

HCSG - MASTER MENU TEMPLATE

Week-At-A-Glance

hcs1northern2022 Week 1

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<p>Scrambled Eggs Oatmeal Cereal Blueberry Muffin - Margarine Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>French Toast - Margarine - Syrup Oatmeal Cereal Sausage Patty Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Scrambled Eggs w/Cheese Oatmeal Cereal Biscuit - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Egg & Hashbrown Bake Oatmeal Cereal Toast - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Buttermilk Pancakes - Margarine - Syrup Oatmeal Cereal Bacon Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Scrambled Eggs Oatmeal Cereal Peach Streusel Coffee Cake - Margarine Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Baked Cheese Omelet Oatmeal Cereal Toast - Margarine - Jelly Breakfast Ham Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<p>Fried Chicken Ranch Style Potato Wedges Calico Coleslaw Cornbread - Margarine Banana Cream Pie Coffee or Hot Tea</p> <p>Grilled Cheese Sandwich Herbed Rice Marinated Cucumber & Onion Salad</p>	<p>Honey Glazed Sliced Ham Whipped Sweet Potatoes Sauteed Spinach w/Garlic Dinner Roll/Bread - Margarine Pineapple Tidbits Coffee or Hot Tea</p> <p>Herbed Chicken Breast Parsley Noodles Broccoli Florets</p>	<p>Chicken Parmesan w/ - Spaghetti Noodles Herbed Green Beans Garlic Bread Strawberry Shortcake Coffee or Hot Tea</p> <p>Parsley Pork Chop Mashed Potatoes Sliced Carrots</p>	<p>BBQ Pork Loin Baked Beans Zucchini & Onions Dinner Roll/Bread - Margarine Mandarin Oranges Coffee or Hot Tea</p> <p>Salisbury Steak - Brown Gravy Herbed Rice Braised Cabbage</p>	<p>Chicken Soft Taco w/Flour Tortilla - Shredded Lettuce & Diced Tomato Topping - Shredded Cheddar Cheese (tbl) Cilantro Rice Mexican Corn (veg) Deluxe Fruit Salad Coffee or Hot Tea</p> <p>Citrus Fish Oven Roasted Potatoes Sugar Snap Peas Dinner Roll/Bread - Margarine</p>	<p>Shrimp Scampi Spaghetti Noodles Broccoli Florets Italian Herbed Dinner Roll - Margarine Lemon Glazed Angel Food Cake Coffee or Hot Tea</p> <p>Chicken Tenders - Honey Mustard Mashed Potatoes Seasoned Spinach</p>	<p>Classic Baked Ziti Tossed Salad w/Dressing Garlic Bread Cinnamon Brown Sugar Blondie Coffee or Hot Tea</p> <p>Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear French Fries - Ketchup Green Pea Salad</p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<p>Swedish Meatballs Buttered Noodles Green Peas Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup Milk Coffee or Hot Tea</p> <p>Smothered Turkey Patty Mashed Potatoes Sliced Carrots</p>	<p>Savory Summer Soup - Saltine Crackers Cheese Quiche Sauteed Asparagus Cuts Dinner Roll/Bread - Margarine Chocolate Cake w/ Peanut Butter Frosting Milk Coffee or Hot Tea</p> <p>Hamburger Steak w/Grilled Onions - Brown Gravy Seasoned Rice Squash Medley</p>	<p>Turkey Sandwich - Lettuce & Tomato - Mayonnaise Creamy Dill Macaroni Salad Broccoli Salad Seedless Watermelon Cubes Milk Coffee or Hot Tea</p> <p>Tuna Salad Sandwich - Lettuce & Tomato Potato Chips Marinated Mixed Vegetable Salad</p>	<p>Breaded Fish on a Bun - Tartar Sauce Tater Tots - Ketchup Peas & Carrots Chocolate Ice Cream Milk Coffee or Hot Tea</p> <p>Marinated Chicken Thigh Egg Noodles Seasoned Spinach Dinner Roll/Bread - Margarine</p>	<p>Beef Pepper Steak w/Gravy. Garlic Mashed Potatoes Roasted Green Beans Dinner Roll/Bread - Margarine Oatmeal Raisin Cookie Milk Coffee or Hot Tea</p> <p>Italian Sausage Buttered Noodles Squash Medley</p>	<p>Turkey Burger on a Bun - Lettuce & Tomato - Pickle Spear - Mayonnaise Potato Wedges - Ketchup Country Vegetable Blend Fruit Cocktail Milk Coffee or Hot Tea</p> <p>Rancher's Pork Chop Buttered Rice Steamed Asparagus Cuts Dinner Roll/Bread - Margarine</p>	<p>Honey Dijon Chicken Thigh Oven Browned Potatoes Seasoned Zucchini Dinner Roll/Bread - Margarine Chilled Peaches Milk Coffee or Hot Tea</p> <p>Cheese Quiche Sliced Carrots</p>

