

Monday September 1, 2025

Western Omelet

Applesauce

Wheat Toast

Juice of Choice

Milk

Cereal of Choice

Tuesday September 2, 2025

Apple Pancakes

Bacon

Mandarin Oranges

Juice of Choice

Milk

Cereal of Choice

Wednesday September 3, 2025 Thursday September 4, 2025 Friday September 5, 2025 Saturday September 6, 2025 Sunday September 7, 2025

BREAKFAST

Breakfast Sausage Burrito Fresh Banana

LUNCH

DINNER

Juice of Choice Milk

Cereal of Choice

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

Cereal of Choice

L U

Ham & Cheese Frittata Diced Pears Toast Juice of Choice Milk

Cereal of Choice

N C H

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

Cereal of Choice

U

N

C

NNER

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

Cereal of Choice

LUNCH

Chicago Style Hot Dog Homemade Potato Chips Dixie Cole Slaw Warm Chocolate Chip Cookie Lemonade Milk

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 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 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

NER

N

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

DI

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



Swedish Meatballs

Egg Noodles

Prince Edward Vegetable

Blend

Dinner Roll or Bread

Chocolate Tango Pudding

Milk

MVH Spring/Summer 2025

Milk

Powerlink Nutritional Services



Monday September 8, 2025

Tuesday September 9, 2025

Wednesday September 10, 2025

Thursday September 11, 2025 Friday September 12, 2025

Saturday September 13, 2025

Sunday September 14, 2025

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

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

LUNCH

Turkey Sausage Patty Fresh Banana Juice of Choice Milk

Pancakes

Cereal of Choice

Toast Juice of Choice Milk

Denver Omelet

Fruit Cocktail

Cereal of Choice

L U N C H

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

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

NER

DINNER

NNER

DINNER

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 Frosting Milk

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





Monday September 15, 2025

French Toast

Canadian Bacon

Applesauce

Juice of Choice

Milk

Tuesday September 16, 2025

Wednesday September 17, 2025

В

Thursday September 18, 2025

Friday September 19, 2025

Saturday September 20, 2025

A

Sunday September 21, 2025

F

Sausage Omelet Mandarin Oranges Toast

Cereal of Choice

Juice of Choice Milk

Cereal of Choice

Fried Egg Sausage Patty Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

L U

N

C H

ER

Western Scrambled Eggs Bacon Toast Fruit Cocktail

> Juice of Choice Milk

Cereal of Choice

L U

Scrambled Eggs Corned Beef Hash Toast Diced Pears

Juice of Choice Milk

Cereal of Choice

N C H

Spanish Omelet Sausage Links Berry Cup Cinnamon Roll

K

Juice of Choice Milk

Cereal of Choice

N

C H

L U

Bacon Diced Peaches Juice of Choice Milk

Blueberry Pancakes

Cereal of Choice

C H U N

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

NER

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

DI N N E R

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

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

DI

N N

> 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

N

Reuben Sandwich Broccoli Salad Sugar Cookie Milk

IN

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

NER



Lime Dream Cake

Milk

Milk

MVH Spring/Summer 2025

Powerlink Nutritional Services