

Egg & Canadian Bacon Breakfast Sandwich Applesauce Juice of Choice Milk

Cereal of Choice

Sausage Links Mandarin Oranges Toast Juice of Choice Milk

Cereal of Choice

Pancakes Turkey Sausage Patty Fresh Banana Juice of Choice Milk Cereal of Choice

Denver Omelet Fruit Cocktail Toast Juice of Choice Milk Cereal of Choice Huevos Rancheros Hashbrown Patty Diced Pears Juice of Choice Milk Cereal of Choice

Scrambled Egg with Onions Bacon Berry Cup Cinnamon Roll Juice of Choice Milk Cereal of Choice

Waffle with Strawberries Sausage Links Diced Peaches Juice of Choice Milk Cereal of Choice

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Kielbasa Sausage Pierogies Sauerkraut Dinner Roll or Bread Chocolate Mousse Milk

Steak Salad Baked Potato Sour Cream Garlic Texas Toast Snickerdoodle Cookie Lemonade Milk

BBQ Country Style Ribs Hashbrown Casserole Parslied Cauliflower Dinner Roll or Bread Peanut Butter Bar Lemonade Milk

LUNCH

Bruschetta Chicken Garlic Mashed Potatoes Broccoli Florets Dinner Roll or Bread S'more Pudding Parfait Lemonade Milk

Meatsauce with Spaghetti Noodles Green Beans Garlic Bread Lemon Italian Ice Lemonade Milk

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Chicken & Dumplings Tossed Salad Pound Cake with Fruit Topping Lemonade Milk

LUNCH

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Pot Roast Oven Roasted Potatoes Roasted Baby Carrots Dinner Roll or Bread Fruit Crisp Lemonade Milk

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Fried Chicken Chicken Gravv Parslied Mashed Potatoes California Vegetable Blend Chocolate Chip Bar Milk

Tuna Noodle Casserole Green Peas Dinner Roll or Bread Cherry Italian Ice Milk

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> Shredded Pork Sandwich Corn O'Brien Tossed Salad with Dressing Chocolate Brownie Milk

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Deli Sandwich Wild Rice & Chicken Soup Saltine Crackers Stewed Tomato Salad Rainbow Cake Milk

NER

Breaded Pork Chop Rice Pilaf Herbed Carrots Dinner Roll or Bread Strawberry Cake with Frosting Milk

Grilled Two Cheese Sandwich Cream of Tomato Soup Saltine Crackers Caribbean Vegetable Blend Assorted Ice Cream Milk



BBQ Cheeseburgers

Baked Beans

Potato Salad

Orange Sherbert

Milk

Powerlink Nutritional Services



Monday June 3, 2024 Tuesday June 4, 2024 Wednesday June 5, 2024 Thursday
June 6, 2024

Friday June 7, 2024

Saturday June 8, 2024 Sunday June 9, 2024

BREAKFAST BREAKFAST BREAKFAS

French Toast Canadian Bacon Applesauce Juice of Choice Milk

Cereal of Choice

Sausage Omelet Mandarin Oranges Toast Juice of Choice Milk

Cereal of Choice

Fried Egg Sausage Patty Fresh Banana Toast Juice of Choice Milk

Cereal of Choice

Western Scrambled Eggs
Bacon
Fruit Cocktail
Toast
Juice of Choice
Milk
Cereal of Choice

Corned Beef Hash Scrambled Eggs Diced Pears Toast Juice of Choice Milk

Cereal of Choice

Spanish Omelet Sausage Links Berry Cup Cinnamon Roll Juice of Choice Milk

Cereal of Choice

Blueberry Pancakes
Bacon
Diced Peaches
Juice of Choice
Milk
Cereal of Choice

LUNCH LUNCH LUNCH LUNCH

Herbed Turkey
Turkey Gravy
Cornbread Dressing
Caribbean Vegetable Blend
Dinner Roll or Bread
Cinnamon Scalloped
Peaches
Lemonade
Milk

Breaded Veal Cutlet

Lemon Herb Butter Sauce

Sweet Potato Wedges

Sugar Snap Peas

Dinner Roll or Bread

Lime Dream Cake

Milk

Roast Beef Au Jus Baked Potato Sour Cream Broccoli Florets Peaches & Cream Gelatin Dessert Lemonade Milk Bourbon Maple Glazed Ham Cream Cheese Corn Parsley Buttered Carrots Dinner Roll or Bread Chocolate Tart Lemonade Milk Mexican Style Beef Tips over Noodles California Vegetable Blend Dinner Roll or Bread Chocolate Ice Cream Lemonade Milk

Mambo Pork Loin Potato Wedges Zucchini Dinner Roll or Bread Hawaiian Fruit Cup Lemonade Milk Chicken Alfredo with Fettuccine Noodles Capri Vegetable Blend Pineapple Dream Lemonade Milk Salisbury Steak Garlic Mashed Potatoes Spinach Dinner Roll or Bread Marble Cheesecake Brownie Lemonade Milk

