

Gogebic Medical Care Facility

Week 1

HEALTHY HORIZONS MENU

National Milk Day

13-19 National Pizza Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 11	January 12	January 13	January 14	January 15	January 16	January 17
Cream of Wheat Cottage Cheese & Fruit Butter Orange Juice	Waffle Bacon Butter/Syrup Orange Juice	Oatmeal Denver Scrambled Eggs Wheat Toast Butter/Jelly Orange Juice	Pancake Ham Patty Butter/Syrup Apple Juice	Oatmeal Hard Boiled Egg Donut Butter Orange Juice	French Toast Sausage Links Butter/Syrup Orange Juice	Cream of Rice Scramble Egg Wheat Toast Butter/Jelly Orange Juice
Beef Stew Salad w/Cheese Dressing Biscuit/Butter Ice Cream Chicken Pot Pie	Creamy Mushroom Chicken Baked Sweet Potato Sugar Snap Peas Cherry Delight County Fried Steak	Pizza Casserole Cauliflower Sliced Strawberries Pasty	Chicken Strips Red Potatoes Seasoned Cabbage Wheat Bread/Butter Peaches Salisbury	Lemon Baked Fish Baked Potato Roasted Corn w/Peppers Wheat Roll/Butter Jell-O w/Cream Chicken	County Fried Steak Buttered Pasta Steamed Vegetable Wheat Bread/Butter Apricots Pork	Roast Turkey Mashed Potatoes Carrots Wheat Roll/Butter Mandarin Orange Cake Chicken
Breaded Pork Patty Parsley Sliced Potatoes Brussel Sprouts Wheat Bread/Butter Fruit Cocktail Baked Fish	Bologna Salad Sand on Wheat Bread Lentil Soup Wheat Crackers/Butter Applesauce Egg Salad Sand	Sweet & Sour Meatballs Mashed Potatoes Green Beans Wheat Bread/Butter Banana Bread Chicken	Soft Shell Tacos w/Lettuce, Tom, Cheese & Sour Cream Three Bean Salad Sherbet Pork & Potatoes	Grilled Cheese on Wheat Bread Tomato Soup Wheat Crackers/Butter Pears Turkey Sandwich	Vegetable Lasagna Broccoli Bread Stick/Butter Cookie Pasty	Boiled Dinner Creamy Coleslaw Wheat Bread/Butter Banana Pork & Potatoes