

Good Shepherd Nursing Home Daily Chef Specials

Monday
01/31/22

Breakfast

Raisin Bran or
Hot Cereal
Scrambled Eggs
Home Fries
Blueberry Muffin

Lunch

French-Dip
Sandwich
Corn
Sweet Potato
Fresh Fruit
Salad

Supper

Penne with
Meat Sauce
Zucchini
Pears
Breadstick

Soup of the Day

Vegetable
Soup

Tuesday
02/01/22

Breakfast

Oatmeal or
Assorted Cold
Cereal
Scrambled Eggs
Bacon
WW Toast

Lunch

Turkey Chili
Coleslaw
Cornbread
Mandarin
Oranges

Supper

Chicken Breast
with Dressing
Cranberry
Pecan Rice
Pilaf
Green Beans
Fresh Fruit

Soup of the Day

Broccoli
Cheese

Wednesday
02/02/22

Breakfast

Cheerios or Hot
cereal
Cheese Omelet
English muffin
Home Fries

Lunch

Teriyaki Pork
Stir-Fry
Broccoli
Brown Rice
Pumpkin Spice
Crumb Cake

Supper

Meatloaf with
Gravy
Ranch Mashed
Red Potatoes
Peas
Fresh
Cantaloupe

Soup of the Day

Mushroom
Barley

Thursday
02/03/22

Breakfast

Raisin Bran or
Hot Cereal
Blueberry Coffee
Cake
Scrambled Eggs

Lunch

Sloppy Joe
Sandwich
Hash Brown
Patty
Oven Roasted
Carrots
Grapes

Supper

Chicken Rice
Casserole
Broccoli
Pumpkin Pie

Soup of the Day

Southwest
Black Bean

Friday
02/04/22

Breakfast

Oatmeal or
Assorted Cold
Cereal
Scrambled Eggs
Toast

Lunch

Grilled Ham
and Cheese on
Wheat Bread
Green Beans
Fudge Brownie

Supper

Vegetable
Lasagna
Zucchini
Breadstick
Peaches

Soup of the Day

Tomato Basil

Saturday
02/05/22

Breakfast

Raisin Bran or
Hot Cereal
French Toast
Turkey Sausage
Patty

Lunch

Chicken Pot Pie
with Biscuit
Broccoli
Chocolate
Chunk Cookie

Supper

Swiss Steak
with Vegetable
Gravy
Mashed
Potato
Peas and
Carrots
Mandarin
Oranges

Soup of the Day

Chicken Wild
Rice

Sunday
02/06/22

Breakfast

Cream of Wheat
or Assorted Cold
Cereal
Scrambled Eggs
Pancakes

Lunch

Cranberry
Glazed-Pork
Roast
Rice Pilaf
Vegetable
Medley
Apple Crisp

Supper

Chicken
Tomato Pasta
Alfredo
Zucchini
Pineapple
Breadstick

Soup of the Day

Minestrone
Soup