

COMPLETE CARE AT WHITING
Week-At-A-Glance
hcsq2northern2020-21 Week 1 - Starting 11/29/2020

Sun 11/29	Mon 11/30	Tue 12/01	Wed 12/02	Thu 12/03	Fri 12/04	Sat 12/05
Breakfast:Regular						
<i>Scrambled Eggs 1/4 Cup</i> <i>Oatmeal Cereal 6 Oz</i> <i>Apple Cinnamon Muffin 1 Ea</i> - Margarine 1 Ea <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> <i>Orange Juice 4 Oz</i> Cold Cereal of Choice 1 Srv	<i>Buttermilk Pancakes 2 Ea</i> - Margarine 1 Ea - Syrup 1 Ea <i>Bacon 2 Sl</i> <i>Oatmeal Cereal 6 Oz</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> <i>Orange Juice 4 Oz</i> Cold Cereal of Choice 1 Srv	<i>Scrambled Eggs w/Cheese 1/4 Cup</i> <i>Oatmeal Cereal 6 Oz</i> <i>Biscuit 1 Ea</i> - Margarine 1 Ea - Jelly 1 Ea <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> <i>Orange Juice 4 Oz</i> Cold Cereal of Choice 1 Srv	<i>Western Scrambled Eggs 1/4 Cup</i> <i>Oatmeal Cereal 6 Oz</i> <i>Toast 1 Sl</i> - Margarine 1 Ea - Jelly 1 Ea <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> <i>Orange Juice 4 Oz</i> Cold Cereal of Choice 1 Srv	<i>French Toast 2 Sl</i> - Margarine 1 Ea - Syrup 1 Ea <i>Sausage Patty 1 Ea</i> <i>Oatmeal Cereal 6 Oz</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> <i>Orange Juice 4 Oz</i> Cold Cereal of Choice 1 Srv	<i>Scrambled Eggs 1/4 Cup</i> <i>Oatmeal Cereal 6 Oz</i> <i>Ginger Pear Coffee Cake 1 Square</i> - Margarine 1 Ea <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> <i>Orange Juice 4 Oz</i> Cold Cereal of Choice 1 Srv	<i>Baked Cheese Omelet 1 Ea</i> <i>Breakfast Ham 1 Oz</i> <i>Oatmeal Cereal 6 Oz</i> <i>Toast 1 Sl</i> - Margarine 1 Ea - Jelly 1 Ea <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> <i>Orange Juice 4 Oz</i> Cold Cereal of Choice 1 Srv
Lunch:Regular						
<i>Maple Sage Turkey 3 Oz</i> - Poultry Gravy 2 Oz <i>Roasted Brussels Sprouts 1/2 Cup</i> <i>Bread Dressing 1/2 Cup</i> <i>Dinner Roll/Bread 1 Ea</i> - Margarine 1 Ea <i>Honey Glazed Pears 3/8 Cup</i> <i>Coffee or Hot Tea 6 Oz</i> Garlic Baked Pork Chop 3 Oz Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup	<i>Apple Glazed Sliced Ham 3 Oz</i> <i>Seasoned Beets 1/2 Cup</i> <i>Candied Sweet Potatoes 1/2 Cup</i> <i>Dinner Roll/Bread 1 Ea</i> - Margarine 1 Ea <i>Pineapple Upside Down Cake 1 Square</i> <i>Coffee or Hot Tea 6 Oz</i> Lemon Pepper Chicken Breast 3 Oz Seasoned Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup	<i>Baked Ziti w/Meatsauce 1 Cup</i> <i>Caesar Salad 1 Cup</i> <i>Garlic Breadstick 1 Ea</i> <i>Cinnamon Brown Sugar Blondie 1 Square</i> <i>Coffee or Hot Tea 6 Oz</i> Smothered Turkey Patty 3 Oz Broccoli Florets 1/2 Cup Mashed Potatoes 1/2 Cup	<i>Italian Sausage 1 Ea</i> <i>Parsley Cauliflower 1/2 Cup</i> <i>Garlic & Rosemary Roasted Red Skin Potatoes 1/2 Cup</i> <i>Dinner Roll/Bread 1 Ea</i> - Margarine 1 Ea <i>Scalloped Apples 1/2 Cup</i> <i>Coffee or Hot Tea 6 Oz</i> Marinated Chicken Thigh 1 Ea Capri Vegetable Blend 1/2 Cup Parsley Orzo 1/2 Cup	<i>Crispy Breaded Chicken Thigh 1 Ea</i> <i>Sauteed Green Beans 1/2 Cup</i> <i>Hashbrown Casserole 1/2 Square</i> <i>Dinner