

Monday April 1, 2024

Egg Bacon & Cheese

Breakfast Sandwich

Applesauce

Juice of Choice

Milk

Cereal of Choice

Steak Salad

Baked Potato

Sour Cream

Garlic Breadstick

Snickerdoodle Cookie

Lemonade

Milk

Turkey Tetrazzini

Sliced Beets

Dinner Roll or Bread

Pumpkin Mousse

Milk

Tuesday April 2, 2024 Wednesday April 3, 2024

B

LUNCH

Thursday April 4, 2024

KF

Friday April 5, 2024

Saturday April 6, 2023

Sunday April 7, 2024

Sausage Gravy Scrambled Eggs **Biscuit** Mandarin Oranges

Juice of Choice

Milk Cereal of Choice Vegetable Omelet Sausage Patty Toast

Fresh Banana Juice of Choice Milk

Cereal of Choice

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

L U

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

Marinated Pork Loin Cottage Fries Roasted Winter Vegetables Chocolate Peanut **Butter Square**

Lemonade

Milk

White Chicken Chili Sweet Potato Fries Asparagus Garlic Bread Ambrosia Lemonade Milk

Hot Roast Beef & Swiss Cheese Onion Roll Horseradish Dijon Sauce Garlic Mashed Potatoes Steamed Broccoli with Lemon Cinnamon Baked Apples Lemonade Milk

Breaded Fish with Cheese on a Bun Broccoli Cheese Soup Calico Coleslaw Assorted Ice Cream Lemonade Milk

NER

Chicken Stir Fry with

Vegetables

Rice

Vegetable Spring Rolls

Cherry Pineapple Gelatin

Milk

Cranberry Orange Chicken Roasted Sweet Potato Brussels Sprouts Medley Dinner Roll or Bread Blonde Brownie Lemonade Milk

Kielbasa Sausage Pierogies Sauerkraut Dinner Roll or Bread Fantasy Fruit Lemonade Milk

Beef Pot Pie Lemony Rocket Salad w/ Dressing Peach Cobbler Milk

Salisbury Steak Butter Herbed Noodles Spinach Dinner Roll or Bread Marble Cheesecake Brownie Milk

N

National Chicken Cordon Bleu Day

Chicken Cordon Blue Rice Pilaf Peas and Mushrooms Chocolate Mousse Filled Crepes Milk

SPECIAL MEAL

NER N

Thin Crust Cheese Pizza Tossed Salad with Dressing Breadstick Peanut Butter Cookie Milk

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



MVH Fall/Winter 2023-24

Powerlink Nutritional Services



Monday April 8, 2024

Tuesday April 9, 2024 Wednesday April 10, 2024

Thursday April 11, 2024

Friday April 12, 2024 Saturday April 13, 2024

Sunday April 14, 2024

K F A BR

Ham & Cheese Frittata Toast Applesauce Juice of Choice Milk

Cereal of Choice

BBQ Chicken

Chuckwagon Corn

Broccoli AuGratin

Rosy Pears

Lemonade

Milk

Honey Glazed Turkey

Sweet Potato Wedges

Mixed Vegetables

Dinner Roll or Bread

Caramel Apple Cake

Milk

Apple Pancakes Sausage Links 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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Cinnamon French Toast Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Cereal of Choice

Western Omelet Toast Diced Pears Juice of Choice Milk

Cereal of Choice

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Fried Eaa Canadian Bacon **English Muffin** Berry Cup Juice of Choice Milk

Cereal of Choice

C H

Eaa & Cheese on Bacon Croissant Diced Peaches Juice of Choice Milk

Cereal of Choice

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Gyro Tzatziki Greek Pasta Salad Rice Pudding Lemonade Milk

Pork Medallions Oven Roasted Potatoes Dilled Baby Carrots Dinner Roll or Bread Blonde Brownie Lemonade Milk

BBQ Chicken Chuckwagon Corn Broccoli AuGratin Rosy Pears Lemonade Milk

Mushroom & Swiss Cheese Hamburger Lettuce Tomato and Onion **Delmonico Potatoes** Three Bean Salad Rocky Road Pudding Lemonade Milk

Baked Ziti with Meatsauce Tossed Salad with Dressing Breadstick Lemon Bar Lemonade Milk

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Meatloaf Brown Gravv Garlic Mashed Potatoes Italian Vegetable Blend Dinner Roll or Bread Cranberry Velvet Gelatin Dessert Lemonade Milk