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Week-At-A-Glance

hcs1northern2022 Week 2

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
French Toast - Margarine - Syrup Oatmeal Cereal Bacon Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice	Scrambled Eggs Oatmeal Cereal Glazed Cinnamon Roll Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice	Biscuit - Sausage Gravy Oatmeal Cereal Hashbrown Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice	Scrambled Eggs Oatmeal Cereal English Muffin - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice	Baked Cheese Omelet Oatmeal Cereal Toast - Jelly - Margarine Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice	Buttermilk Pancakes - Margarine - Syrup Oatmeal Cereal Breakfast Ham Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice	Western Scrambled Eggs Oatmeal Cereal Toast - Jelly - Margarine Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Country Fried Steak w/Mushroom Gravy Herbed Mashed Potatoes Seasoned Whole Kernel Corn (veg) Dinner Roll/Bread - Margarine S'more Pudding Parfait Coffee or Hot Tea Rotisserie Chicken Thigh Buttered Rice Green Peas	Encrusted Pork Loin Oven Browned Potatoes Broccoli Florets Dinner Roll/Bread - Margarine Chocolate Chip Cake w/White Frosting Coffee or Hot Tea Salisbury Steak - Brown Gravy Buttered Noodles Capri Vegetable Blend	Baked Ziti w/Meatsauce Caesar Salad Garlic Bread Orange Sherbet Coffee or Hot Tea Egg Salad Sandwich - Lettuce & Tomato Potato Salad Creamy Cucumber & Onion Salad	Hot Dog on a Bun - Baked Beans - Mustard Calico Coleslaw Chilled Pears Coffee or Hot Tea Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear French Fries - Ketchup Zucchini & Onions	Deluxe Macaroni & Cheese Baked Tomato Halves Dinner Roll/Bread - Margarine Sugar Cookie Coffee or Hot Tea Smothered Turkey Patty Mashed Potatoes Green Peas	Breaded Fish on a Bun - Tartar Sauce Potato Wedges - Ketchup Seasoned Green Beans Chilled Peach Parfait Coffee or Hot Tea Hamburger Steak w/Grilled Onions - Brown Gravy Buttered Rice Yellow Squash Dinner Roll/Bread - Margarine	Marinated Chicken Breast Yellow Rice Sugar Snap Peas Dinner Roll/Bread - Margarine Vanilla Ice Cream Coffee or Hot Tea Glazed Baked Pork Chop Mashed Potatoes Sliced Carrots
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Mediterranean Baked Fish Fillet Rice Pilaf Sauteed Asparagus Cuts Dinner Roll/Bread - Margarine Apple Crisp Milk Coffee or Hot Tea Grilled Ham & Cheese Sandwich Potato Wedges - Ketchup Green Beans	BBQ Pulled Chicken Sandwich Tater Tots - Ketchup Country Vegetable Blend Seedless Watermelon Cubes Milk Coffee or Hot Tea Cheese Quesadilla - Sour Cream Steamed Rice Squash Medley	Herbed Turkey - Poultry Gravy Mashed Potatoes Buttered Green Peas Dinner Roll/Bread - Margarine Fruit Cocktail Milk Coffee or Hot Tea Lemon Butter Baked Fish Fillet Parsley Noodles Seasoned Spinach	Thin Crust Cheese Pizza Roasted Green Beans Parsley Dinner Roll - Margarine Double Chocolate Brownie Milk Coffee or Hot Tea Chicken Tenders - Honey Mustard Mashed Potatoes Sugar Snap Peas	Rancher's Chicken Thigh Oven Browned Potatoes Sliced Carrots Dinner Roll/Bread - Margarine Strawberries & Banana Milk Coffee or Hot Tea Garlic Baked Pork Chop Rice Pilaf Sauteed Asparagus Cuts	Italian Sausage Parmesan Noodles Broccoli Florets Dinner Roll/Bread - Margarine Black Forest Cake Milk Coffee or Hot Tea Cheese Quiche Sauteed Spinach w/Garlic	Philly Cheesesteak Sandwich - Sauteed Peppers & Onions. French Fries - Ketchup Tossed Salad w/Dressing Summer Fresh Fruit Cup Milk Coffee or Hot Tea Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Macaroni Salad Capri Vegetable Blend