Roll/Bread 1 Ea</i> - Margarine 1 Ea <i>Banana Cream Pie 1 Sl</i> <i>Coffee or Hot Tea 6 Oz</i> Herb & Lemon Fish Fillet 3 Oz Sauteed Spinach 1/2 Cup Egg Noodles 1/2 Cup	<i>Honey Garlic Shrimp 3/8 Cup</i> <i>Winter Vegetable Blend 1/2 Cup</i> <i>Rice Pilaf 1/2 Cup</i> <i>Poppy Seed Dinner Roll 1 Ea</i> - Margarine 1 Ea <i>Tropical Fruit Salad 1/2 Cup</i> <i>Coffee or Hot Tea 6 Oz</i> Kielbasa Sausage 1 Ea Brussels Sprouts 1/2 Cup Oven Browned Potatoes 1/2 Cup	<i>Rancher's Chicken Breast 3 Oz</i> <i>Country Vegetable Blend 1/2 Cup</i> <i>Garlic Mashed Potatoes 1/2 Cup</i> <i>Cornbread 1 Square</i> - Margarine 1 Ea <i>Chocolate Cake w/ Peanut Butter Frosting 1 Square</i> <i>Coffee or Hot Tea 6 Oz</i> Cheeseburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Broccoli Salad 1/2 Cup Baked Beans 1/2 Cup
Dinner:Regular						
<i>Sweet & Sour Meatballs 3 Ea</i> <i>Seasoned Green Beans 1/2 Cup</i> <i>Steamed Rice 1/2 Cup</i> <i>Dinner Roll/Bread 1 Ea</i> - Margarine 1 Ea <i>Oatmeal Raisin Cookie 1 Ea</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> Herb Baked Fish Fillet 3 Oz Tossed Salad w/Dressing 1 Cup Buttered Noodles 1/2 Cup	<i>Breaded Pollock Fish Fillet on a Bun 1 Sandwich</i> - Tartar Sauce 1 Pkt <i>Capri Vegetable Blend 1/2 Cup</i> <i>Herbed Potato Wedges 1/2 Cup</i> - Ketchup 1 Pkt <i>Chilled Peach Parfait 1/2 Cup</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> Salisbury Steak 3 Oz - Brown Gravy 2 Oz Green Peas 1/2 Cup Yellow Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	<i>Chicken Salad Sandwich 1 Sandwich</i> - Lettuce & Tomato 1 Plate <i>Confetti Coleslaw 1/2 Cup</i> <i>Potato Chips 1 Oz</i> <i>Hearty Vegetable Soup 6 Oz</i> - Saltine Crackers 1 Pkt <i>Mandarin Oranges 1/2 Cup</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> Mushroom & Cheese Quiche 1 Sl Seasoned Spinach 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	<i>Baked Macaroni & Cheese 1 Cup</i> <i>Stewed Tomatoes 1/2 Cup</i> <i>Rosemary Dinner Roll 1 Ea</i> - Margarine 1 Ea <i>Butterscotch Pudding 1/2 Cup</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Marinated Cucumber Salad 2/3 Cup Potato Salad 1/2 Cup	<i>Beef Pepper Steak w/Gravy 3 Oz</i> <i>Peas & Carrots 1/2 Cup</i> <i>Buttered Rice 1/2 Cup</i> <i>Dinner Roll/Bread 1 Ea</i> - Margarine 1 Ea <i>Fruit Cocktail 1/2 Cup</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> BBQ Pork Chop 3 Oz Pickled Beets Salad 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt	<i>Grilled Turkey & Swiss Cheese on Wheat 1 Sandwich</i> <i>Creamy Cucumber & Onion Salad 1/2 Cup</i> <i>French Fries 1/2 Cup</i> - Ketchup 1 Pkt <i>Vanilla Ice Cream 1 Ea</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> Smothered Steak 3 Oz Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	<i>Cheese Ravioli w/Marinara Sauce 1 Cup</i> <i>Tossed Salad w/Dressing 1 Cup</i> <i>Garlic Bread 1 Ea</i> <i>Peach Crisp 1/2 Cup</i> <i>Milk 8 Oz</i> <i>Coffee or Hot Tea 6 Oz</i> Tuna Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Marinated Mixed Vegetable Salad 1/2 Cup Potato Chips 1 Oz

