

**COMPLETE CARE AT WHITING**

**Week-At-A-Glance**

**hcsq1northern2021 Week 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<i>Scrambled Eggs 1/4 Cup Blueberry Muffin 1 Ea</i>	<i>French Toast 2 Sl Sausage Patty 1 Ea</i>	<i>Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea</i>	<i>Egg &amp; Hashbrown Bake 1 Square Toast 1 Sl</i>	<i>Buttermilk Pancakes 2 Ea Bacon 2 Sl</i>	<i>Scrambled Eggs 1/4 Cup Peach Streusel Coffee Cake 1 Square</i>	<i>Baked Cheese Omelet 1 Ea Breakfast Ham 1 Oz Toast 1 Sl</i>
<b>Lunch:Regular</b>						
<i>Fried Chicken 3 Oz Calico Coleslaw 1/2 Cup Ranch Style Potato Wedges 1/2 Cup Cornbread 1 Square Peach Pie w/Crumb Topping 1 Sl</i>	<i>Hawaiian Baked Ham 3 Oz Sauteed Spinach w/Garlic 1/2 Cup Whipped Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Pineapple Tidbits 1/2 Cup</i>	<i>Baked Ziti w/Meatsauce 1 Cup Tossed Salad w/Dressing 1 Cup Garlic Breadstick 1 Ea Strawberry Shortcake 1 Square</i>	<i>BBQ Pork on a Bun 1 Sandwich Zucchini &amp; Onions 1/2 Cup Tater Tots 1/2 Cup Tropical Fruit Salad 1/2 Cup</i>	<i>Chicken Salad Sandwich on Croissant 1 Sandwich Marinated Cucumber &amp; Tomato Salad 1/2 Cup Garden Pasta Salad 1/2 Cup Seedless Watermelon Cubes 2/3 Cup</i>	<i>Shrimp Scampi 3 Oz Broccoli Florets 1/2 Cup Spaghetti Noodles 1/2 Cup Garlic Bread 1 Ea Chocolate Ice Cream 1 Ea</i>	<i>Chicken Pasta Primavera 6 Oz Caesar Salad 1 Cup Parmesan Breadstick 1 Ea Blondie 1 Square Hamburger on a Bun 1 Sandwich Green Pea Salad 1/2 Cup French Fries 1/2 Cup</i>
<i>Tuna Salad Sandwich 1 Sandwich Marinated Cucumber &amp; Onion Salad 1/2 Cup Garden Pasta Salad 1/2 Cup</i>	<i>Herbed Chicken Breast 3 Oz Capri Vegetable Blend 1/2 Cup Parsley Noodles 1/2 Cup</i>	<i>Parsley Pork Chop 3 Oz Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup</i>	<i>Salisbury Steak 3 Oz Braised Cabbage 1/2 Cup Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea</i>	<i>Thin Crust Cheese Pizza 1 Pc Tossed Salad w/Dressing 1 Cup Breadstick 1 Ea</i>	<i>Chicken Tenders 2 Ea Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup</i>	
<b>Dinner:Regular</b>						
<i>Swedish Meatballs 3 Ea Green Peas 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Deluxe Fruit Salad 1/2 Cup</i>	<i>Turkey Sandwich 1 Sandwich Broccoli Salad 1/2 Cup Creamy Dill Macaroni Salad 1/2 Cup Savory Summer Soup 6 Oz Lemon Cake w/Icing 1 Square</i>	<i>Honey Dijon Chicken Thigh 1 Ea Sauteed Asparagus Cuts 1/2 Cup Rice Pilaf 1/2 Cup Rosemary Dinner Roll 1 Ea Summer Fresh Fruit Cup 1/2 Cup</i>	<i>Breaded Pollock Fish Fillet 3 Oz Peas &amp; Carrots 1/2 Cup Baked Potato 1 Ea Dinner Roll/Bread 1 Ea Tuxedo Cheesecake Bar 1 Bar Sweet &amp; Sour Meatballs 3 Ea Seasoned Spinach 1/2 Cup Egg Noodles 1/2 Cup</i>	<i>Beef Pepper Steak w/Gravy. 2 Oz Roasted Green Beans 1/2 Cup Garlic Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Peanut Butter Cookie 1 Ea Rancher's Pork Chop 3 Oz Squash Medley 1/2 Cup Yellow Rice 1/2 Cup</i>	<i>Turkey Burger on a Bun 1 Sandwich Confetti Coleslaw 1/2 Cup Potato Wedges 1/2 Cup Fruit Cocktail 1/2 Cup Hamburger Steak w/Grilled Onions 3 Oz Seasoned Whole Kernel Corn (veg) 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea</i>	<i>Kielbasa Sausage 1 Ea Seasoned Cabbage 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Mandarin Oranges 1/2 Cup Cheese Quiche 1 Sl Capri Vegetable Blend 1/2 Cup</i>
<i>Smothered Turkey Patty 3 Oz Sliced Carrots 1/2 Cup Buttered Rice 1/2 Cup</i>	<i>Grilled Cheese Sandwich 1 Sandwich Marinated Green Bean Salad 1/2 Cup Potato Chips 1 Oz</i>	<i>Herb &amp; Lemon Fish Fillet 3 Oz Country Vegetable Blend 1/2 Cup Potato Wedges 1/2 Cup</i>				