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Week-At-A-Glance

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Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<p>Scrambled Eggs Oatmeal Cereal Blueberry Muffin - Margarine Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>French Toast - Margarine - Syrup Oatmeal Cereal Sausage Patty Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Scrambled Eggs w/Cheese Oatmeal Cereal Biscuit - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Buttermilk Pancakes - Margarine - Syrup Oatmeal Cereal Bacon Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Egg & Hashbrown Bake Oatmeal Cereal Toast - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Scrambled Eggs Oatmeal Cereal Peach Streusel Coffee Cake - Margarine Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Baked Cheese Omelet Oatmeal Cereal Toast - Margarine - Jelly Breakfast Ham Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<p>Cheese Ravioli w/Marinara Sauce Caesar Salad Garlic Bread Butterscotch Pudding Coffee or Hot Tea</p> <p>Tuna Salad Sandwich - Lettuce & Tomato Potato Chips Marinated Green Bean Salad</p>	<p>Roast Turkey - Poultry Gravy Mashed Potatoes - Poultry Gravy Sliced Glazed Carrots Dinner Roll/Bread - Margarine Marble Cake w/White Frosting Coffee or Hot Tea</p> <p>Rancher's Pork Chop Parsley Noodles Green Peas</p>	<p>Glazed Baked Ham Baked Sweet Potatoes Spinach Au Gratin Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup Coffee or Hot Tea</p> <p>Salisbury Steak - Brown Gravy Parmesan Noodles Country Vegetable Blend</p>	<p>Egg Salad Sandwich on Croissant - Lettuce & Tomato Creamy Dill Macaroni Salad Tomato Basil Salad Mandarin Oranges Coffee or Hot Tea</p> <p>Ham Sandwich - Lettuce & Tomato - Mayonnaise Potato Chips Marinated Cucumber & Onion Salad</p>	<p>Beef Pepper Steak w/Gravy. Mashed Potatoes Buttered Green Peas Dinner Roll/Bread - Margarine Chilled Pear Parfait Coffee or Hot Tea</p> <p>Cheese Ravioli w/Marinara Sauce Seasoned Spinach</p>	<p>Shrimp Alfredo w/ - Spaghetti Noodles Steamed Asparagus Cuts Parsley Dinner Roll - Margarine Snickerdoodle Cookie Coffee or Hot Tea</p> <p>Parsley Pork Chop Roasted Red Skin Potatoes Sliced Parsley Carrots</p>	<p>Rotisserie Chicken Garlic Potato Wedges Buttered Whole Kernel Corn (veg) Dinner Roll/Bread - Margarine Pineapple Tidbits Coffee or Hot Tea</p> <p>Smothered Turkey Patty Egg Noodles Broccoli Florets</p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<p>Garlic Herbed Pork Loin Garlic Roasted Red Skin Potatoes Braised Cabbage Dinner Roll/Bread - Margarine Apple Crisp Milk Coffee or Hot Tea</p> <p>Smothered Turkey Patty Buttered Rice Whole Kernel Corn (veg)</p>	<p>Cheeseburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Tater Tots - Ketchup Confetti Coleslaw Tropical Fruit Salad Milk Coffee or Hot Tea</p> <p>Breaded Fish on a Bun - Tartar Sauce Buttered Noodles Squash Medley</p>	<p>BBQ Chicken Thigh Baked Beans Capri Vegetable Blend Cornbread - Margarine Blondie Milk Coffee or Hot Tea</p> <p>Thin Crust Cheese Pizza Tossed Salad w/Dressing</p>	<p>Lemon Butter Baked Fish Fillet Oven Brownd Potatoes Broccoli Florets Dinner Roll/Bread - Margarine Vanilla Glazed Angel Food Cake Milk Coffee or Hot Tea</p> <p>Chicken Tenders - Honey Mustard Seasoned Rice Green Beans</p>	<p>Chicken Enchilada Casserole Whole Kernel Corn (veg) Dinner Roll/Bread - Margarine Chocolate Ice Cream Milk Coffee or Hot Tea</p> <p>Italian Sausage Buttered Noodles Capri Vegetable Blend</p>	<p>Hearty Vegetable Soup - Saltine Crackers Grilled Turkey & Cheese Sandwich French Fries - Ketchup Creamy Cucumber & Onion Salad Sliced Peaches Milk Coffee or Hot Tea</p> <p>Hamburger Steak w/Grilled Onions - Brown Gravy Buttered Rice Country Vegetable Blend Dinner Roll/Bread - Margarine</p>	<p>Meatballs w/Marinara Sauce - Marinara Sauce (oz) - Spaghetti Noodles Parmesan Baked Zucchini Garlic Bread Chocolate Cream Pie Milk Coffee or Hot Tea</p> <p>Cheese Quiche Seasoned Green Beans</p>

