

The Willows Weekly Menu

Sept 1 - 7, 2019

	SUNDAY 1	LABOR DAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
BREAKFAST	Pancakes Sausage Links Continental: Oatmeal, Fruit Cold Cereal Toast	Egg & Cheddar Scramble Yogurt Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Pears Sweet Bread Continental: Oatmeal, Fruit Cold Cereal Toast	Breakfast Casserole Fruit Cup Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Mandarin Oranges Toast Continental: Oatmeal, Fruit Cold Cereal Toast	French Toast Bake Sausage Patties Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Bacon Danish Continental: Oatmeal, Fruit Cold Cereal Toast
DINNER	Pork Loin Sweet Potatoes Roasted Brussel Sprouts Dinner Roll Cheesecake	Grilled Hamburger Potato Salad Baked Beans Cole Slaw Ice Cream Treats	Turkey Potato Au Gratin Vegetable Blend Fresh Bread Cherry Crisp	<u>Nat'l Macadamia Nut Day</u> Chicken Chili Corn Bread Tossed Salad White Chocolate Macadamia Nut Cookie	Beef Burgundy Roasted Potatoes Corn Fresh Bread Pineapple Dream	<u>Nat'l Coffee Ice Cream Day</u> Roasted Garlic & Herb Tilapia Baked Potato Green Peas Dinner Roll Coffee Ice Cream Alt: Beef	Baked Chicken Mashed Potatoes Carrots Fresh Bread Angel Food Cake
SUPPER	Corn Dog Tater Tots Cauliflower Salad Grapes	Beef Noodle Soup Tuna Salad Sandwich Potato Chips Watermelon Alt: Chicken	Swedish Meatballs Over Noodles Tossed Salad Dinner Roll Apricots	Tomato Basil Soup Ham & Provolone Sandwich Fresh Fruit Oreo Blondie Alt: Turkey	<u>Nat'l Cheese Pizza Day</u> Cheese Pizza Seven Layer Salad Garlic Bread Hawaiian Delight	Grilled Chicken Sandwich Hash Brown Patty Vegetable Blend Melon Medley	<u>Nat'l Salami Day</u> Italian Club Sandwich Pasta Salad Cole Slaw Peaches

10a	Half Peanut Butter & Jelly Sandwich	4 oz Cottage Cheese 4 saltines	Half Cup Applesauce	Half Cup Fruit	Hard Boiled Egg 4 Crackers	One half Banana	4 Saltines with Cheese
3p	Half Cup Fruit	½ Cup Sugar Free Pudding	Yogurt with Granola	Apple Slices & Peanut Butter	Cucumbers, Carrots with Vegetable Dip	1 Package Animal Crackers	Half Cup Fruit
8p	Hard Boiled egg 4 Crackers	Half Meat Sandwich	4 Graham Crackers with Cheese Stick	4 Saltines with Turkey Stick	Half Cheese Sandwich	Celery Sticks & Peanut Butter	Half Meat Sandwich

The Willows Weekly Menu

September 8 - 14, 2019

	SUNDAY 8	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14
BREAKFAST	Scrambled Eggs Fruit Cocktail Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Pancakes Sausage Links Continental: Oatmeal, Fruit Cold Cereal Toast	Omelets Peaches Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Bacon Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Waffles Sausage Patties Continental: Oatmeal, Fruit Cold Cereal Toast	Breakfast Casserole Orange Wedges Raisin Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Nat'l Cream Filled Doughnut Day Scrambled Eggs Yogurt Continental: Oatmeal, Fruit Cold Cereal Toast
DINNER	Glazed Ham Sweet Potatoes Roasted Brussel Sprouts Dinner Roll Apple Crisp Alt: Beef	Nat'l Wiener Schnitzel Day Wiener Schnitzel Mashed Potatoes Vegetable Blend Fresh Bread Cheese Cake	Marinated Chicken Breast Au Gratin Potatoes Corn Dinner Roll Ice Cream	Roast Turkey Stuffing Roasted Broccoli Fresh Bread Yellow Cake Alt: Chicken	Pork Loin Mashed Potatoes Green Beans Dinner Roll Custard	Nat'l Peanut Day Baked Cod Loin Baked Potato Carrots Fresh Bread Peanut Butter Pie Alt: Pork	Chicken Marsala With Rice Vegetable Blend Dinner Roll Coconut Cake
SUPPER	BLT Sandwich Potato Chips Carrot Raisin Salad Choc. Chip Cookie Alt: Turkey	Tomato Soup Egg Salad Croissant Tossed Salad Pineapple	Open Faced Hot Turkey Sandwich Mashed Potatoes Green Peas Pears	Hamburger Potato Salad Cole Slaw Watermelon	Chicken Parmesan Over Noodles Tossed Salad Breadstick Fruit Cup	Potato Soup Beef & Cheese Sandwich Spinach Salad Peanut Butter Cookie	Cream of Chicken Soup Ham Salad Sandwich Potato Chips Melon Medley Alt: Turkey

