Omelet<br>Muffin<br><br>Coffee or Hot Tea<br>Apple Juice<br>Cranberry Juice                               | Orange Juice<br>Cream of Rice<br>Fresh Banana<br>Scrambled Eggs<br>Biscuit<br>Coffee or Hot Tea<br><br>Apple Juice<br>Cranberry Juice                          |
| <b>Lunch</b>  |  |   |  |  |  |  |
| Mesquite Roastede<br>Wild Blend Rice<br>Asparagus Spears<br>Wheat Dinner Roll<br>Pound Cake<br>Topping<br><br>Milk<br>Beverage of Choice                              | Ham Steak<br>Corn Casserole<br>Zucchini & Onions<br>Wheat Dinner Roll<br>Fruit Fluff<br><br>Milk<br>Beverage of Choice   | Lemon Pepper Fish<br>Mashed Red Skin<br>Potatoes<br>Steamed Vegetables<br>Wheat Dinner Roll<br>Marble Cheesecake<br>Brownie<br>Milk<br>Beverage of Choice | Marinated Chicken<br>Baked Potato<br>Sour Cream<br>Wheat Dinner Roll<br>Oatmeal Raisin Cookie<br><br>Milk<br>Beverage of Choice                      | Sweet & Sour Pork<br>Fried Rice<br>Broccoli Florets<br>Wheat Diner Roll<br>Forest Pears<br><br>Milk<br>Beverage of Choice  | Ginger Pot Roast<br>Roasted Fingerling<br>Potatoes<br>Green Beans<br>Wheat Diner Roll<br>Apple Cobler<br><br>Milk<br>Beverage of Choice            | Baked Turkey<br>Bread Dressing w/Gravy<br>Multi-Color Cauliflower<br>Wheat Diner Roll<br>Chocolate Peanut Butter<br>Ambrosia<br><br>Milk<br>Beverage of Choice |
| Breaded Fish Fillet<br>Tartar Sauce   | Baked Chicken  | Beef Brisket  | Apricot Glazed<br>Pork Chop  | Tuna Noodle<br>Casserole   | Greeg Chicken  | Herb Pork Roast  |
| <b>Dinner</b>   |  |   |  |  |  |  |
| Corned Beef<br>Parslied New Potatoes<br>Hot Cabbage Slaw<br>Harvest Pork Loin<br><br>Wheat Dinner Roll<br>Apricots<br><br>Milk<br>Beverage of Choice                  | Honey Mustard Chicken<br>Risotto<br>Roasted Brussels Sprouts<br>Braised Pork Tips<br><br>Wheat Dinner Rolls<br>Vanilla Ice Cream<br><br>Milk<br>Beverage of Choice | Chili Soup<br>Cinnamon Roll<br>Tossed Salad<br>w/Dressing<br>Peaches & Cream<br>Gelatin Desert<br><br>Milk<br>Beverage of Choice                          | Cheese Ravioli<br>Casserole<br>Lemony Rocket Salad<br>w/Dressing<br>Sloppy Joes<br>Baked Beans<br>Cantaloupe Cubes<br><br>Milk<br>Beverage of Choice | Savory Summer Soup<br>Steak Salad<br>Pickled Beet Salad<br>Roast Turkey<br>w/Gravy<br>Wheat Diner Roll<br>Chocolate Chip Bread<br><br>Milk<br>Beverage of Choice | Fish Sandwich<br>Braised Red & Green<br>Cabbage<br>Swiss Steak w/Gravy<br>Egg Noodles<br><br>Red Seedless Grapes<br><br>Milk<br>Beverage of Choice | Pig in a Blanket<br>Soup of the Day<br>Mixed Vegetables<br>Applesauce<br><br>Milk<br>Beverage of Choice  |