**COMPLETE CARE AT WHITING**

**Week-At-A-Glance**

**hcsq1northern2021 Week 2**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<i>French Toast 2 Sl Bacon 2 Sl</i>	<i>Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea</i>	<i>Biscuit 1 Ea Hashbrown 1/2 Cup</i>	<i>Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz English Muffin 1 Ea</i>	<i>Baked Cheese Omelet 1 Ea Toast 1 Sl</i>	<i>Western Scrambled Eggs 1/4 Cup Toast 1 Sl</i>	<i>Buttermilk Pancakes 2 Ea Sausage Patty 1 Ea</i>
<b>Lunch:Regular</b>						
<i>Roast Beef Au Jus 3 Oz Sauteed Spinach 1/2 Cup Garlic &amp; Rosemary Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Apple Crisp 1/2 Cup</i>	<i>Chicken Parmesan w/ 3 Oz Tossed Salad w/Dressing 1 Cup Garlic Breadstick 1 Ea Chocolate Chip Cake w/White Frosting 1 Square</i>	<i>Garlic Herbed Pork Loin 3 Oz Broccoli Florets 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Peach Shortcake 1 Square</i>	<i>Homestyle Meatloaf w/Ketchup Glaze 4 Oz Buttered Green Peas 1/2 Cup Au Gratin Potatoes 1/2 Cup Poppy Seed Dinner Roll 1 Ea Orange Sherbet 1 Ea</i>	<i>Hot Dog on a Bun 1 Sandwich Confetti Coleslaw 1/2 Cup Strawberries &amp; Banana 1/2 Cup Hamburger on a Bun 1 Sandwich Broccoli Salad 1/2 Cup French Fries 1/2 Cup</i>	<i>Mediterranean Baked Fish Fillet 3 Oz Sauteed Asparagus Cuts 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea Summer Fresh Fruit Cup 1/2 Cup Grilled Cheese Sandwich 1 Sandwich Squash Medley 1/2 Cup Tater Tots 1/2 Cup</i>	<i>Sweet Garlic Chicken Breast 3 Oz Sugar Snap Peas 1/2 Cup Stir Fried Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Sugar Cookie 1 Ea Glazed Baked Pork Chop 3 Oz Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup</i>
<i>Rotisserie Chicken Thigh 1 Ea Seasoned Zucchini 1/2 Cup Buttered Rice 1/2 Cup</i>	<i>Breaded Pollock Fish Fillet 3 Oz Green Peas 1/2 Cup Tater Tots 1/2 Cup</i>	<i>Rosemary Chicken Breast 3 Oz Seasoned Spinach 1/2 Cup Parmesan Noodles 1/2 Cup</i>	<i>Garlic Baked Pork Chop 3 Oz Sliced Carrots 1/2 Cup Rice Pilaf 1/2 Cup</i>			
<b>Dinner:Regular</b>						
<i>Tuna Salad Sandwich on Croissant 1 Sandwich Calico Coleslaw 1/2 Cup Garden Pasta Salad 1/2 Cup S'more Pudding Parfait 1/2 Cup</i>	<i>Swiss Steak w/Gravy 3 Oz Seasoned Whole Kernel Corn (veg) 1/2 Cup Herbed Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Seedless Watermelon Cubes 2/3 Cup</i>	<i>Thin Crust Cheese Pizza 1 Pc Parmesan Baked Zucchini 1/2 Cup Italian Herbed Dinner Roll 1 Ea Chilled Pears 1/2 Cup Smothered Turkey Patty 3 Oz Country Vegetable Blend 1/2 Cup Mashed Potatoes 1/2 Cup</i>	<i>Honey Glazed Turkey. 2 Oz Herbed Green Beans 1/2 Cup Baked Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Fruit Cocktail 1/2 Cup</i>	<i>Marinated Chicken Thigh 1 Ea Honey Roasted Carrots 1/2 Cup Herbed Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Black Forest Cake 1 Square Cheese Quiche 1 Sl Creamy Cucumber &amp; Onion Salad 1/2 Cup</i>	<i>Baked Ziti w/Cheese 1 Cup Caesar Salad 1 Cup Garlic Bread 1 Ea Butterscotch Pudding 1/2 Cup Italian Sausage 1 Ea Sauteed Spinach w/Garlic 1/2 Cup Herbed Potato Wedges 1/2 Cup</i>	<i>Philly Cheesesteak Sandwich 1 Sandwich Tossed Salad w/Dressing 1 Cup French Fries 1/2 Cup Chilled Peach Parfait 1/2 Cup Breaded Chicken on a Bun 1 Sandwich Marinated Cucumber &amp; Tomato Salad 1/2 Cup Macaroni Salad 1/2 Cup</i>
<i>Ham Sandwich 1 Sandwich Creamy Cucumber &amp; Onion Salad 1/2 Cup Potato Chips 1 Oz</i>	<i>Baked Macaroni &amp; Cheese 1 Cup Baked Tomato Halves 2 Hlf</i>					

