



Gogebic Medical Care Facility

Week 2

HEALTHY HORIZONS MENU - FALL/WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
May 23	May 24	May 25	May 26	May 27	May 28	May 29
Malt-O-Meal Omelet Whole Wheat Toast Butter/Jelly Orange Juice	Pancake Canadian Bacon Butter/Syrup Orange Juice	Cold Cereal Denver Scramble Whole Wheat Toast Butter/Jelly Orange Juice	Cream of Rice Mushroom & Cheese Egg Strata Apple Juice	Oatmeal Hard Boiled Egg Bakery Butter Orange Juice	French Toast Sausage Links Butter/Syrup Orange Juice	Cream of Wheat Scrambled Eggs Whole Wheat Toast Butter/Jelly Orange Juice
National Hamburger Day						
Individual Pasty Carrots Ice Cream Pot Pie	Pulled Pork on Bun Tater Tots Broccoli Blueberry Bar Hamburger on Bun	Oven Fried Chicken Baby Bakers Seasoned Cabbage Wheat Bread/Butter Cookie Pork	Shredded Beef Rib over Red Skinned Mash Potatoes Asparagus Wheat Bread/Butter Pears Chicken	Dill Baked Fish Potato Salad Peas Sherbet Pork	Hamburger on Bun Oven Browned Potatoes Green Beans Peaches Hot Dog on Bun	Beef Roast Mashed Potatoes & Gravy Cream Corn Glazed Lemon Cake Chicken
Turkey Salad Sandwich on Wheat Bread Corn Chowder Cracker/Butter Grapes Egg Salad Sandwich	Cheese Roll Up w/Marinara Cauliflower Bread Stick/Butter Pineapple Pasty	Kropsua Sausage Links Butter/Syrup Mandarin Oranges French Toast	Potato Sausage Monte Carlo Blend Wheat Bread/Butter Pie Stick Salisbury & Potatoes	Peanut Butter & Jelly Wheat Sandwich Beef Barley Soup Crackers/Butter Applesauce Egg Salad Sandwich	Pasta w/ Chicken Alfredo Sauce Italian Blend Garlic Toast Jell-O w/Cream Fish	Navy Bean with Ham Soup Coleslaw Wheat Bread/Butter Banana Stew