COMPLETE CARE AT WHITING

Week-At-A-Glance

hcs2northern2020-21 Week 2 - Starting 12/6/2020

Sun 12/06	Mon 12/07	Tue 12/08	Wed 12/09	Thu 12/10	Fri 12/11	Sat 12/12
Breakfast:Regular						
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Glazed Cinnamon Roll 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Biscuit 1 Ea - Sausage Gravy 4 Oz Oatmeal Cereal 6 Oz Hashbrown 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch:Regular						
Rosemary Roast Beef Au Jus 3 Oz Sliced Parsley Carrots 1/2 Cup Baked Potato 1 Ea - Margarine 1 Ea - Sour Cream 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Harvest Baked Apples 1/2 Cup Coffee or Hot Tea 6 Oz Lemon Pepper Fish Fillet 3 Oz Sautéed Spinach 1/2 Cup Buttered Noodles 1/2 Cup	Chicken Noodle Casserole 1 Cup Buttered Green Peas 1/2 Cup Herbed Dinner Roll 1 Ea - Margarine 1 Ea Marble Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz Hamburger Steak 3 Oz - Brown Gravy 2 Oz Green Beans 1/2 Cup Seasoned Rice 1/2 Cup	Balsamic Glazed Pork Loin 3 Oz Sautéed Green Beans 1/2 Cup Garlic & Rosemary Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Spiced Pears 1/2 Cup Coffee or Hot Tea 6 Oz Chicken Tenders 2 Ea - Honey Mustard 1 Ea Broccoli Florets 1/2 Cup Parsley Noodles 1/2 Cup	Roast Turkey 3 Oz - Poultry Gravy 2 Oz Roasted Brussels Sprouts 1/2 Cup Sweet Potato Souffle 2/3 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pumpkin Cheesecake Bar 1 Bar Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Seasoned Spinach 1/2 Cup Herbed Rice 1/2 Cup	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Broccoli Florets 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sliced Peaches 1/2 Cup Coffee or Hot Tea 6 Oz Grilled Cheese Sandwich 1 Sandwich Green Peas 1/2 Cup Buttered Noodles 1/2 Cup	Baked Stuffed Fish Fillet 3 Oz Sautéed Spinach w/Garlic 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup Coffee or Hot Tea 6 Oz Rosemary Chicken Breast 3 Oz Sliced Carrots 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt	Fried Chicken 3 Oz Buttered Whole Kernel Corn (veg) 1/2 Cup Garlic Mashed Potatoes 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Dutch Apple Pie w/Crumb Topping 1 Sl Coffee or Hot Tea 6 Oz Parsley Pork Chop 3 Oz Broccoli Florets 1/2 Cup Yellow Rice 1/2 Cup
Dinner:Regular						
BBQ Pork on a Bun 1 Sandwich Pickled Beets Salad 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Snickerdoodle Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Marinated Chicken Thigh 1 Ea Whole Kernel Corn (veg) 1/2 Cup Parsley Orzo 1/2 Cup	Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Calico Coleslaw 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Winter Vegetable Blend 1/2 Cup Macaroni Salad 1/2 Cup	Lasagna w/Meatsauce 1 Square Parmesan & Herb Roasted Cauliflower 1/2 Cup Garlic Bread 1 Ea Butterscotch Pudding Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Capri Vegetable Blend 1/2 Cup Mashed Potatoes 1/2 Cup	Thin Crust Cheese Pizza 1 Pc Caesar Salad 1 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Minestrone Soup 6 Oz - Saltine Crackers 1 Pkt Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Rotisserie Chicken Thigh 1 Ea Sliced Carrots 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Chicken Parmesan w/ 3 Oz - Spaghetti Noodles 1/2 Cup Sautéed Green Beans 1/2 Cup Breadstick 1 Ea - Margarine 1 Ea Lemon Cake w/Icing 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Parsley Cauliflower 1/2 Cup Oven Browned Potatoes 1/2 Cup	Turkey & Cheese Hoagie 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Creamy Cucumber & Onion Salad 1/2 Cup Potato Chips 1 Oz Chocolate Ice Cream 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Vegetable Quiche 1 Sl Tossed Salad w/Dressing 1 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Salisbury Steak 3 Oz - Brown Gravy 2 Oz Sliced Glazed Carrots 1/2 Cup Egg Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Capri Vegetable Blend 1/2 Cup Herbed Rice 1/2 Cup

