

# Gogebic Medical Care Facility

Week 4

## HEALTHY HORIZONS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March 23	March 24	March 25	March 26	March 27	March 28	March 29
Cream of Wheat Omelet Wheat Toast Butter/Jelly  Orange Juice	Pancake Sausage Patty Butter/Syrup  Apple Juice	Cream of Rice Scrambled Eggs Wheat Toast Butter/Jelly  Orange Juice	Biscuits & Sausage Gravy Scrambled Eggs  Orange Juice	Oatmeal Denver Scramble Fresh Fruit Wheat Toast Butter/Jelly  Orange Juice	French Toast Canadian Bacon Butter/Syrup  Orange Juice	Cream of Rice Omelet Raisin Toast Butter/Jelly  Orange Juice
Chili Salad w/ Tomatoes & Dressing Cornbread/Butter  Ice Cream  Pasty	Chicken Kiev Seasoned Rice Green Beans  Tapioca Pudding  Pork	Smothered Pork Chop Red Potatoes Sugar Snap Peas Wheat Bread/Butter  Sliced Apples  Salisbury	Braised Beef Tips Over Noodles Hot Beets Wheat Bread/Butter  Peaches  Pork	Dill Baked Fish Baked Potato Carrots Wheat Roll/Butter  Cookie  Country Fried Steak	Beef Steak w/Brown Gravy Mashed Sweet Potatoes Wax Beans Wheat Bread/Butter  Pears  Pork	Roast Turkey Mashed Potatoes Monte Carlo Blend Wheat Roll/Butter  Cherry Cobbler  Chicken
<b>National Waffle Day</b>						
Polish Sausage Scalloped Potatoes Broccoli Wheat Bread/Butter  Pineapple  Chicken	Egg Salad Sandwich on Wheat Bread Beef Barley Soup Wheat Crackers/Butter  Apricots  Turkey Sandwich	Waffle Ham Patty Butter/Syrup  Mandarin Oranges  Omelet	Pork & Veg Egg Roll Steamed Brown Rice Oriental Blend  Banana Bread  Chicken	Grilled Cheese Sandwich on Wheat Bread Tomato Soup Crackers/Butter  Rosy Applesauce  Egg Salad Sandwich	Individual Chicken Pot Pie Squash  Jell-O w/Cream  Pasty	Chicken Salad Sand on Wheat Bread Garden Vegetable Crackers/Butter  Tropical Fruit  Ham Sandwich