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Week-At-A-Glance

hcs1northern2022 Week 4

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<p><i>Scrambled Eggs</i> <i>Oatmeal Cereal</i> <i>Glazed Cinnamon Roll</i> <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>French Toast</i> - Margarine - Syrup <i>Oatmeal Cereal</i> <i>Sausage Patty</i> <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Biscuit</i> - Sausage Gravy <i>Oatmeal Cereal</i> <i>Hashbrown</i> <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Baked Cheese Omelet</i> <i>Oatmeal Cereal</i> <i>Toast</i> - Margarine - Jelly <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Scrambled Eggs</i> <i>Oatmeal Cereal</i> <i>English Muffin</i> - Margarine - Jelly <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Western Scrambled Eggs</i> <i>Oatmeal Cereal</i> <i>Toast</i> - Margarine - Jelly <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Buttermilk Pancakes</i> - Margarine - Syrup <i>Oatmeal Cereal</i> <i>Bacon</i> <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<p><i>Rosemary Pork Loin</i> <i>Scalloped Potatoes</i> <i>Sauteed Spinach w/Garlic</i> <i>Dinner Roll/Bread</i> - Margarine <i>Pear Crisp</i> <i>Coffee or Hot Tea</i></p> <p>Lemon Pepper Fish Fillet Parsley Rice Capri Vegetable Blend</p>	<p><i>Homestyle Meatloaf w/Ketchup Glaze</i> <i>Duchess Mashed Potatoes</i> <i>Honey Roasted Carrots</i> <i>Herbed Dinner Roll</i> - Margarine <i>Spiced Apple</i> <i>Coffee or Hot Tea</i></p> <p>Thyme Chicken Breast Herbed Noodles Squash Medley</p>	<p><i>Marinated Chicken Thigh</i> <i>Parmesan Noodles</i> <i>Sauteed Green Beans</i> <i>Dinner Roll/Bread</i> - Margarine <i>Butterscotch Pudding Parfait</i> <i>Coffee or Hot Tea</i></p> <p>Meatballs w/Gravy Mashed Potatoes Sugar Snap Peas</p>	<p><i>Hamburger on a Bun</i> - Lettuce & Tomato - Ketchup - Pickle Spear <i>Tater Tots</i> - Ketchup <i>Creamy Cucumber & Onion Salad</i> <i>Chilled Peaches</i> <i>Coffee or Hot Tea</i></p> <p>Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Seasoned Rice Cool Corn Salad (veg)</p>	<p><i>Cheese Lasagna</i> <i>Caesar Salad</i> <i>Garlic Bread</i> <i>Double Chocolate Brownie</i> <i>Coffee or Hot Tea</i></p> <p>Egg Salad Sandwich - Lettuce & Tomato Potato Chips Marinated Green Bean Salad</p>	<p><i>Butter Crumb Fish Fillet</i> <i>Au Gratin Potatoes</i> <i>Buttered