COMPLETE CARE AT WHITING

Week-At-A-Glance

hcsq2northern2020-21 Week 3 - Starting 12/13/2020

Sun 12/13	Mon 12/14	Tue 12/15	Wed 12/16	Thu 12/17	Fri 12/18	Sat 12/19
Breakfast:Regular						
<i>Scrambled Eggs 1/4 Cup</i>	<i>Buttermilk Pancakes 2 Ea</i>	<i>Scrambled Eggs w/Cheese 1/4 Cup</i>	<i>Western Scrambled Eggs 1/4 Cup</i>	<i>French Toast 2 Sl</i>	<i>Scrambled Eggs 1/4 Cup</i>	<i>Baked Cheese Omelet 1 Ea</i>
<i>Oatmeal Cereal 6 Oz</i>	<i>- Margarine 1 Ea</i>	<i>Oatmeal Cereal 6 Oz</i>	<i>Oatmeal Cereal 6 Oz</i>	<i>- Margarine 1 Ea</i>	<i>Oatmeal Cereal 6 Oz</i>	<i>Breakfast Ham 1 Oz</i>
<i>Apple Cinnamon Muffin 1 Ea</i>	<i>- Syrup 1 Ea</i>	<i>Biscuit 1 Ea</i>	<i>Toast 1 Sl</i>	<i>- Syrup 1 Ea</i>	<i>Cranberry Orange Coffee Cake 1 Square</i>	<i>Oatmeal Cereal 6 Oz</i>
<i>- Margarine 1 Ea</i>	<i>Bacon 2 Sl</i>	<i>- Margarine 1 Ea</i>	<i>- Margarine 1 Ea</i>	<i>Sausage Patty 1 Ea</i>	<i>- Margarine 1 Ea</i>	<i>Toast 1 Sl</i>
<i>Milk 8 Oz</i>	<i>Oatmeal Cereal 6 Oz</i>	<i>- Jelly 1 Ea</i>	<i>- Jelly 1 Ea</i>	<i>Oatmeal Cereal 6 Oz</i>	<i>Milk 8 Oz</i>	<i>- Margarine 1 Ea</i>
<i>Coffee or Hot Tea 6 Oz</i>	<i>Milk 8 Oz</i>	<i>Milk 8 Oz</i>	<i>Milk 8 Oz</i>	<i>Milk 8 Oz</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>- Jelly 1 Ea</i>
<i>Orange Juice 4 Oz</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Orange Juice 4 Oz</i>	<i>Milk 8 Oz</i>
	<i>Orange Juice 4 Oz</i>	<i>Orange Juice 4 Oz</i>	<i>Orange Juice 4 Oz</i>	<i>Orange Juice 4 Oz</i>		<i>Coffee or Hot Tea 6 Oz</i>
<i>Cold Cereal of Choice 1 Srv</i>					<i>Cold Cereal of Choice 1 Srv</i>	<i>Orange Juice 4 Oz</i>
	<i>Cold Cereal of Choice 1 Srv</i>	<i>Cold Cereal of Choice 1 Srv</i>	<i>Cold Cereal of Choice 1 Srv</i>	<i>Cold Cereal of Choice 1 Srv</i>		
						<i>Cold Cereal of Choice 1 Srv</i>
Lunch:Regular						
<i>Hawaiian Baked Ham 3 Oz</i>	<i>Cornflake Chicken Breast 3 Oz</i>	<i>Shepherd's Pie 1 Cup</i>	<i>Turkey w/Cranberry Glaze 3 Oz</i>	<i>Swedish Meatballs 3 Ea</i>	<i>Shrimp Alfredo w/ 3 Oz</i>	<i>Kielbasa Sausage 1 Ea</i>
<i>Brussels Sprouts 1/2 Cup</i>	<i>Country Vegetable Blend 1/2 Cup</i>	<i>Sliced Parsley Carrots 1/2 Cup</i>	<i>Herbed Green Beans 1/2 Cup</i>	<i>Roasted Beets 3/8 Cup</i>	<i>- Spaghetti Noodles 1/2 Cup</i>	<i>Braised Cabbage 1/2 Cup</i>
