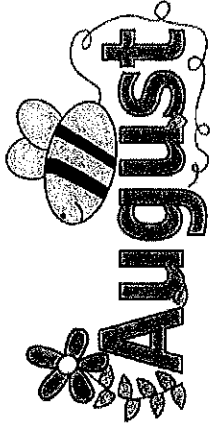


Gogebic Medical Care Facility

Week 5



HEALTHY HORIZONS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
August 02	August 03	August 04	August 05	August 06	August 07	August 08
Pancake Canadian Bacon Butter/Syrup Orange Juice	Milk-O-Meal Sausage & Cheese Croissant Orange Juice	French Toast Ham Patty Butter/Syrup Apple Juice	Farina Cereal Denver Scramble Wheat Toast Butter/Jelly Orange Juice	Oatmeal Hard Boiled Egg Warm Cinnamon Roll Butter Orange Juice	Waffle Canadian Bacon Butter/Syrup Orange Juice	Cream of Rice Breakfast Strata Sausage Links Orange Juice
Macaroni & Cheese Cauliflower Stewed Tomatoes Chunky Applesauce Pasty	Meatloaf Baby Baker Potatoes Hot Beets Pound Cake w/Straw & Cream Pork	Spaghetti & Meatballs Salad/w Dressing Bread Stick/Butter Sherbet Chicken & Potatoes	Oven Fried Chicken Red Potatoes Broccoli Apricots Fish	Fish Stick w/Tartar Twice Baked Potato Island Blend Peaches Salisbury	Salisbury Steak w/Gravy Baked Sweet Potato Brussel Spouts Wheat Bread/Butter Cookie & Cream Mousse Chicken	Baked Ham Mashed Potato & Gravy Cream Corn Dinner Roll/Butter Zucchini Bread Fish
National Zucchini Day						
Ice Cream Sandwich Day Garlic Herb Chicken Tatar Tots Seasoned Cabbage Wheat Bread/Butter Ice Cream Sandwich Fish	Tuna Salad Sand on Wheat Bread Taco Soup Wheat Crackers/Butter Fruit Cocktail Egg Salad Sand	Pork Chop Suey Brown Rice Sugar Snap Peas Mandarin Orange Salisbury	Individual Pasty Carrots Cookie Pork & Potatoes	Sliced Ham Sandwich on Wheat Bread Corn Chowder Wheat Crackers/Butter Jell-O w/Cream Turkey Sandwich	Cheese Ravioli w/Marinara Asparagus Garlic Toast Sunny Pears Chicken Pot Pie	Chicken & Dumplings Green Beans Wheat Bread/Butter Sliced Strawberries Pasty