DINNER

Ranch Turkey & Swiss Wrap Pasta Salad Marinated Pepper Salad Strawberry Applesauce Milk Fried Popcorn Shrimp Steak Fries Normandy Vegetable Blend Butterscotch Pudding Parfait Milk

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Chicken Monterey Sandwich Potatoes O'Brien Sour Cream Cucumber Salad Red Velvet Cake Milk Blue Cheese Hamburger Lettuce Tomato Onion & Pickle Sidewinder Fries Baked Beans Yellow Cupcake w/ Chocolate Frosting Milk

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Reuben Sandwich Broccoli Salad Sugar Cookie Milk

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Chicken Parmesan Lemon & Herb Penne Garden Salad with Dressing Garlic Breadstick Modified Deluxe Fruit Salad Milk

MICHIGAN VETERAN HOMES

MVH Fall/Winter 2023-24

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Monday June 10, 2024

Tuesday June 11, 2024

Wednesday June 12, 2024

Thursday June 13, 2024 Friday June 14, 2024

Saturday June 15, 2024

Sunday June 16, 2024

Cheese Omelet Sausage Links **Applesauce** Toast

Juice of Choice Milk

Cereal of Choice

Fried Egg Bacon Mandarin Oranges Toasted Bagel Cream Cheese Juice of Choice Milk

Cereal of Choice

Scrambled Eggs Canadian Bacon Fresh Banana Toast Juice of Choice Milk

Cereal of Choice

French Toast Casserole Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk Cereal of Choice

Hard Cooked Egg Bacon Diced Pears Coffee Cake Juice of Choice Milk

Egg & Ham Bake Berry Cup Toast Juice of Choice Milk Cereal of Choice

Waffle Sausage Links Diced Peaches Juice of Choice Milk

Cereal of Choice

Cereal of Choice

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Roast Beef with Grilled Onions Au Jus Apple Bread Dressing Brussels Sprouts Medley Dinner Roll or Bread Mango Cup Lemonade Milk

Pecan Crusted Chicken Tomato Cilantro Rice Roasted Asparagus Poached Pears Lemonade Milk

Baked Ziti with Meatsauce Tossed Salad with Dressing Breadstick Chocolate Raspberry Bar Lemonade Milk

Chicken Teriyaki Pineapple Rice Pilaf Asian Vegetable Blend Dinner Roll or Bread Chocolate Eclair Bar Lemonade Milk

Fish Sandwich with Cheese Steak Fries Creamy Coleslaw Apple Betty Lemonade Milk

Chuck Wagon Steak Sweet Potato Casserole Broccoli Florets Dinner Roll or Bread Ice Cream Sundae Lemonade Milk

BBQ, Bacon & Cheddar Meatloaf Sandwich Potato Salad Summer Vegetable Blend Hummingbird Cake with Cream Cheese Frosting Lemonade Milk

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Chef Salad with Turkey and Ham Assorted Salad Dressing Broccoli Cheese Soup Dinner Roll or Bread Strawberries and Cream Milk

Ham & Cheese on a Croissant Mushroom Barley Soup Saltine Crackers Tomato & Green Pepper Salad Ambrosia Milk

Bratwurst on a Bun Potato Wedges Sauteed Peppers & Onions Oatmeal Cookie Milk

Thin Crust Cheese Pizza Garden Salad with Dressing Breadstick Ice Cream Sandwich Milk

Turkey Rice Casserole Prince Edward Vegetable Blend Fruit Flina Dinner Roll or Bread Milk

Apple Ginger Pork Chop Oven Roasted Potatoes 7ucchini Dinner Roll or Bread Peach Crisp Milk

Ham & Pea Tortellini **Baby Carrots** Breadstick Snickerdoodle Cookie Milk



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Monday June 17, 2024 Tuesday June 18, 2024

Sausage Gravy

Scrambled Eggs

Biscuit

Wednesday June 19, 2024 Thursday June 20, 2024 Friday June 21, 2024 Saturday June 22, 2023 Sunday June 23, 2024

BREAKFAST BREAKFAST BREAKFAST

Cheese Strata with Peppers

Egg Bacon & Cheese Breakfast Sandwich Applesauce Juice of Choice Milk

Juice of Choice Mandarin Oranges
Milk Juice of Choice

Cereal of Choice Milk

Cereal of Choice

Vegetable Omelet Sausage Patty Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

Canadian Bacon Fruit Cocktail Juice of Choice Milk

Turkey Sausage Patty Diced Pears Juice of Choice Milk

French Toast Sticks

Cereal of Choice

Scrambled Eggs Bacon Assorted Danish Berry Cup Juice of Choice Milk

Cereal of Choice

Fried Egg Breakfast Ham English Muffin Diced Peaches Juice of Choice Milk

Cereal of Choice

LUNCH LUNCH LUNCH

Cereal of Choice

Baked Veal Cutlet
Brown Gravy
Bow Tie Pasta
California Vegetable Blend
Dinner Roll or Bread
Mandarin Orange Delight
Gelatin
Lemonade
Milk