morning	Hard Boiled Egg 4 Crackers	½ Cup Reg. or SF Pudding	Cup Applesauce	Cup Fruit	1 Package Animal Crackers	One Banana	Pkg. Crackers with Cheese
afternoon	Half Cup Fruit	4 oz Cottage Cheese 4 saltines	Half Meat Sandwich	Apple Slices & Peanut Butter	Vegetables and Dip	Hard Boiled Egg 4 Crackers	Half Cup Fruit
evening	Half Peanut Butter & Jelly Sandwich	Yogurt with Granola	4 Graham Crackers with Cheese	4 Saltines with Turkey Stick	Half Cheese Sandwich	Celery Sticks & Peanut Butter	Half Meat Sandwich

The Willows Weekly Menu

September 15 - 21, 2019

	SUNDAY 15	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21
BREAKFAST	Scrambled Eggs Apricots Seven Grain Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Cheesy Eggs Yogurt Blueberry Muffin Continental: Oatmeal, Fruit Cold Cereal Toast	Pancakes Sausage Links Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Bacon Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Breakfast Casserole Mandarin Oranges Danish Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Peaches Toast Continental: Oatmeal, Fruit Cold Cereal Toast	French Toast Bake Sausage Patties Continental: Oatmeal, Fruit Cold Cereal Toast
DINNER	<u>Nat'l Crème De Menthe Day</u> Meatloaf Red Potatoes Roasted Broccoli Fresh Bread Crème De Menthe Pie	BBQ Chicken Au Gratin Potatoes Vegetable Blend Dinner Roll Chocolate Cake	<u>Nat'l Apple Dumpling Day</u> Beef Roast Mashed Potatoes Corn Fresh Bread Apple Dumpling	Roasted Turkey Stuffing Glazed Carrots Dinner Roll Ice Cream	Battered Tilapia Baked Potato Vegetable Blend Fresh Bread Lemon Meringue Pie Alt: Chicken	<u>Nat'l Fried Rice Day</u> Tangerine Chicken Fried Rice Green Beans Dinner Roll Pumpkin Pie Bar	Spaghetti & Meatballs Tossed Salad Garlic Bread Cherry Crisp
SUPPER	Chicken Salad Plate On a Lettuce Leaf Potato Salad Tomato Basil Salad Pears	Roast Beef & Provolone Sandwich Pasta Salad Tossed Salad Brownie	<u>Nat'l Monte Cristo Day</u> Monte Cristo Sandwich Potato Chips Tossed Salad Grapes Alt: Turkey	<u>Nat'l Cheeseburger Day</u> Cheeseburger French Fries Cucumber Salad Chocolate Chip Cookie	Chicken Lasagna Mixed Greens Salad Breadstick Melon Medley	Hot Dog Baked Beans Cole Slaw Fruit Salad	Broccoli Cheese Soup Turkey and Cheese Sandwich Carrot Raisin Salad Orange Wedges

morning	Hard Boiled Egg 4 Crackers	½ Cup Reg. or SF Pudding	Cup Applesauce	Cup Fruit	1 Package Animal Crackers	One Banana	Pkg. Crackers with Cheese
afternoon	Half Cup Fruit	4 oz Cottage Cheese 4 saltines	Half Meat Sandwich	Apple Slices & Peanut Butter	Vegetables and Dip	Hard Boiled Egg 4 Crackers	Half Cup Fruit
evening	Half Peanut Butter & Jelly Sandwich	Yogurt with Granola	4 Graham Crackers with Cheese	4 Saltines with Turkey Stick	Half Cheese Sandwich	Celery Sticks & Peanut Butter	Half Meat Sandwich

The Willows Weekly Menu

September 22 - 28, 2019

	SUNDAY 22	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
BREAKFAST	Scrambled Eggs Yogurt Raisin Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Pancakes Bacon Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Fruit Cup Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Biscuits & Gravy Sausage Links Orange Wedges Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Peaches Toast Continental: Oatmeal, Fruit Cold Cereal Toast	Scrambled Eggs Apricots Danish Continental: Oatmeal, Fruit Cold Cereal Toast	French Toast Sausage Patties Continental: Oatmeal, Fruit Cold Cereal Toast
DINNER	<u>Nat'l Ice Cream Cone Day</u> Grilled Chicken Mashed Potatoes Roasted Broccoli Fresh Bread Ice Cream Cone	Pork Loin Baked Sweet Potato Green Beans Dinner Roll Butterscotch Brownie Alt: Beef	<u>Nat'l Cherries Jubilee Day</u> Goulash Corn on the Cob Garlic Bread Cherries Jubilee	Citrus Glazed Turkey Roast Roasted Potatoes Vegetable Blend Fresh Bread Spumoni	<u>Nat'l Dumpling Day</u> Chicken & Dumplings Au Gratin Potatoes Vegetable Blend Dinner Roll Pecan Torte	Battered Tilapia Rice Pilaf Green Peas Fresh Bread Lemon Meringue Cake Alt: Turkey	<u>Nat'l Strawberry Cream Pie Day</u> Beef Roast Mashed Potatoes Carrots Dinner Roll Strawberry Cream Pie
SUPPER	Chicken Noodle Soup Turkey Salad Sandwich Fruit Salad Sugar Cookie	<u>Nat'l Pot Pie Day</u> Beef or Chicken Pot Pie Tossed Salad Mandarin Oranges	Polish Sausage Potato Salad 4-Bean Baked Beans Watermelon Alt: Turkey	Vegetable Soup Roast Beef Sandwich Tossed Salad Sliced Pears Cookie Variety	Ham and Swiss Sandwich Potato Chips Fruit Cup Gelatin Cup Alt: Beef	Submarine Sandwich Pasta Salad Broccoli Salad Pineapple Chunks	Cream of Chicken Soup Egg Salad Sandwich Tossed Salad Fresh Fruit