<i>Whipped Sweet Potatoes 1/2 Cup</i>	<i>Buttered Noodles 1/2 Cup</i>	<i>Dinner Roll/Bread 1 Ea</i>	<i>Sage Bread Dressing 1/2 Cup</i>	<i>Duchess Mashed Potatoes 1/2 Cup</i>	<i>Tossed Salad w/Dressing 1 Cup</i>	<i>Brown Sugar Baked Beans 1/2 Cup</i>
<i>Dinner Roll/Bread 1 Ea</i>	<i>Dinner Roll/Bread 1 Ea</i>	<i>- Margarine 1 Ea</i>	<i>Rosemary Dinner Roll 1 Ea</i>	<i>Dinner Roll/Bread 1 Ea</i>	<i>Garlic Bread 1 Ea</i>	<i>Dinner Roll/Bread 1 Ea</i>
<i>- Margarine 1 Ea</i>	<i>- Margarine 1 Ea</i>	<i>Spiced Peaches 1/2 Cup</i>	<i>- Margarine 1 Ea</i>	<i>- Margarine 1 Ea</i>	<i>Vanilla Ice Cream 1 Ea</i>	<i>- Margarine 1 Ea</i>
<i>Carrot Cake w/Cream Cheese Frosting 1 Square</i>	<i>Peanut Butter Cookie 1 Ea</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Caramel Apple Upside Down Cake 1 Square</i>	<i>Pumpkin Pie 1 Sl</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Maple Apple Crisp 1/2 Cup</i>
<i>Coffee or Hot Tea 6 Oz</i>			<i>Coffee or Hot Tea 6 Oz</i>	<i>Coffee or Hot Tea 6 Oz</i>		<i>Coffee or Hot Tea 6 Oz</i>
	<i>Smothered Steak 3 Oz</i>	<i>Garlic Baked Pork Chop 3 Oz</i>		<i>Chicken Tenders 2 Ea</i>	<i>Salisbury Steak 3 Oz</i>	
<i>Lemon Pepper Chicken Breast 3 Oz</i>	<i>Parsley Cauliflower 1/2 Cup</i>	<i>Spinach 1/2 Cup</i>	<i>Spinach & Cheese Quiche 1 Sl</i>	<i>- Honey Mustard 1 Ea</i>	<i>- Brown Gravy 2 Oz</i>	<i>Seasoned Chicken Breast 3 Oz</i>
<i>Buttered Whole Kernel Corn (veg) 1/2 Cup</i>	<i>Mashed Potatoes 1/2 Cup</i>	<i>Buttered Noodles 1/2 Cup</i>	<i>Brussels Sprouts 1/2 Cup</i>	<i>Seasoned Whole Kernel Corn (veg) 1/2 Cup</i>	<i>Sliced Carrots 1/2 Cup</i>	<i>Broccoli Florets 1/2 Cup</i>
<i>Parmesan Noodles 1/2 Cup</i>				<i>Buttered Noodles 1/2 Cup</i>	<i>Mashed Potatoes 1/2 Cup</i>	<i>Yellow Rice 1/2 Cup</i>
Dinner:Regular						
<i>Grilled Two Cheese Sandwich 1 Sandwich</i>	<i>Herb & Lemon Fish Fillet 3 Oz</i>	<i>Baked Ziti w/Italian Sausage 1 Cup</i>	<i>Sweet & Sour Pork 3/8 Cup</i>	<i>Cheese Ravioli w/Marinara Sauce 1 Cup</i>	<i>Chicken, Bacon & Ranch Sandwich 1 Sandwich</i>	<i>Philly Cheesesteak Sandwich 1 Sandwich</i>
<i>Calico Coleslaw 1/2 Cup</i>	<i>Seasoned Green Peas 1/2 Cup</i>	<i>Caesar Salad 1 Cup</i>	<i>Broccoli Florets 1/2 Cup</i>	<i>Balsamic & Parmesan Roasted Cauliflower 1/2 Cup</i>	<i>- Lettuce & Tomato 1 Plate</i>	<i>- Sauteed Peppers & Onions 1/4 Cup</i>