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Chicken Pot Pie Stewed Tomatoes Chocolate Raspberry Bar Milk

Chicken Salad Sandwich French Onion Soup Capri Vegetable Blend Lemon Pudding Tart Milk

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Beef Soft Tacos Spanish Rice Black Bean Salad Key Lime Pie Milk

Fried Popcorn Shrimp Cocktail Sauce Crinkle Cut Fries Baked Beans Cinnamon Crispies Cookie Milk

NER

Ham & Cheese on a Croissant Chicken Noodle Soup Roasted Asparagus Cinnamon Baked Apples Milk

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E R

Grilled Two Cheese Sandwich Cream of Tomato Soup Caribbean Vegetable Blend Chocolate Chip Cookie Milk







Monday April 15, 2024

Tuesday April 16, 2024 Wednesday April 17, 2024

Thursday April 18, 2024 Friday April 19, 2024

Saturday April 20, 2024

Sunday April 21, 2024

K F A S

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

Cereal of Choice

Scrambled Eggs Sausage Links Toast Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Denver Omelet Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

LUNCH

Pancakes Turkey Sausage Patty Fruit Cocktail 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 Assorted Danish Berry Cup Juice of Choice Milk

Cereal of Choice

Waffle with Strawberries Turkey Sausage Link Diced Peaches Juice of Choice Milk

Cereal of Choice

UNCH

BBQ Beef Brisket Rancher's Chicken Mashed Sweet Potato **Duchess Potatoes** Broccoli & Cauliflower Normandy Vegetable Blend Dinner Roll or Bread Dinner Roll or Bread Sugar Cookie Chocolate Mousse Lemonade Lemonade Milk Milk

Italian Sausage on a Bun Tater Tots **Buttered Green Beans** Chocolate Chip Bar Lemonade Milk

Beef Chili with Beans Tossed Salad with Dressing Cornbread S'more Pudding Parfait Lemonade Milk

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Apple Ginger Pork Chop Parslied New Potatoes Spinach with Mushrooms Dinner Roll or Bread Cinnamon Applesauce Lemonade Milk

N C H

Cheese Ravioli Casserole Lemony Rocket Salad w/ Dressing Garlic Bread Italian Ice Lemonade Milk

Marinated Chicken Baked Sweet Potato with Cinnamon Butter Cream Cheese Corn Dinner Roll or Bread Apple Betty Lemonade Milk

N N E R

Hawaiian Ham Hashbrown Casserole **7ucchini & Onions** Dinner Roll or Bread Margarita Cake Milk

Turkey Teriyaki Pineapple Rice Pilaf Honey Ginger Baby Carrots Dinner Roll or Bread Strawberry Delight Gelatin Milk

Chicken Alfredo with Fettuccine Noodles Capri Vegetable Blend Breadstick Pineapple Dream Milk

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Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Dinner Roll or Bread Peach Crisp Milk

Beer Battered Fish Steak Fries Creamy Coleslaw Dinner Roll or Bread Chocolate Brownie Milk

N N E R

Sloppy Joe on a Bun Onion Rings Green Peas w/ Red Peppers Gelatin Jewels Milk

DINNER

Ham & Pea Tortellini **Baby Carrots** Dinner Roll or Bread Assorted Ice Cream Milk







Monday April 22, 2024

Tuesday April 23, 2024 Wednesday April 24, 2024

Thursday April 25, 2024 Friday April 26, 2024

Saturday April 27, 2024

Sunday April 28, 2024

S R

French Toast Canadian Bacon Applesauce Juice of Choice Milk

Cereal of Choice

Sausage Omelet Apple Cinnamon Muffin Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Fried Egg Turkey Sausage Patty Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

L U

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

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Hard Cooked Egg Sausage Links Cinnamon Roll Berry Cup Juice of Choice Milk

Cereal of Choice

Bacon **Diced Peaches** Juice of Choice Milk

Blueberry Pancakes

Cereal of Choice

N C H U

Marinated Flank Steak Parmesan Basil Orzo Mixed Vegetables Lemon Cake w/ Lemon Icing Lemonade Milk

Chicken Club Wrap Minestrone Soup Chocolate Eclair Bar Lemonade Milk

Cranberry Glazed Ham Au Gratin Potatoes Greens Dinner Roll or Bread Sugar Cookie Lemonade Milk