morning	Hard Boiled Egg 4 Crackers	½ Cup Reg. or SF Pudding	Cup Applesauce	Cup Fruit	1 Package Animal Crackers	One Banana	Pkg. Crackers with Cheese
afternoon	Half Cup Fruit	4 oz Cottage Cheese 4 saltines	Half Meat Sandwich	Apple Slices & Peanut Butter	Vegetables and Dip	Hard Boiled Egg 4 Crackers	Half Cup Fruit
evening	Half Peanut Butter & Jelly Sandwich	Yogurt with Granola	4 Graham Crackers with Cheese	4 Saltines with Turkey Stick	Half Cheese Sandwich	Celery Sticks & Peanut Butter	Half Meat Sandwich

The Willows Weekly Menu

September 29 – October 5, 2019

	SUNDAY 29	MONDAY 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
BREAKFAST	Scrambled Eggs Yogurt Seven Grain Toast Continental: Oatmeal, Fruit Cereal, Toast	Breakfast Casserole Orange Wedges Toast Continental: Oatmeal, Fruit Cereal, Toast	Pancakes Sausage Links Continental: Oatmeal, Fruit Cereal, Toast	Scrambled Eggs Peaches Toast Continental: Oatmeal, Fruit Cereal, Toast	Scrambled Eggs Apricots Raisin Toast Continental: Oatmeal, Fruit Cereal, Toast	<u>Nat'l Cinnamon Roll Day</u> Scrambled Eggs Bacon Cinnamon Roll Continental: Oatmeal, Fruit Cereal, Toast	Waffles Sausage Patties Continental: Oatmeal, Fruit Cereal, Toast
DINNER	Baked Ham Sweet Potatoes Corn Fresh Bread Banana Cake Alt: Beef	Fried Chicken Mashed Potatoes Green Beans Dinner Roll Cherry Crisp	Meatloaf Roasted Potatoes Vegetable Blend Fresh Bread Cheesecake Parfait	Turkey Roast Stuffing Green Peas Dinner Roll Ice Cream	Beef Roast Mashed Potatoes Carrots Fresh Bread Pineapple Upside Down Cake	Tangerine Chicken Over Rice Vegetable Blend Dinner Roll Pumpkin Pie	<u>Nat'l Apple Betty Day</u> Lemon Pollock Baked Potatoes Broccoli Fresh Bread Apple Betty Alt: Chicken
SUPPER	Stuffed Green Pepper with Sauce Roasted Parmesan Brussel Sprouts Garlic Toast Pears	Pulled Pork Sandwich Pasta Salad Cole Slaw Grapes Alt: Turkey	<u>Nat'l Homemade Cookie Day</u> Cheddar Baked Potato Soup Chicken Salad Assorted Crackers Tossed Salad Cookie	Cheeseburger Potato Salad Baked Beans Melon Medley	Mushroom Brie Bisque Turkey Sandwich Cottage Cheese & Pineapple Toffee Pecan Bar	<u>Nat'l Taco Day</u> Soft or Hard Taco Corn Casserole Ranch Veggie Salad Watermelon	BLT Sandwich Potato Chips Cole Slaw Fruit Cup

morning	Hard Boiled Egg 4 Crackers	½ Cup Reg. or SF Pudding	Cup Applesauce	Cup Fruit	1 Package Animal Crackers	One Banana	Pkg. Crackers with Cheese
afternoon	Half Cup Fruit	4 oz Cottage Cheese 4 saltines	Half Meat Sandwich	Apple Slices & Peanut Butter	Vegetables and Dip	Hard Boiled Egg 4 Crackers	Half Cup Fruit
evening	Half Peanut Butter & Jelly Sandwich	Yogurt with Granola	4 Graham Crackers with Cheese	4 Saltines with Turkey Stick	Half Cheese Sandwich	Celery Sticks & Peanut Butter	Half Meat Sandwich