

Sheyenne Care Center

Spring/Summer 2023

Regular/NAS

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Orange Juice Oatmeal Fresh Apple Hard Cooked Egg Bacon Assorted Danish 2% Milk Coffee Hot Tea	Orange Juice Cream of Wheat Fresh Orange Sausage Links French Toast Margarine Syrup 2% Milk Coffee Hot Tea	Orange Juice Cream of Rice Fresh Banana Fried Egg Bagel Cream Cheese 2% Milk Coffee Hot Tea	Orange Juice Oatmeal Fresh Apple Egg & Hashbrown Casserole Wheat Toast Margarine Jelly 2% Milk Coffee Hot Tea	Orange Juice Cream of Wheat Fresh Orange Baked Omelet Sausage Patty Muffin Margarine Jelly 2% Milk Coffee Hot Tea	Orange Juice Cream of Rice Fresh Banana Scrambled Eggs Bacon Multigrain Pancakes Margarine Syrup 2% Milk Coffee Hot Tea	Orange Juice Oatmeal Fresh Apple Egg & Cheese on Croissant Bacon 2% Milk Coffee Hot Tea
Lunch						
Roast Turkey Turkey Gravy Mashed Potatoes Assorted beans Wheat Dinner Roll Apple Pie 2% Milk Coffee Hot Tea	Minestrone Soup Saltine Crackers Roast Beef Sandwich Pickled Beet & Onion Salad Peach Halves 2% Milk Coffee Hot Tea	Chicken Caesar Wrap Potato Salad Three Bean Salad Lime Pear Square Gelatin 2% Milk Coffee Hot Tea	Cream of Tomato Soup Grilled Two Cheese Sandwich on Sourdough Steamed Vegetables Mandarin Oranges 2% Milk Coffee Hot Tea	Beef Soft Tacos Sour Cream Black Bean Salad Apricot Halves 2% Milk Coffee Hot Tea	Baby Back Ribs Macaroni & Cheese Creamy Coleslaw Wheat Dinner Roll Fruit Fling 2% Milk Coffee Hot Tea	Pepper Steak with Gravy Garlic Mashed Potatoes Scandinavian Vegetable Blend Wheat Dinner Roll Emerald Pear Gelatin Dessert 2% Milk Coffee Hot Tea
	Ham & Pea Tortellini Caesar Salad Garlic Breadstick	Bacon Wrapped Beef Patty French Fries	BBQ Chicken Sandwich Baked Beans	Baked Ziti with Cheese Italian Vegetable Blend Garlic Bread	Crab Pasta Salad Potato Leek Soup	Egg Salad on a Croissant Vegetable Beef Soup
Siesta Snack						
Coconut Cream Pie	Kuchen	Eclair	Chocolate Cake with Creamy Frosting	Cake Doughnut	Chocolate Chip Cookie	Apple Cinnamon Muffin
Supper						
Chicken Parmesan Spaghetti Noodles Whole Kernel Corn Breadstick Margarine S'more Brownies 2% Milk Coffee Hot Tea	Breaded Pork Cutlet Brown Gravy Scalloped Potatoes Asparagus Tips with Red Pepper Wheat Dinner Roll Orange Sherbet 2% Milk Coffee Hot Tea	Taco Salad Casserole Green Beans Pineapple with Strawberries 2% Milk Coffee Hot Tea	Mushroom Cheeseburger Cucumber & Onion Slices Salad Watermelon 2% Milk Coffee Hot Tea	Glazed Pork Loin Butternut Squash Wheat Dinner Roll Blueberries with Topping 2% Milk Coffee Hot Tea	Pecan Encrusted Tilapia Broccoli with Cheese Sauce Crispy Waffle Fries Lemon Pudding Parfait 2% Milk Coffee Hot Tea	Salmon Patty Creamy Dill Sauce Potato Wedges Spinach Salad with Dressing Cantaloupe Cubes 2% Milk Coffee Hot Tea
	Stuffed Cabbage Roll	Chicken Alfredo with Fettuccine Noodles Breadstick	Kielbasa Sausage Potato Wedges	Chicken Teriyaki Steamed Rice	Sloppy Joe on a Bun	Sausage with Peppers & Onions Baby Carrots