Beef & Bean Burrito Mexican Corn Churros Lemonade Milk

Tuna Melt Peas & Carrots Boston Cream Pie Lemonade Milk

Meatballs with Sauce Spaghetti Noodles Capri Vegetable Blend Garlic Bread Blueberry Cheesecake Bar Lemonade Milk

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

N N E R

> Veal Cutlet with Mushroom Sauce Herb Buttered Linguini California Vegetable Blend Dinner Roll or Bread Modified Deluxe Fruit Salad Milk

Beef Stroganoff Egg Noodles Winter Vegetable Blend Dinner Roll or Bread Cookies & Cream Pie Milk

Lemon Pepper Turkey Roasted Sweet Potato Spinach with Garlic Dinner Roll or Bread Chocolate Chip Bread Pudding Milk

Chicken Teriyaki Pineapple Rice Pilaf Asian Vegetable Blend Dinner Roll or Bread Yellow Cupcake w/ Chocolate Frosting Milk

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BBO Pork Roast Hashbrown Casserole Cauliflower Strawberry Applesauce Milk

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Chili Cheese Dog Homemade Potato Chips Tossed Salad with Dressing Mandarin Orange Delight Gelatin Milk



Supreme Pizza

Spring Mix with Dressing

Breadstick

Pineapple Cream Gelatin

Milk

Powerlink Nutritional Services



Monday April 29, 2024

Scrambled Eggs

Bacon

Assorted Danish

Applesauce

Juice of Choice

Milk

Cereal of Choice

Tuesday April 30, 2024 Wednesday May 1, 2024

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Thursday May 2, 2024 Friday May 3, 2024 Saturday May 4, 2024 Sunday May 5, 2024

D D E A K E A S

Fried Egg Sausage Links Toast Mandarin Oranges Juice of Choice

Milk Cereal of Choice Hard Cooked Egg Canadian Bacon Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

L U

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

Scrambled Eggs Breakfast Ham Toast Diced Pears Juice of Choice Milk

Cereal of Choice

N C H

Potato Omelet Coffee Cake Berry Cup Juice of Choice Milk

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Cereal of Choice

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Waffle Turkey Sausage Link Diced Peaches Juice of Choice Milk

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C H

Cereal of Choice

UNCH

Fried Chicken
Parslied Mashed Potatoes
California Vegetable Blend
Dinner Roll or Bread
Fruit Fling
Lemonade
Milk

Lasagna with Meatsauce Italian Green Beans Garlic Bread Lemon Pudding Cake Lemonade Milk Roast Beef Au Jus
Baked Potato
Sour Cream
Broccoli Florets
Dinner Roll or Bread
Peaches & Cream Gelatin
Dessert
Lemonade
Milk

Braised Pork Tips
Roasted Red Skin Potatoes
Buttered Green Peas
Dinner Roll or Bread
Harvest Cake
Lemonade
Milk

L U

Tuna Noodle Casserole Prince Edward Vegetable Blend Breadstick Strawberry Cake with Frosting Lemonade Milk

Herbed Turkey Turkey Gravy Apple Bread Dressing Zucchini Caramel Brownie Lemonade Milk Chicken & Dumplings Peas & Carrots Dinner Roll or Bread Lime Dream Cake Lemonade Milk

DINNER

Bourbon Maple Glazed Ham Corn Casserole Spinach Au Gratin Dinner Roll or Bread Cinnamon Applesauce Milk Pizza Casserole Sicilian Vegetable Blend Marbled Cheesecake Milk

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Chicken Strips Breaded
Dipping Sauce
Cottage Fries
Italian Vegetable Blend
Dinner Roll or Bread
Cherry Cobbler
Milk

Blue Cheese Hamburger Lettuce Tomato Onion & Pickle Sidewinder Fries Marinated Cucumber Salad Chocolate Ice Cream Milk

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Pork Vegetable Stew Tossed Salad Assorted Salad Dressing Biscuit Chocolate Tart Milk

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Soft Taco Spanish Rice Refried Beans Guacamole, Salsa, Sour Cream Apple Empanadas Milk SPECIAL MEAL



Swedish Meatballs

Eag Noodles

Parsley Buttered Carrots

Dinner Roll or Bread

Chocolate Tango Pudding

Milk

Powerlink Nutritional Services

E R