Green Peas</i> <i>Dinner Roll/Bread</i> - Margarine <i>Sour Cream Orange Cake</i> <i>Coffee or Hot Tea</i></p> <p>BBQ Chicken Thigh Yellow Rice Seasoned Spinach</p>	<p><i>Turkey & Cheese Hoagie</i> - Lettuce & Tomato - Mayonnaise <i>Macaroni Salad</i> <i>Marinated Cucumber & Tomato Salad</i> <i>Fruit Cocktail</i> <i>Coffee or Hot Tea</i></p> <p>Cheese Quiche Marinated Mixed Vegetable Salad Dinner Roll/Bread - Margarine</p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<p><i>Chicken Tenders</i> - Honey Mustard <i>French Fries</i> - Ketchup <i>Tossed Salad w/Dressing</i> <i>Dinner Roll/Bread</i> - Margarine <i>Vanilla Ice Cream</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Hamburger Steak w/Grilled Onions - Brown Gravy Buttered Noodles Whole Kernel Corn (veg)</p>	<p><i>Citrus Glazed Turkey.</i> - Poultry Gravy <i>Rice Pilaf</i> <i>Steamed Broccoli Florets w/Lemon</i> <i>Dinner Roll/Bread</i> - Margarine <i>Cherry Cheesecake Bar</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>BBQ Pork Chop Baked Sweet Potatoes Country Vegetable Blend</p>	<p><i>Ham & Swiss Sandwich on Wheat</i> - Lettuce & Tomato - Mayonnaise <i>Potato Chips</i> <i>Green Pea Salad</i> <i>Seedless Watermelon Cubes</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Tuna Salad Sandwich - Lettuce & Tomato Macaroni Salad Marinated Tomato & Onion Salad</p>	<p><i>Cornflake Crusted Fish Fillet</i> <i>Macaroni & Cheese</i> <i>Roasted Zucchini</i> <i>Dinner Roll/Bread</i> - Margarine <i>Lemon Bar</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Thin Crust Cheese Pizza Broccoli Florets</p>	<p><i>Rancher's Chicken Breast</i> <i>Baked Potato</i> - Margarine - Sour Cream <i>Sliced Glazed Carrots</i> <i>Dinner Roll/Bread</i> - Margarine <i>Tropical Fruit Salad</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Italian Sausage Parsley Noodles Sauteed Asparagus Cuts</p>	<p><i>Hot Dog on a Bun</i> - Baked Beans - Mustard <i>Confetti Coleslaw</i> <i>Chilled Pears</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Baked Macaroni & Cheese Tossed Salad w/Dressing Dinner Roll/Bread - Margarine</p>	<p><i>Salisbury Steak</i> - Brown Gravy <i>Mashed Potatoes</i> <i>Whole Kernel Corn (veg)</i> <i>Dinner Roll/Bread</i> - Margarine <i>Chocolate Chip Cookie</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Garlic Baked Pork Chop Buttered Rice Sauteed Zucchini</p>