**COMPLETE CARE AT WHITING**

**Week-At-A-Glance**

**hcsq1northern2021 Week 3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<i>Scrambled Eggs 1/4 Cup Blueberry Muffin 1 Ea</i>	<i>French Toast 2 Sl Sausage Patty 1 Ea</i>	<i>Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea</i>	<i>Buttermilk Pancakes 2 Ea Bacon 2 Sl</i>	<i>Egg &amp; Hashbrown Bake 1 Square Toast 1 Sl</i>	<i>Scrambled Eggs 1/4 Cup Peach Streusel Coffee Cake 1 Square</i>	<i>Baked Cheese Omelet 1 Ea Sausage Patty 1 Ea Toast 1 Sl</i>
<b>Lunch:Regular</b>						
<i>Cheese Ravioli w/Marinara Sauce 1 Cup Caesar Salad 1 Cup Garlic Breadstick 1 Ea Vanilla Ice Cream 1 Ea</i>	<i>Roast Turkey 3 Oz Sliced Glazed Carrots 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Marble Cake w/White Frosting 1 Square</i>	<i>Honey Glazed Sliced Ham 3 Oz Spinach Au Gratin 1/2 Cup Baked Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Summer Fresh Fruit Cup 1/2 Cup</i>	<i>Egg Salad Sandwich on Croissant 1 Sandwich Tomato Basil Salad 2/3 Cup Creamy Dill Macaroni Salad 1/2 Cup Snickerdoodle Cookie 1 Ea</i>	<i>Beef Pepper Steak w/Gravy 3 Oz Buttered Green Peas 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Chilled Pear Parfait 1/2 Cup</i>	<i>Shrimp Alfredo w/ 3 Oz Steamed Asparagus Cuts 1/2 Cup Garlic Bread 1 Ea Cherry Crisp 1/2 Cup</i>	<i>Fried Chicken 3 Oz Buttered Whole Kernel Corn (veg) 1/2 Cup Garlic Potato Wedges 1/2 Cup Dinner Roll/Bread 1 Ea Pineapple Tidbits 1/2 Cup</i>
<i>Thyme Baked Chicken Thigh 1 Ea Roasted Green Beans 1/2 Cup Buttered Rice 1/2 Cup</i>	<i>Rancher's Pork Chop 3 Oz Green Peas 1/2 Cup Parsley Noodles 1/2 Cup</i>	<i>Salisbury Steak 3 Oz Whole Kernel Corn (veg) 1/2 Cup Parmesan Noodles 1/2 Cup</i>	<i>Turkey Salad Sandwich 1 Sandwich Marinated Cucumber &amp; Onion Salad 