

Pecan Crusted Chicken Tomato Cilantro Rice Roasted Asparagus Poached Pears Apple Bread Dressing **Brussels Sprouts Medley** 

Tossed Salad with Dressing Breadstick Chocolate Raspberry Bar Lemonade Lemonade Milk 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

BBQ Chicken Potato Salad Summer Vegetable Blend Apple Pie a la Mode 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

Onions

Au Jus

Dinner Roll or Bread

Mango Cup Lemonade 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

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

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

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

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



MVH Spring/Summer 2025

**Powerlink Nutritional Services** 

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Monday June 16, 2025

Egg Bacon & Cheese

Breakfast Sandwich

Applesauce

Juice of Choice

Milk

Cereal of Choice

**Baked Veal Cutlet** 

Brown Gravv

Bow Tie Pasta

California Vegetable Blend

Dinner Roll or Bread

Tuesday June 17, 2025

Wednesday June 18, 2025

Thursday June 19, 2025

Friday June 20, 2025

Saturday June 21, 2025 Sunday June 22, 2025

В

B

Cheese Strata with Peppers

Canadian Bacon

Fruit Cocktail

Juice of Choice

French Toast Sticks

Turkey Sausage Patty Diced Pears Juice of Choice

Milk

C H

Cereal of Choice

Scrambled Eggs Fried Egg

Bacon Berry Cup Assorted Danish Juice of Choice

> N C H

Milk

Breakfast Ham Diced Peaches **English Muffin** Juice of Choice Milk

Cereal of Choice

Sausage Gravy Scrambled Eggs **Biscuit** Mandarin Oranges Juice of Choice

Milk Cereal of Choice

Sausage Patty Fresh Banana Toast Juice of Choice Milk

Vegetable Omelet

Cereal of Choice

Milk Cereal of Choice

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Cereal of Choice

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Rancher's Chicken Creamed Peas Delmonico Tomatoes Cantaloupe Cubes

Lemonade

Milk

Mandarin Orange Delight Gelatin Lemonade Milk

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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

Honey Glazed Turkey Sweet Potato Wedges Mixed Vegetables Dinner Roll or Bread Sliced Apples Lemonade Milk

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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 Rings Dixie Coleslaw Fruit and Yogurt Parfait Milk



MVH Spring/Summer 2025

# Cycle: 3

Monday June 23, 2025

Tuesday June 24, 2025

Wednesday June 25, 2025

Thursday June 26, 2025

Friday June 27, 2025

Saturday June 28, 2025

Sunday June 29, 2025

S

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F S T A

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Western Omelet Applesauce Wheat Toast Juice of Choice Milk Cereal of Choice

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

Milk

Apple Pancakes Bacon Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Breakfast Sausage Burrito Fresh Banana Juice of Choice Milk

Cereal of Choice

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Canadian Bacon Fruit Cocktail **English Muffin** Juice of Choice Milk

Fried Egg

Cereal of Choice

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

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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

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Marinated Chicken Twice Baked Potato Dilled Baby Carrots Dinner Roll or Bread Pears and Apricots Lemonade Milk

DI N E R N

> 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

N N E R

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

MVH Spring/Summer 2025



Monday June 30, 2025

**Tuesday** July 1, 2025 Wednesday July 2, 2025

**Thursday** July 3, 2025

Friday July 4, 2025 Saturday July 5, 2025

Sunday July 6, 2025

Waffle with Strawberries

Sausage Links

FAST В R

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**Denver Omelet** 

Huevos Rancheros Hashbrown Patty Diced Pears Juice of Choice

Milk Cereal of Choice S T

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

> Milk Cereal of Choice

Diced Peaches Juice of Choice Milk

Cereal of Choice

Breakfast Sandwich **Applesauce** Juice of Choice Milk

Egg & Canadian Bacon

Cereal of Choice

Scrambled Eggs Sausage Links Toast Mandarin Oranges Juice of Choice

Milk Cereal of Choice

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

Cereal of Choice

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Fruit Cocktail Toast Juice of Choice Milk

Cereal of Choice

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BBQ Turkey Sandwich **Duchess Potatoes** Prince Edward Vegetable Blend Orange Sherbet Lemonade Milk

Swiss Steak with Tomatoes Baked Potato Sour Cream Garden Salad with Dressing Dinner Roll Snickerdoodle Cookie Lemonade Milk

**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

**Deluxe Quarter Pound** Cheeseburger w/Lettuce, Tomato, Onion, & Pickle Potato Chips Bourbon Baked Beans **Popsicles** Lemonade Milk

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

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Rice Pilaf

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

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Breaded Pork Chop

Herbed Carrots Dinner Roll or Bread Strawberry Cake with

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

Kielbasa Sausage Pierogies Sauerkraut Dinner Roll or Bread Chocolate Mousse Milk

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

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

Frostina Milk

Milk





Monday July 7, 2025

French Toast

Canadian Bacon

Applesauce

Juice of Choice

Milk

Cereal of Choice

**Tuesday** July 8, 2025 Wednesday July 9, 2025

**Thursday** July 10, 2025

Friday July 11, 2025 Saturday July 12, 2025

Sunday July 13, 2025

# F A S T В

Sausage Omelet Mandarin Oranges Toast Juice of Choice Milk

Cereal of Choice

Fried Egg

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Sausage Patty Toast Fresh Banana Juice of Choice

Milk Cereal of Choice

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Western Scrambled Eggs

Bacon Toast Fruit Cocktail Juice of Choice

Milk Cereal of Choice

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Scrambled Eggs Corned Beef Hash

Toast Diced Pears Juice of Choice

Milk Cereal of Choice

N C H

Spanish Omelet Sausage Links

Cinnamon Roll Juice of Choice Milk

Cereal of Choice

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# S T B

Blueberry Pancakes Bacon Berry Cup Diced Peaches Juice of Choice

Milk

Cereal of Choice

## L U N C H

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

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

### E R D N N

**Breaded Veal Cutlet** Ranch Turkey & Swiss Wrap Pasta Salad Lemon Herb Butter Sauce Marinated Pepper Salad Sweet Potato Wedges Strawberry Applesauce Sugar Snap Peas Dinner Roll or Bread 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

NER

Reuben Sandwich Broccoli Salad Sugar Cookie Milk

D

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



Lime Dream Cake

Milk

Milk

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