

## Good Shepherd Nursing Home Daily Chef Specials

| Monday<br>07/12/2021                                                                                                | Tuesday<br>07/13/2021                                                                       | Wednesday<br>07/14/2021                                                                                   | Thursday<br>07/15/2021                                                                                                               | Friday<br>07/16/2021                                                                                | Saturday<br>07/17/2021                                                            | Sunday<br>07/18/2021                                                                                           |
|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b>                                                                                                    | <b>Breakfast</b>                                                                            | <b>Breakfast</b>                                                                                          | <b>Breakfast</b>                                                                                                                     | <b>Breakfast</b>                                                                                    | <b>Breakfast</b>                                                                  | <b>Breakfast</b>                                                                                               |
| Raisin Bran or<br>Hot Cereal<br>Scrambled Eggs<br>Home Fries<br>Blueberry Muffin                                    | Oatmeal or<br>Assorted Cold<br>Cereal<br>Scrambled Eggs<br>Bacon<br>WW Toast                | Cheerios or Hot<br>cereal<br>Cheese Omelet<br>English muffin<br>Home Fries                                | Raisin Bran or<br>Hot Cereal<br>Blueberry<br>Pancakes<br>Turkey Sausage<br>Patty                                                     | Oatmeal <u>or</u><br>Assorted Cold<br>Cereal<br>Scrambled Eggs<br>Toast                             | Raisin Bran or<br>Hot Cereal<br>French Toast<br>Scrambled Eggs                    | Cream of Wheat<br>or Assorted Cold<br>Cereal<br>Scrambled Eggs<br>Pancakes                                     |
| <b>Lunch</b>                                                                                                        | <b>Lunch</b>                                                                                | <b>Lunch</b>                                                                                              | <b>Lunch</b>                                                                                                                         | <b>Lunch</b>                                                                                        | <b>Lunch</b>                                                                      | <b>Lunch</b>                                                                                                   |
| Chicken<br>Tenders with<br>Peach BBQ<br>Sauce<br>Tater Tots<br>Apple Almond<br>Coleslaw<br>Honeydew                 | California<br>Turkey Wrap<br>Barley<br>Cranberry<br>Orange Salad<br>Brownie                 | Pork Salisbury<br>Steak<br>Brown Gravy<br>Mashed<br>Potato<br>Mixed<br>Vegetables<br>Fresh Fruit<br>Salad | Crumb Coated<br>Tilapia<br>Carrots<br>Toasted<br>Lemon<br>Couscous<br>Lemon Pie                                                      | Pot Roast<br>Seasoned<br>Zucchini<br>Mashed<br>Potatoes with<br>Gravy<br>Dinner Roll<br>Grapes      | Grilled Chicken<br>Sandwich<br>Baked Chips<br>Broccoli<br>Fruit Salad             | Chicken and<br>Mushroom<br>Cavatappi<br>Garlic Cumin<br>Beans<br>Breadstick<br>Applesauce                      |
| <b>Supper</b>                                                                                                       | <b>Supper</b>                                                                               | <b>Supper</b>                                                                                             | <b>Supper</b>                                                                                                                        | <b>Supper</b>                                                                                       | <b>Supper</b>                                                                     | <b>Supper</b>                                                                                                  |
| Tossed Salad<br>Lemon<br>Rosemary<br>Chicken<br>Confetti Brown<br>Rice<br>Green Beans<br>Dinner Roll<br>Fresh Fruit | Tossed Salad<br>Pepper Steak<br>Brown Rice<br>Vegetable<br>Medley<br>Dinner Roll<br>Peaches | Tossed Salad<br>Rigatoni with<br>Meatballs<br>Broccoli<br>Oatmeal<br>Cookie                               | Tossed Salad<br>Roasted<br>Turkey Breast<br>Poultry Gravy<br>Ranch Mashed<br>Potatoes<br>Vegetable<br>Medley<br>Fresh Fruit<br>Salad | Tossed Salad<br>Chicken<br>Parmesan<br>Rotini with<br>Spaghetti<br>Sauce<br>Green Beans<br>Honeydew | Meatloaf with<br>Gravy<br>Cauliflower &<br>Potato<br>Mashed<br>Carrots<br>Peaches | Tossed Salad<br>Roast Turkey<br>Poultry Gravy<br>Roasted Sweet<br>Potato<br>Seasoned<br>Zucchini<br>Cantaloupe |
| <b>Soup of the<br/>Day</b>                                                                                          | <b>Soup of the<br/>Day</b>                                                                  | <b>Soup of the<br/>Day</b>                                                                                | <b>Soup of the<br/>Day</b>                                                                                                           | <b>Soup of the<br/>Day</b>                                                                          | <b>Soup of the<br/>Day</b>                                                        | <b>Soup of the<br/>Day</b>                                                                                     |
| Mushroom<br>Barley                                                                                                  | Broccoli<br>Cheese                                                                          | Lentil Soup                                                                                               | French Onion                                                                                                                         | Baked Potato                                                                                        | Split Pea and<br>Ham                                                              | Minestrone                                                                                                     |