



Gogebic Medical Care Facility

Week 3

HEALTHY HORIZONS MENU - Fall/Winter

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|--|---|
| December 06 | December 07 | December 08 | December 09 | December 10 | December 11 | December 12 |
| Oatmeal Denver Scrambled Wheat Toast Butter/Jelly Orange Juice | Waffle Ham Patty Butter/Syrup Orange Juice | Cream of Rice Scrambled Eggs Whole Wheat Toast Butter/Jelly Orange Juice | Egg Hash Brown Casserole Whole Wheat Toast Butter/Jelly Orange Juice | Oatmeal Hard Boiled Egg Bakery Butter Apple Juice | Pancake Sausage Links Butter/Syrup Orange Juice | Cream of Wheat Scrambled Eggs Whole Wheat Toast Butter/Jelly Orange Juice |
| Vegetable Lasagna Salad w/Dressing Bread Stick/Butter Sherbet Pasty | Italian Chicken Breast Baked Potato Broccoli Wheat Bread/Butter Pineapple Salisbury | Swedish Meatballs Buttered Pasta Lima Beans Peaches Pork | Sloppy Joe on Bun Potato Wedges Sugar Snap Peas Fruit Cocktail Hamburger on Bun | Tuscan Baked Cod Potato Spudsters Creamy Coleslaw Cookie Pork | Creamy Mushroom Chicken Sweet Potatoes Capri Blend Pear Salisbury | Baked Ham Mashed Potatoes & Gravy Carrots Wheat Roll/Butter Cream Pie Fish |
| Pork Riblet German Potato Salad Green Beans Apricots Fish | Tuna Pasta Salad Split Pea Soup Crackers/Butter Jell-O w/Cream Turkey Sandwich | Hot Turkey Sandwich on Wheat Bread Mashed Potatoes Asparagus Banana Bread Salisbury | Kropsua Sausage Patty Butter/Syrup Cherry Delight French Toast | Bologna Salad Sand on Wheat Bread Chicken & Dumpling Soup Crackers/Butter Sliced Strawberries Egg Salad Sandwich | Stuffed Cabbage Roll Rutabaga Wheat Bread/Butter Blueberry Crisp Chicken Pot Pie | Turkey Sub Sand w/Cheese, Tom, Lettuce Potato Chips Corn & Bean Salad Banana Ham Sub |