

Monday July 28, 2025

Western Omelet

Applesauce

Wheat Toast

Juice of Choice

Milk

BBQ Chicken

Chuckwagon Corn

Broccoli Au Gratin

Watermelon

Lemonade

Milk

Swedish Meatballs

Egg Noodles

Prince Edward Vegetable

Blend

Dinner Roll or Bread

Chocolate Tango Pudding

Tuesday July 29, 2025 Wednesday July 30, 2025

Thursday July 31, 2025

Friday August 1, 2025

Saturday August 2, 2025

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Sunday August 3, 2025

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Apple Pancakes Bacon Mandarin Oranges Juice of Choice Milk

Cereal of Choice Cereal of Choice

Breakfast Sausage Burrito Fresh Banana Juice of Choice Milk

Cereal of Choice

Fried Egg Canadian Bacon Fruit Cocktail **English Muffin**

Juice of Choice Milk

Cereal of Choice

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Ham & Cheese Frittata Diced Pears Toast Juice of Choice

> Milk Cereal of Choice

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

Cereal of Choice

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Cinnamon French Toast Turkey Sausage Patty **Diced Peaches** Juice of Choice

> Milk Cereal of Choice

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Sliced Baked Ham Macaroni & Cheese French Cut Green Beans Dinner Roll or Bread Rosy Pears Lemonade Milk

BBQ Bacon Cheeseburger Sweet Potato Puffs Mixed Vegetables Fruit Cocktail Pudding Cake Lemonade Milk

L U

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 Brown 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

Chicken Salad Sandwich French Onion Soup Lemon Bar Milk

Sweet & Sour Pork Steamed Rice Garden Salad with Dressing Asian Vegetable Blend Dinner Roll or Bread Blueberries & Peaches Milk

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> 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

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Lemon Pepper Turkey Delmonico Potatoes Spinach with Garlic Dinner Roll or Bread Lemon Pudding Tart Milk

Beef Stroganoff Noodles Cauliflower & Pimento Dinner Roll Angel Food Cake Blueberry Compote Topping Whipped Topping Milk



MVH Spring/Summer 2025

Powerlink Nutritional Services

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Monday August 4, 2025

Tuesday August 5, 2025 Wednesday August 6, 2025

Thursday August 7, 2025 Friday August 8, 2025

Saturday August 9, 2025

Sunday August 10, 2025

BR

Pancakes Turkey Sausage Patty Fresh Banana

Juice of Choice Milk

Cereal of Choice

Denver Omelet Fruit Cocktail Toast Juice of Choice Milk

Huevos Rancheros Diced Pears Juice of Choice

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Scrambled Egg with Onions Bacon Berry Cup Cinnamon Roll

Milk

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Egg & Canadian Bacon Breakfast Sandwich **Applesauce** Juice of Choice Milk

Cereal of Choice

BBQ Turkey Sandwich

Duchess Potatoes

Prince Edward Vegetable

Blend

Orange Sherbet

Lemonade

Milk

Sausage Links Toast Mandarin Oranges Juice of Choice Milk

Scrambled Eggs

Cereal of Choice

Swiss Steak with Tomatoes

Baked Potato

Sour Cream

Garden Salad with Dressing

Dinner Roll

Snickerdoodle Cookie

Lemonade Milk

Cereal of Choice

Hashbrown Patty Milk

Cereal of Choice

Juice of Choice

Cereal of Choice

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

LUNCH

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

Milk

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

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

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

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Kielbasa Sausage Pierogies Sauerkraut Dinner Roll or Bread Chocolate Mousse Milk

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

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

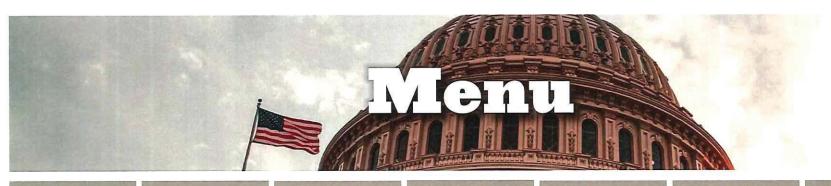
Shredded Pork Sandwich Corn O'Brien Tossed Salad with Dressing Chocolate Brownie Milk

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

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

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





Monday August 11, 2025

French Toast

Tuesday August 12, 2025 Wednesday August 13, 2025

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Thursday August 14, 2025

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Friday August 15, 2025

Saturday August 16, 2025

Sunday August 17, 2025

S T В R E A K F A

Sausage Omelet Mandarin Oranges Toast Juice of Choice

Fried Egg Sausage Patty Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

Western Scrambled Eggs Bacon

Toast Fruit Cocktail Juice of Choice

Cereal of Choice

Scrambled Eggs Toast **Diced Pears**

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Canadian Bacon Applesauce Juice of Choice Milk Cereal of Choice