<i>Potato Wedges 1/2 Cup</i>	<i>Baked Potato 1 Ea</i>	<i>Garlic Bread 1 Ea</i>	<i>Yellow Rice 1/2 Cup</i>	<i>Breadstick 1 Ea</i>	<i>Confetti Coleslaw 1/2 Cup</i>	<i>Marinated Cucumber & Onion Salad 2/3 Cup</i>
<i>- Ketchup 1 Pkt</i>	<i>- Sour Cream 1 Pkt</i>	<i>Lemon Bar 1 Bar</i>	<i>Dinner Roll/Bread 1 Ea</i>	<i>- Margarine 1 Ea</i>	<i>Tater Tots 1/2 Cup</i>	<i>French Fries 1/2 Cup</i>
<i>Tomato Soup 6 Oz</i>	<i>- Margarine 1 Ea</i>	<i>Milk 8 Oz</i>	<i>- Margarine 1 Ea</i>	<i>Pineapple Tidbits 1/2 Cup</i>	<i>- Ketchup 1 Pkt</i>	<i>- Ketchup 1 Pkt</i>
<i>- Saltine Crackers 1 Pkt</i>	<i>Dinner Roll/Bread 1 Ea</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Mandarin Oranges 1/2 Cup</i>	<i>Milk 8 Oz</i>	<i>Tropical Fruit Salad 1/2 Cup</i>	<i>Double Chocolate Brownie 1 Square</i>
<i>Chilled Pears 1/2 Cup</i>	<i>- Margarine 1 Ea</i>		<i>Milk 8 Oz</i>	<i>Coffee or Hot Tea 6 Oz</i>	<i>Milk 8 Oz</i>	<i>Milk 8 Oz</i>
<i>Milk 8 Oz</i>	<i>Deluxe Fruit Salad 1/2 Cup</i>	<i>Egg Salad Sandwich 1 Sandwich</i>	<i>Coffee or Hot Tea 6 Oz</i>		<i>Coffee or Hot Tea 6 Oz</i>	
<i>Coffee or Hot Tea 6 Oz</i>	<i>Milk 8 Oz</i>	<i>- Lettuce & Tomato 1 Plate</i>		<i>Turkey Burger on a Bun 1 Sandwich</i>	<i>Thin Crust Cheese Pizza 1 Pc</i>	<i>Coffee or Hot Tea 6 Oz</i>
	<i>Coffee or Hot Tea 6 Oz</i>	<i>Pickled Beets & Onion Salad 3/8 Cup</i>	<i>Marinated Chicken Thigh 1 Ea</i>	<i>- Lettuce & Tomato 1 Plate</i>	<i>Marinated Green Bean Salad 1/2 Cup</i>	<i>Breaded Pollock Fish Fillet on a Bun 1 Sandwich</i>
<i>Hamburger Steak 3 Oz</i>		<i>Potato Chips 1 Oz</i>	<i>Capri Vegetable Blend 1/2 Cup</i>	<i>- Ketchup 1 Pkt</i>	<i>Dinner Roll/Bread 1 Ea</i>	<i>- Tartar Sauce 1 Pkt</i>
<i>- Brown Gravy 2 Oz</i>	<i>Meatballs w/Gravy 3 Ea</i>		<i>Buttered Noodles 1/2 Cup</i>	<i>- Pickle Spear 1 Spear</i>	<i>- Margarine 1 Ea</i>	<i>Country Vegetable Blend 1/2 Cup</i>
<i>Green Beans 1/2 Cup</i>	<i>Marinated Mixed Vegetable Salad 1/2 Cup</i>			<i>Green Pea Salad 1/2 Cup</i>		<i>Steamed Rice 1/2 Cup</i>
<i>Buttered Rice 1/2 Cup</i>	<i>Parsley Rice 1/2 Cup</i>			<i>Potato Chips 1 Oz</i>		
<i>Dinner Roll/Bread 1 Ea</i>						
<i>- Margarine 1 Ea</i>						

