

Sample Weekly Menu

Breakfast 7:45 am - 9:15 am

Lunch 12:00 pm - 1:30 pm

Dinner 5:45 pm - 7:15 pm



Our Lady of Hope
HEALTH CENTER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Scrambled Eggs Bacon English Muffin <i>Always Available*</i>	Cheese Eggs Sausage Patties French Toast <i>Always Available*</i>	Scrambled Eggs Bacon Cinnamon Roll <i>Always Available*</i>	Scrambled Eggs Sausage Links Danish <i>Always Available*</i>	Omelets Bacon Apple Cinnamon Muffin <i>Always Available*</i>	Cheddar & Mushroom Eggs Sausage, Bran Muffin <i>Always Available*</i>	Scrambled Eggs Sausage Gravy Biscuit <i>Always Available*</i>
LUNCH	Cream of Spinach Soup Beef Tips Buttered Noodles Steamed Broccoli French Roll Lemon Cake <i>Alternative Entrée:</i> Grilled Shrimp Caesar Salad <i>Always Available**</i>	Chicken Noodle Soup Honey Mustard Glazed Ham Black Eyed Peas Stewed Tomatoes Wheat Rolls Ice Cream <i>Alternative Entrée:</i> Chicken Tenders <i>Always Available**</i>	Broccoli Cheddar Soup Smothered Ribeye Steak Rice Pilaf Bahama-Blend Veggies Assorted Breads Strawberry Shortcake <i>Alternative Entrée:</i> Grilled Salami & Swiss Sandwich <i>Always Available**</i>	Cream of Asparagus Soup Fried Chicken Garden Pasta Salad Sautéed Carrots Dinner Roll Orange Sherbet <i>Alternative Entrée:</i> Chicken Salad on Croissant <i>Always Available**</i>	Vegetable & Barley Soup Chili-Glazed Salmon Quinoa Pilaf with Roasted Veggies Cauliflower Dinner Roll Apple Cobbler <i>Alternative Entrée:</i> Grilled Chicken Taco Salad <i>Always Available**</i>	Cream of Mushroom Soup Fried Catfish Roasted Potato Medley Green Beans Hush Puppies Oreo Mudslide <i>Alternative Entrée:</i> Club Wrap <i>Always Available**</i>	French Onion Soup Chicken Cacciatore Savory Herb Rice Roasted Asparagus Dinner Rolls Coconut Cream Pie <i>Alternative Entrée:</i> Ham Sandwich <i>Always Available**</i>
DINNER	Hearty Vegetable Soup Open Face Turkey Sandwich Herb Stuffing Garden Peas Dinner Roll Chocolate Pudding <i>Alternative Entrée:</i> Pimento Cheese Sandwich <i>Always Available**</i>	White Bean & Tomato Soup Swedish Meatballs Orzo German Blend Veggies Yeast Rolls Orange Gelatin with Pears <i>Alternative Entrée:</i> French Bread Pizza <i>Always Available**</i>	Minestrone Turkey Salad Sandwich Potato Salad Cucumber & Onion Salad Watergate Salad <i>Alternative Entrée:</i> Ham Salad Sandwich <i>Always Available**</i>	Chicken & Rice Soup Herb Roasted Pork Tenderloin Baked Sweet Potato Turnip Greens Wheat Roll Lemon Meringue Pie <i>Alternative Entrée:</i> Quiche Florentine <i>Always Available**</i>	Black Bean & Sausage Soup Ham & Potato Au Gratin Casserole Grilled Asparagus Garlic Bread Pineapple Upside-down Cake <i>Alternative Entrée:</i> Turkey Reuben with Chips <i>Always Available**</i>	Tomato Florentine Soup Salisbury Steak Egg Noodles Peas & Carrots Dinner Rolls Banana Pudding <i>Alternative Entrée:</i> Grilled Cheese Sandwich <i>Always Available**</i>	Vegetable Soup Smothered Pork Chop Mashed Potatoes Spring Veggie Blend Parker House Rolls Freshly Baked Cookies <i>Alternative Entrée:</i> Cottage Cheese Cold Plate <i>Always Available**</i>

*Breakfast Always Available: Eggs (Boiled or Fried), Fresh Fruit, Assorted Cold Cereals, Pitted Prunes, Toast (White, Wheat or Raisin)

**Lunch and Dinner Always Available: Fresh Fruit, Garden Salad, Chicken Salad or Tuna Salad Sandwich, Grilled Cheese, Ham Sandwich, Peanut Butter & Jelly

Coffee, tea, milk, and juice served at every meal. Available snacks include fruit, pudding, applesauce, cookies and crackers. Sugar-free desserts available upon request.

♥ Heart-healthy options are always available and are prepared to order. Please feel free to ask your server for any clarification.

