



Gogebic Medical Care Facility

Week 1

HEALTHY HORIZONS MENU - FALL/WINTER

National Jelly Filled Doughnut Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
June 05	June 06	June 07	June 08	June 09	June 10	June 11
Oatmeal Cottage Cheese & Fruit Orange Juice	Pancake Ham Patty Butter/Syrup Orange Juice	Cold Cereal Scramble Egg Wheat Toast Butter/Jelly Orange Juice	Oatmeal Hard Boiled Egg Jelly Filled Doughnut Apple Juice	Cream of Wheat Egg & Cheese Croissant Sandwich Orange Juice	Waffle Bacon Butter/Syrup Orange Juice	Cream of Rice Scramble Egg Wheat Toast Butter/Jelly Orange Juice
Italian Chicken Buttered Noodles Broccoli Brownie Salisbury	Individual Pasty Salad w/Dressing Sherbet Pot Pie	Sloppy Joe on Bun Tater Tots Cauliflower Fruit Cocktail Hamburger on Bun	Chicken Strips Red Mashed Potatoes Monte Carlo Blend Apricot Salisbury	Lemon Baked Fish Potato Spudsters Green Beans Pears Pork	Pulled Chicken on Bun Mash Sweet Potatoes Steamed Vegetable Jell-O w/Cream Hamburger on Bun	Roast Pork Mashed Potatoes & Gravy Peas Cake w/Frosting Salisbury
Pork Chop w/Gravy Au Gratin Potatoes Carrots Wheat Bread/Butter Blueberries w/Cream Fish	Tuna Salad Sand on Wheat Bread Lentil Soup Crackers/Butter Rosy Applesauce Egg Salad Sand	Pork Chop Suey Brown Rice Asparagus Pudding Chicken	Beef Stew Sweet Pepper Coleslaw Roll/Butter Ice Cream Pork & Potatoes	Soft Shell Tacos w/Lettuce, Tom, Cheese & Sour Cream Corn & Bean Salad Cookie Pasty	Vegetable Lasagna Brussel Sprout Bread Stick/Butter Tropical Fruit Fish & Potatoes	Peanut Butter & Jelly on Wheat Bread Chicken Noodle Soup Crackers/Butter Peaches Egg Salad Sand