

# Good Shepherd Nursing Home Daily Chef Specials

**Monday**  
09/12/22

**Breakfast**

Raisin Bran or  
Hot Cereal  
Scrambled Eggs  
Home Fries  
Cinnamon Roll

**Lunch**

Hot Dog on A  
Bun  
Tater Puffs  
Broccoli  
Peaches

**Supper**

Rotisserie  
Chicken  
Roasted  
Cauliflower  
Roasted Red  
Potatoes  
Sugar Cookie

**Soup of the  
Day**

Tomato Basil

**Tuesday**  
09/12/22

**Breakfast**

Oatmeal or  
Assorted Cold  
Cereal  
Scrambled Eggs  
Bacon  
WW Toast

**Lunch**

Hamburger  
with Swiss  
Cheese  
Baked Potato  
Chips  
Peas & Carrots  
Grapes

**Supper**

Salisbury Steak  
Cauliflower &  
Potato  
Mashed  
Green Beans  
Carrot Cake

**Soup of the  
Day**

Garden  
Vegetable

**Wednesday**  
09/14/22  
**Breakfast**

Cheerios or Hot  
cereal  
Cheese Omelet  
English muffin  
Home Fries

**Lunch**

Swedish  
Meatballs  
Mashed  
Potato  
Zucchini  
Fresh  
Pineapple

**Supper**

Herbed Pork  
Loin  
Vegetable  
Medley  
Roasted Sweet  
Potatoes  
Bread dressing  
Carmel  
Cheesecake

**Soup of the  
Day**

Pasta Fagioli

**Thursday**  
09/15/22  
**Breakfast**

Raisin Bran or  
Hot Cereal  
Blueberry Coffee  
Cake  
Scrambled Eggs

**Lunch**

BBQ chicken  
Mac and  
Cheese  
Carrots  
Watermelon

**Supper**

Beef Roast  
Green Beans  
Mashed  
Potato Gravy  
Strawberry Pie

**Soup of the  
Day**

Mushroom  
Barley

**Friday**  
09/16/22  
**Breakfast**

Oatmeal or  
Assorted Cold  
Cereal  
Scrambled Eggs  
Cinnamon Raisin  
Toast

**Lunch**

Grilled  
Chicken  
Sandwich  
Chia  
Coleslaw  
Corn  
Fresh Fruit

**Supper**

Lasagna  
Zucchini  
Break Stick  
Chocolate  
Cake

**Soup of the  
Day**

Baked Potato

**Saturday**  
09/17/22

**Breakfast**

Raisin Bran or  
Hot Cereal  
French Toast  
Sticks  
Turkey Sausage  
Patty

**Lunch**

Beef  
Stroganoff  
Buttered  
Noodles  
Carrots and  
Beets  
Dinner Roll  
Pears

**Supper**

Lemon Chicken  
Green Beans  
Roasted  
Butternut  
Squash  
Oatmeal Raisin  
Cookie

**Soup of the Da  
Chicken Wild  
Rice**

**Sunday**  
09/18/22

**Breakfast**

Cream of Wheat  
or Assorted Cold  
Cereal  
Scrambled Eggs  
Pancakes

**Lunch**

Three  
Cheese  
Pasta  
Broccoli  
Breadstick  
Orange  
Sherbet

**Supper**

Smokey Apple  
BBQ Chicken  
Peas &  
Mushrooms  
Rice Pilaf  
Grapes

**Soup of the  
Day**

Tomato Soup