COMPLETE CARE AT WHITING

Week-At-A-Glance

hcsq2northern2020-21 Week 4 - Starting 12/20/2020

Sun 12/20	Mon 12/21	Tue 12/22	Wed 12/23	Thu 12/24	Fri 12/25	Sat 12/26
Breakfast:Regular						
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Glazed Cinnamon Roll 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Biscuit 1 Ea - Sausage Gravy 4 Oz Oatmeal Cereal 6 Oz Hashbrown 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch:Regular						
Braised Beef Round Roast 3 Oz - Brown Gravy 2 Oz Honey Roasted Carrots 1/2 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Winter Vegetable Blend 1/2 Cup Parmesan Noodles 1/2 Cup	Encrusted Pork Loin 3 Oz Seasoned Green Peas 1/2 Cup Bread Dressing 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Orange Sherbet 1 Ea Coffee or Hot Tea 6 Oz Vegetable Quiche 1 Sl Sauteed Spinach w/Garlic 1/2 Cup	Maple Dijon Chicken Thigh 1 Ea Herbed Green Beans 1/2 Cup Baked Potato 1 Ea - Margarine 1 Ea - Sour Cream 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Harvest Baked Apples 1/2 Cup Coffee or Hot Tea 6 Oz Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Seasoned Rice 1/2 Cup	Mediterranean Baked Fish Fillet 3 Oz Sauteed Spinach w/Garlic 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pear Crisp 1/2 Cup Coffee or Hot Tea 6 Oz BBQ Chicken Breast 3 Oz Green Peas 1/2 Cup Herbed Noodles 1/2 Cup	Lasagna w/Meatsauce 1 Square Caesar Salad 1 Cup Garlic Bread 1 Ea Chocolate Chip Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Pickled Beets Salad 1/2 Cup Potato Chips 1 Oz	Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Stewed Tomatoes 1/2 Cup Cheesy Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Coffee or Hot Tea 6 Oz Sage Herbed Pork Chop 3 Oz Sliced Carrots 1/2 Cup White Rice 1/2 Cup	Braised Pork Tips 3/8 Cup Broccoli Florets 1/2 Cup Yellow Rice 1/2 Cup Parsley Dinner Roll 1 Ea - Margarine 1 Ea Dutch Apple Pie w/Crumb Topping 1 Sl Coffee or Hot Tea 6 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Green Peas 1/2 Cup Mashed Potatoes 1/2 Cup
Dinner:Regular						
Chicken Tenders 2 Ea - Honey Mustard 1 Ea Green Beans 1/2 Cup Macaroni & Cheese 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Chip Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Tuna Melt Sandwich 1 Sandwich Calico Coleslaw 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt	Open Faced Turkey Sandwich 1 Sandwich - Poultry Gravy 2 Oz Whole Kernel Corn (veg) 1/2 Cup Mashed Potatoes 1/2 Cup Deluxe Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Capri Vegetable Blend 1/2 Cup Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Winter Vegetable Blend 1/2 Cup Au Gratin Potatoes 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Pumpkin Cheesecake Bar 1 Bar Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Orange Glazed Beets 1/2 Cup Buttered Noodles 1/2 Cup	Ham & Cheese Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Marinated Cucumber & Onion Salad 2/3 Cup Potato Chips 1 Oz Minestrone Soup 6 Oz - Saltine Crackers 1 Pkt Butterscotch Pudding Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Meatballs w/Gravy 3 Ea Sliced Carrots 1/2 Cup Parsley Noodles 1/2 Cup	Fried Chicken 3 Oz Country Vegetable Blend 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Cornbread 1 Square - Margarine 1 Ea Mandarin Oranges 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cheeseburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Confetti Coleslaw 1/2 Cup Baked Beans 1/2 Cup	Thin Crust Cheese Pizza 1 Pc Marinated Cauliflower Salad 1/2 Cup Parmesan Breadstick 1 Ea Peanut Butter Brownie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Whole Kernel Corn (veg) 1/2 Cup Garlic Potato Wedges 1/2 Cup	BBQ Pulled Chicken Sandwich 1 Sandwich Dixie Coleslaw 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Pineapple Tidbits 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Italian Sausage 1 Ea Sauteed Spinach 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea