

Complete Care Severna Park Menu Week 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Regular						
Scrambled eggs Oatmeal cereal Apple cinnamon Muffin - Margarine Milk Coffee or hot tea Orange juice	Buttermilk pancakes - Margarine - Syrup Bacon Oatmeal cereal Milk Coffee or hot tea Orange juice	Scrambled eggs w/ cheese Oatmeal cereal Biscuit - Margarine - Jelly Milk Coffee or hot tea Orange juice	Western scrambled eggs Oatmeal cereal Toast - Margarine - Jelly Milk Coffee of hot tea Orange juice	French toast - Margarine - Syrup Sausage patty Oatmeal cereal Milk Coffee or hot tea Orange juice	Scrambled Eggs Oatmeal cereal Ginger pear coffee cake - Margarine Milk Coffee or hot tea Orange juice	Baked cheese omelet Breakfast ham Oatmeal cereal Toast - Margarine - Jelly Milk Coffee or hot tea Orange juice
Lunch: Regular						
Maple sage turkey - Poultry Gravy Roasted brussels sprouts Bread dressing Dinner roll/bread - Margarine Honey glazed pears Coffee or hot tea	Italian sausage Parsley cauliflower Garlic & rosemary roasted red skin potatoes Dinner roll/bread - Margarine Pineapple upside down cake Coffee or hot tea	Baked macaroni and cheese Stewed tomatoes Rosemary dinner roll - Margarine Cinnamon brown sugar blondie Coffee or hot tea	Apple glazed sliced ham Seasoned beets Candied sweet potatoes Dinner roll/bread - Margarine Scalloped apples Coffee or hot tea	Chicken salad sandwich - Lettuce & tomato Confetti coleslaw Potato chips Hearty vegetable soup - Saltine crackers Banana cream pie Coffee or hot tea	Shrimp Alfredo w/ spaghetti noodles Winter vegetables blend Garlic bread Tropical fruit salad Coffee or hot tea	Breaded chicken on a bun - Mayonnaise - Lettuce & tomato Country vegetable blend Potato wedges Chocolate cake w/ peanut butter frosting Coffee or hot tea
Dinner: Regular						
Sweet & sour chicken Seasoned green beans Steamed rice Dinner roll/bread - Margarine Oatmeal raisin cookie Milk Coffee or hot tea	Breaded pollock fish filet on a bun - Tartar sauce Capri vegetable blend Herbed potato wedges Chilled peach parfait Milk Coffee or hot tea	Crispy breaded chicken thigh Broccoli florets Hashbrown casserole Dinner roll/bread - Margarine Mandarin oranges Milk Coffee or hot tea	Baked ziti w/ meat sauce Caesar salad Garlic breadstick Butterscotch pudding Milk Coffee or hot tea	Beef pepper steak w/ gravy Peas & carrots Buttered rice Dinner roll/bread - Margarine Fruit Cocktail Milk Coffee or hot tea	Grilled turkey & Swiss cheese sandwich on wheat Creamy cucumber & onion salad French fries - Ketchup Vanilla ice cream Milk Coffee or hot tea	Cheese ravioli w/ marinara sauce Tossed salad w/ dressing Garlic bread Peach crisp Milk Coffee or hot tea

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Breakfast: Regular						
Scrambled Eggs Oatmeal cereal Glazed cinnamon roll Milk Coffee or hot tea Orange Juice	Biscuit - Sausage gravy Oatmeal cereal Hashbrown Milk Coffee or hot tea Orange juice	Scrambled eggs w/ cheese Oatmeal cereal Toast - Margarine - Jelly Milk Coffee or hot tea Orange juice	Apple cinnamon French toast - Margarine - Syrup Bacon Oatmeal cereal Milk Coffee or hot tea Orange juice	Scrambled eggs Breakfast ham Oatmeal cereal English muffin - Margarine - Jelly Milk Coffee or hot tea Orange juice	Egg & hashbrown bake Oatmeal cereal Toast - Margarine - Jelly Milk Coffee or hot tea Orange juice	Buttermilk pancakes - Margarine - Syrup Sausage patty Oatmeal cereal Milk Coffee or hot tea Orange juice
Lunch: Regular						
Rosemary roast beef au jus Sliced parsley carrots Baked potato - Sour cream - Margarine Dinner roll/bread - Margarine Harvest baked apples Coffee or hot tea	Thin crust cheese pizza Garlic green beans Italian herbed dinner rolls - Margarine Marble cake w/ white frosting Coffee or hot tea	Balsamic glazed pork loin Capri vegetable blend Garlic and rosemary roasted red skin potatoes Dinner roll/bread - Margarine Spiced pears Coffee or hot tea	Roast turkey - Poultry gravy Roasted brussels sprouts Sweet potato souffle Dinner roll/bread - Margarine Pumpkin cheesecake bar Coffee or hot tea	Homestyle meatloaf w/ ketchup glaze Seasoned green peas Au gratin potatoes Dinner roll/bread - Margarine Sliced peaches Coffee or hot tea	Baked stuffed fish filet Sauteed spinach w/ garlic Rice pilaf Dinner roll/bread - Margarine Pineapple tidbits Coffee or hot tea	Baked macaroni and cheese Winter vegetable blend Dinner roll/bread - Margarine Dutch apple pie w/ crumb topping Coffee or hot tea
Dinner: Regular						
Chicken noodle casserole Buttered green peas Herbed dinner roll - Margarine Snickerdoodle cookie Milk Coffee or hot tea	Breaded pollock fish filet - Tartar sauce Calico coleslaw French fries - Ketchup Dinner roll/bread - Margarine Deluxe fruit salad Milk Coffee or hot tea	Cheese lasagna Parmesan & herbed roasted cauliflower Garlic bread Butterscotch pudding Parfait Milk Coffee or hot tea	BBO pork on a bun Pickled beets salad Tater tots - Ketchup Tropical fruit salad Milk Coffee or hot tea	Chicken parmesan - Spaghetti noodles Sauteed green beans Breadstick - Margarine Lemon cake w/ lemon icing Milk Coffee or hot tea	Turkey & cheese hoagie - Lettuce & tomato - Mayonnaise Creamy cucumber & onion salad Potato chips Chocolate ice cream Milk Coffee or hot tea	Salisbury steak - Brown gravy Whole kernel corn Mashed potatoes Dinner roll/bread - Margarine Fruit cocktail Milk Coffee or hot tea

Complete Care Severna Park Menu

Week 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Regular						
Scrambled eggs Oatmeal cereal Apple cinnamon muffin - Margarine Milk Coffee or hot tea Orange juice	Buttermilk pancakes - Margarine - Syrup Bacon Oatmeal cereal Milk Coffee or hot tea Orange juice	Scrambled eggs w/ cheese Oatmeal cereal Biscuit - Margarine - Jelly Milk Coffee or hot tea Orange juice	Western scrambled eggs Oatmeal cereal Toast - Margarine - Jelly Milk Coffee or hot tea Orange juice	French toast - Margarine - Syrup Sausage patty Oatmeal cereal Milk Coffee or hot tea Orange juice	Scrambled eggs Oatmeal cereal Cranberry orange coffee cake - Margarine Milk Coffee or hot tea Orange juice	Baked cheese omelet Breakfast ham Oatmeal cereal Toast - Margarine - Jelly Milk Coffee or hot tea Orange juice
Lunch: Regular						
Hawaiian baked ham Brussels sprouts Whipped sweet potatoes Dinner roll/bread - Margarine Carrot cake w/ cream cheese frosting Coffee or hot tea	Chicken alfredo w/ spaghetti noodles Broccoli florets Dinner roll/bread - Margarine Peanut butter cookie Coffee or hot tea	Shepherd's pie Sliced parsley carrots Dinner roll/bread - Margarine Spiced peaches Coffee or hot tea	Turkey w/ cranberry glaze Herbed green beans Sage bread dressing Rosemary dinner roll - Margarine Caramel apple upside down cake Coffee or hot tea	Swedish meatballs Roasted beets Duchess mashed potatoes Dinner roll/bread - Margarine Pumpkin pie Coffee or hot tea	Honey garlic shrimp Tossed salad w/ dressing Rice pilaf Dinner roll/bread - Margarine Vanilla ice cream Coffee or hot tea	Kielbasa sausage Braised cabbage Brown sugar baked beans Dinner roll/bread - Margarine Maple apple crisp Coffee or hot tea
Dinner: Regular						
Grilled two cheese sandwich Calico coleslaw Potato wedges - Ketchup Tomato soup - Saltine crackers Chilled pears Milk Coffee or hot tea	Herb & lemon fish filet Country vegetable blend Baked potato - Sour cream - Margarine Dinner roll/bread - Margarine Deluxe fruit salad Milk Coffee or hot tea	Baked ziti w/ Italian sausage Caesar salad Garlic bread Lemon bar Milk Coffee or hot tea	Sweet & sour pork Green peas Yellow rice Dinner roll/bread - Margarine Mandarin oranges Milk Coffee or hot tea	Cheese ravioli w/ marinara sauce Balsamic & parmesan roasted cauliflower Breadstick - Margarine Pineapple tidbits Milk Coffee or hot tea	Chicken, bacon & ranch sandwich - Lettuce & tomato Confetti coleslaw Tater tots - Ketchup Tropical fruit salad Milk Coffee or hot tea	Philly cheesesteak sandwich - Sautéed peppers & onions Marinated cucumber & onion salad Double chocolate brownie Milk Coffee or hot tea