1/2 Cup Potato Chips 1 Oz</i>	<i>Lemon Pepper Chicken Breast 3 Oz Seasoned Spinach 1/2 Cup Buttered Noodles 1/2 Cup</i>	<i>Parsley Pork Chop 3 Oz Sliced Parsley Carrots 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup</i>	<i>Smothered Turkey Patty 3 Oz Broccoli Florets 1/2 Cup Egg Noodles 1/2 Cup</i>
<b>Dinner:Regular</b>						
<i>Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Apple Crisp 1/2 Cup</i>	<i>Cheeseburger on a Bun 1 Sandwich Confetti Coleslaw 1/2 Cup Tater Tots 1/2 Cup Tropical Fruit Salad 1/2 Cup</i>	<i>Cornflake Chicken Breast 3 Oz Capri Vegetable Blend 1/2 Cup Rice Pilaf 1/2 Cup Parsley Dinner Roll 1 Ea Double Chocolate Brownie 1 Square</i>	<i>BBQ Pork Platter 1/2 Cup Zucchini &amp; Onions 1/2 Cup Baked Beans 1/2 Cup Cornbread 1 Square Mandarin Oranges 1/2 Cup</i>	<i>Butter Crumb Fish Fillet 3 Oz Broccoli Florets 1/2 Cup Cheesy Rice 1/2 Cup Dinner Roll/Bread 1 Ea Lemon Cake w/Icing 1 Square</i>	<i>Grilled Turkey &amp; Cheese Sandwich 1 Sandwich Creamy Cucumber &amp; Onion Salad 1/2 Cup French Fries 1/2 Cup Corn Chowder Soup 6 Oz Seedless Watermelon Cubes 2/3 Cup</i>	<i>Meatballs w/Marinara Sauce 3 Ea Parmesan Baked Zucchini 1/2 Cup Breadstick 1 Ea Chocolate Cream Pie 1 Sl</i>
<i>Chicken Tenders 2 Ea Whole Kernel Corn (veg) 1/2 Cup Herbed Noodles 1/2 Cup</i>	<i>Breaded Pollock Fish Fillet on a Bun 1 Sandwich Squash Medley 1/2 Cup Buttered Noodles 1/2 Cup</i>	<i>Thin Crust Cheese Pizza 1 Pc Tossed Salad w/Dressing 1 Cup</i>	<i>Marinated Chicken Thigh 1 Ea Green Beans 1/2 Cup Seasoned Rice 1/2 Cup</i>	<i>Cheese Ravioli w/Marinara Sauce 1 Cup Capri Vegetable Blend 1/2 Cup</i>	<i>Hamburger Steak w/Grilled Onions 3 Oz Country Vegetable Blend 1/2 Cup Buttered Rice 1/2 Cup</i>	<i>Cheese Quiche 1 Sl Seasoned Green Beans 1/2 Cup</i>