BLT Sandwich with Turkey

Vegetable Soup

Saltine Crackers

German Cucumber Salad

Coconut Cream Pie

Milk

Rancher's Chicken Creamed Peas Delmonico Tomatoes Cantaloupe Cubes Lemonade Milk Yankee Pot Roast Dinner Roll or Bread Pound Cake with Fruit Topping Lemonade Milk Hawaiian Ham Hashbrown Casserole Roasted Asparagus Dinner Roll or Bread Chocolate Mousse Lemonade Milk BBQ Beef Brisket Mashed Sweet Potato Broccoli & Cauliflower Peanut Butter Cookie Lemonade Milk Pork Medallions Company Potatoes Buttered Green Beans Dinner Roll or Bread Blonde Brownie Lemonade Milk Honey Glazed Turkey Sweet Potato Wedges Mixed Vegetables Dinner Roll or Bread Sliced Apples Lemonade Milk

DINNER

Black Jack Burger Waffle Fries Caesar Salad Assorted Salad Dressing Rosy Pears Milk Cheese Ravioli Casserole Lemony Rocket Salad w/ Dressing Garlic Bread Orange Sherbet Milk

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Tuna Melt Caribbean Vegetable Blend Cream Pie Milk

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Chicken a la King Parslied Rice Zucchini Dinner Roll or Bread Pineapple Cream Gelatin Milk

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Cheese Quesadilla Fiesta Rice Vegetarian Refried Beans Salsa Sour Cream Melon Cubes Milk

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Sloppy Joe on a Bun Onion Rings Dixie Coleslaw Fruit and Yogurt Parfait Milk



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Monday June 24, 2024

Western Omelet

Applesauce

Toast

Juice of Choice

Milk

Cereal of Choice

Tuesday June 25, 2024

Apple Pancakes

Bacon

Mandarin Oranges

Juice of Choice

Milk

Cereal of Choice

Wednesday June 26, 2024 Thursday June 27, 2024 Friday June 28, 2024 Saturday June 29, 2024

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Sunday June 30, 2024

BREAKFAST

Breakfast Sausage Burrito

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Fresh Banana Juice of Choice

Milk Cereal of Choice Fried Egg Canadian Bacon Fruit Cocktail English Muffin Juice of Choice A

Milk Cereal of Choice Ham & Cheese Frittata Diced Pears Toast Juice of Choice

Milk Cereal of Choice Egg & Cheese on Croissant Sausage Links Berry Cup Juice of Choice

Milk Cereal of Choice Cinnamon French Toast Sausage Patty

Diced Peaches
Juice of Choice
Milk

Cereal of Choice

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BBQ Chicken Chuckwagon Corn Broccoli Au Gratin Watermelon Lemonade Milk Sliced Baked Ham Macaroni & Cheese French Cut Green Beans Dinner Roll or Bread Rosy Pears Lemonade Milk Marinated Flank Steak Parmesan Basil Orzo Mixed Vegetables Dinner Roll or Bread Chocolate Eclair Bar Lemonade Milk Supreme Pizza Spring Mix with Dressing Rocky Road Pudding Lemonade Milk Baked Salmon
Oven Roasted Potatoes
Calico Cabbage
Dinner Roll or Bread
Strawberries Romanoff
Lemonade
Milk

Meatloaf with Gravy Garlic Mashed Potatoes Italian Vegetable Blend Dinner Roll or Bread Melon Cubes Lemonade Milk Marinated Chicken Twice Baked Potato Dilled Baby Carrots Dinner Roll or Bread Pears and Apricots Lemonade Milk

DINNER

DINNER

DINNER

DINNER

Swedish Meatballs
Egg Noodles
Prince Edward Vegetable
Blend
Dinner Roll or Bread
Chocolate Tango Pudding
Milk

Chicken Salad Sandwich French Onion Soup Garden Salad with Dressing Lemon Bar Milk Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Dinner Roll or Bread Blueberries & Peaches Milk Chicken Strips Breaded
Dipping Sauce
Cottage Fries
California Vegetable Blend
Dinner Roll or Bread
Orange Dream Cake
Milk

French Dip Sandwich Homemade Potato Chips Tossed Salad Chocolate Chip Bread Pudding Milk Lemon Pepper Turkey Delmonico Potatoes Spinach with Garlic Dinner Roll or Bread Lemon Pudding Tart Milk Beef Stroganoff w/Noodles Cauliflower & Pimento Dinner Roll Angel Food Cake Blueberry Compote Topping Whipped Topping Milk



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