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Week 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Regular						
Scrambled eggs Oatmeal cereal Glazed cinnamon roll Milk Coffee or hot tea Orange juice	Biscuit - sausage gravy Oatmeal cereal Hashbrown Milk Coffee or hot tea Orange juice	Scrambled eggs w/ cheese Oatmeal cereal Toast - Margarine - Jelly Milk Coffee or hot tea Orange juice	Apple cinnamon French toast bake - Margarine - Syrup Bacon Oatmeal cereal Milk Coffee or hot tea Orange juice	Scrambled eggs Breakfast ham Oatmeal cereal English muffin - Margarine - Jelly Milk Coffee or hot tea Orange juice	Egg and hashbrown bake Oatmeal cereal Toast - Margarine - Jelly Milk Coffee or hot tea Orange juice	Buttermilk pancakes - Margarine - Syrup Sausage patty Oatmeal cereal Milk Coffee or hot tea Orange juice
Lunch: Regular						
Braised beef round roast - Brown gravy Honey roasted carrots Garlic roasted red skin potatoes Dinner roll/bread - Margarine Chilled peach parfait Coffee or hot tea	Encrusted pork loin Roasted brussels sprouts Bread dressing Dinner roll/bread - Margarine Orange sherbet Coffee or hot tea	Mediterranean baked fish filet Sauteed spinach w/ garlic Rice pilaf Dinner roll/bread - Margarine Harvest baked apples Coffee or hot tea	Maple Dijon chicken thigh Herbed green beans Baked potato - Sour cream - Margarine Dinner roll/bread - Margarine Pear crisp Coffee or hot tea	Lasagna w/ meat sauce Caesar salad Garlic bread Chocolate chip cake w/ white frosting Coffee or hot tea	Breaded pollock fish filet - Tartar sauce Stewed tomatoes Cheesy mashed potatoes Dinner roll/bread - Margarine Fruit cocktail Coffee or hot tea	Braised pork tips Broccoli florets Yellow rice Parsley dinner roll - Margarine Dutch apple pie w/ crumb topping Coffee or hot tea
Dinner: Regular						
Chicken tenders - Honey mustard Green beans Macaroni & cheese Dinner roll/bread - Margarine Chocolate chip cookie Milk Coffee or hot tea	Open-faced hot turkey sandwich - Poultry gravy Whole kernel corn Mashed potatoes Deluxe fruit salad Milk Coffee or hot tea	Homestyle meatloaf w/ ketchup glaze Winter vegetable blend Au gratin potatoes Rosemary dinner roll - Margarine Pumpkin cheesecake bar Milk Coffee or hot tea	Ham & cheese sandwich - Lettuce & tomato - Mayonnaise Marinated cucumber & onion salad Potato chips Minestrone soup Butterscotch pudding parfait Milk Coffee or hot tea	Fried chicken Country vegetable blend Potato wedges - Ketchup Cornbread - Margarine Mandarin oranges Milk Coffee or hot tea	Thin crust cheese pizza Marinated cauliflower salad Parmesan breadstick Peanut butter brownie Milk Coffee or hot tea	BBQ pulled chicken sandwich Dixie coleslaw Tater tots - Ketchup Pineapple tidbits Milk Coffee or hot tea