Milk Cereal of Choice

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Milk

Corned Beef Hash Juice of Choice Milk

Cereal of Choice

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

Cereal of Choice

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

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Herbed Turkey Roast Beef Au Jus Turkey Gravy Baked Potato Cornbread Dressing Sour Cream Caribbean Vegetable Blend Broccoli Florets Dinner Roll or Bread Peaches & Cream Gelatin Cinnamon Scalloped Dessert Peaches Lemonade Lemonade Milk 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

N E R

Ranch Turkey & Swiss Wrap Pasta Salad Marinated Pepper Salad Strawberry Applesauce Milk

Fried Popcorn Shrimp Steak Fries Normandy Vegetable Blend Butterscotch Pudding Parfait Milk

N N E R

> 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

NER

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



Breaded Veal Cutlet

Lemon Herb Butter Sauce

Sweet Potato Wedges

Sugar Snap Peas

Dinner Roll or Bread

Lime Dream Cake

Milk

MVH Spring/Summer 2025

Powerlink Nutritional Services



Monday August 18, 2025

Cheese Omelet

Sausage Links

Applesauce

Toast

Juice of Choice

Milk

Cereal of Choice

Tuesday August 19, 2025 Wednesday August 20, 2025

Thursday August 21, 2025

Friday August 22, 2025

Saturday August 23, 2025

Sunday August 24, 2025

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French Toast Casserole

Hard Cooked Egg Bacon Diced Pears Coffee Cake

Cereal of Choice

Egg & Ham Bake Berry Cup

Juice of Choice Milk

Cereal of Choice

Toast

Waffle Sausage Links Diced Peaches Juice of Choice

Milk Cereal of Choice

A S

Fried Egg Bacon Mandarin Oranges Toasted Bagel

Cream Cheese Juice of Choice Milk

Cereal of Choice

LUNCH

Fresh Banana Toast Juice of Choice Milk

Scrambled Eggs

Canadian Bacon

Cereal of Choice

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Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Cereal of Choice

Juice of Choice Milk

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LUNCH

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

Breaded Fish with Cheese on a Bun 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

Turkey & Cheese on Hoagie Potato Salad (no raw veggies) Summer Vegetable Blend Hummingbird Cake w/Cream Cheese Frosting Lemonade Milk

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Milk

Prince Edward Vegetable Blend Fruit Fling Dinner Roll or Bread

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

DIN

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

Turkey Rice Casserole Milk

Powerlink Nutritional Services



Monday August 25, 2025

Tuesday August 26, 2025 Wednesday August 27, 2025

Thursday August 28, 2025

Friday August 29, 2025

Saturday August 30, 2025

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Sunday August 31, 2025

Breakfast Ham

Diced Peaches

English Muffin

Juice of Choice

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Vegetable Omelet

Sausage Patty

Fresh Banana

Toast

Juice of Choice

Milk

Cereal of Choice

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Cheese Strata with Peppers

Canadian Bacon

Fruit Cocktail

Juice of Choice

Milk

Cereal of Choice

French Toast Sticks Turkey Sausage Patty Diced Pears

Juice of Choice Milk

Cereal of Choice

Scrambled Eggs Fried Egg

Bacon Berry Cup Assorted Danish Juice of Choice

Milk Cereal of Choice

Milk Cereal of Choice

Milk Cereal of Choice

Baked Veal Cutlet

Brown Gravy

Bow Tie Pasta

California Vegetable Blend

Dinner Roll or Bread

Mandarin Orange Delight

Gelatin

Lemonade Milk

Egg Bacon & Cheese

Breakfast Sandwich

Applesauce

Juice of Choice

Biscuit Mandarin Oranges Juice of Choice Milk

Sausage Gravy

Scrambled Eggs

Cereal of Choice

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Honey Glazed Turkey

Milk

LUNCH

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 Potatoes Broccoli & Cauliflower Peanut Butter Cookie Lemonade Milk

Pork Medallions Company Potatoes Buttered Green Beans Dinner Roll or Bread Blonde Brownie Lemonade Milk

Sweet Potato Wedges Mixed Vegetables Dinner Roll or Bread Sliced Apples Lemonade

NER D N

DIN N E R N N E R DIN N E R

BLT Sandwich with Turkey Vegetable Soup Saltine Crackers German Cucumber Salad Coconut Cream Pie Milk

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

Tuna Melt Caribbean Vegetable Blend Cream Pie Milk

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

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

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