**COMPLETE CARE AT WHITING**

**Week-At-A-Glance**

**hcs1northern2021 Week 4**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<i>Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea</i>	<i>French Toast 2 Sl Bacon 2 Sl</i>	<i>Biscuit 1 Ea Hashbrown 1/2 Cup</i>	<i>Baked Cheese Omelet 1 Ea Toast 1 Sl</i>	<i>Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz English Muffin 1 Ea</i>	<i>Western Scrambled Eggs 1/4 Cup Toast 1 Sl</i>	<i>Buttermilk Pancakes 2 Ea Sausage Patty 1 Ea</i>
Lunch:Regular						
<i>Rosemary Pork Loin 3 Oz Sauteed Spinach w/Garlic 1/2 Cup Scalloped Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Pear Crisp 1/2 Cup</i>	<i>Homestyle Meatloaf w/Ketchup Glaze 4 Oz Honey Roasted Carrots 1/2 Cup Duchess Mashed Potatoes 1/2 Cup Herbed Dinner Roll 1 Ea Spiced Apple 1/2 Cup</i>	<i>Marinated Chicken Thigh 1 Ea Squash Medley 1/2 Cup Parmesan Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Butterscotch Pudding Parfait 1/2 Cup</i>	<i>Italian Sausage 1 Ea Broccoli Florets 1/2 Cup Garlic &amp; Rosemary Roasted Red Skin Potatoes 1/2 Cup Parsley Dinner Roll 1 Ea Lemon Bar 1 Bar</i>	<i>Lasagna w/Meatsauce 1 Square Caesar Salad 1 Cup Garlic Breadstick 1 Ea Double Chocolate Brownie 1 Square Egg Salad Sandwich 1 Sandwich Creamy Cucumber &amp; Onion Salad 1/2 Cup Potato Chips 1 Oz</i>	<i>Breaded Pollock Fish Fillet 3 Oz Country Vegetable Blend 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Sour Cream Orange Cake 1 Square BBQ Chicken Thigh 1 Ea Seasoned Spinach 1/2 Cup Yellow Rice 1/2 Cup</i>	<i>Turkey Divan w/Broccoli 1/2 Cup Seasoned Green Beans 1/2 Cup Steamed Rice 1/2 Cup Poppy Seed Dinner Roll 1 Ea Seedless Watermelon Cubes 2/3 Cup Cheese Quiche 1 Sl Tomato Basil Salad 2/3 Cup</i>
<i>Lemon Pepper Fish Fillet 3 Oz Capri Vegetable Blend 1/2 Cup Parsley Rice 1/2 Cup</i>	<i>Thyme Chicken Breast 3 Oz Sauteed Green Beans 1/2 Cup Herbed Noodles 1/2 Cup</i>	<i>Meatballs w/Gravy 3 Ea Capri Vegetable Blend 1/2 Cup Mashed Potatoes 1/2 Cup</i>	<i>Smothered Turkey Patty 3 Oz Buttered Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup</i>			
Dinner:Regular						
<i>Chicken Tenders 2 Ea Tossed Salad w/Dressing 1 Cup French Fries 1/2 Cup Dinner Roll/Bread 1 Ea Vanilla Ice Cream 1 Ea</i>	<i>Citrus Glazed Turkey. 2 Oz Steamed Broccoli Florets w/Lemon 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea Cherry Cheesecake Bar 1 Bar</i>	<i>Ham &amp; Swiss Sandwich on Wheat 1 Sandwich Green Pea Salad 1/2 Cup Potato Chips 1 Oz Summer Fresh Fruit Cup 1/2 Cup Tuna Salad Sandwich 1 Sandwich Marinated Tomato &amp; Onion Salad 1/2 Cup Macaroni Salad 1/2 Cup</i>	<i>Cornflake Crusted Fish Fillet 3 Oz Baked Tomato Halves 2 Hlf Macaroni &amp; Cheese 1/2 Cup Dinner Roll/Bread 1 Ea Chilled Peach Parfait 1/2 Cup Thin Crust Cheese Pizza 1 Pc Roasted Zucchini 1/2 Cup</i>	<i>Rancher's Chicken Breast 3 Oz Sugar Snap Peas 1/2 Cup Baked Potato 1 Ea Dinner Roll/Bread 1 Ea Tropical Fruit Salad 1/2 Cup Garlic Baked Pork Chop 3 Oz Capri Vegetable Blend 1/2 Cup Egg Noodles 1/2 Cup</i>	<i>Hot Dog on a Bun 1 Sandwich Confetti Coleslaw 1/2 Cup Chilled Pears 1/2 Cup Baked Macaroni &amp; Cheese 1 Cup Tossed Salad w/Dressing 1 Cup</i>	<i>Cheeseburger on a Bun 1 Sandwich Marinated Cucumber &amp; Tomato Salad 1/2 Cup Tater Tots 1/2 Cup Chocolate Chip Cookie 1 Ea Breaded Chicken on a Bun 1 Sandwich Sauteed Zucchini 1/2 Cup Garden Pasta Salad 1/2 Cup</i>
<i>Hamburger Steak w/Grilled Onions 3 Oz Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup</i>	<i>BBQ Pork Chop 3 Oz Country Vegetable Blend 1/2 Cup Baked Sweet Potatoes 1/2 Cup</i>					