

Good Shepherd Nursing Home Daily Chef Specials

Monday
1/30/23
Breakfast

Raisin Bran or
Hot Cereal
Scrambled Eggs
Home Fries
Raisin Toast

Lunch

Chicken
Tenders
Country gravy
Mashed
potato
Corn
Watermelon

Supper

Bacon Cheddar
Onion Egg Bake
Blueberry Muffin
Hash Brown
Patty
Fresh Fruit

**Soup of the
Day**

Mushroom
Barley

Tuesday
1/31/23
Breakfast

Oatmeal or
Assorted Cold
Cereal
Scrambled Eggs
Bacon
WW Toast

Lunch

California
Turkey Wrap
Pasta Salad
Peaches

Supper

Pepper Steak
Brown Rice
Vegetable
Medley
Dinner Roll
Brownie

**Soup of the
Day**

Broccoli
Cheese

Wednesday
2/01/23
Breakfast

Rice Krispies or
Hot cereal
Cheese Omelet
English muffin
Home Fries

Lunch

Pork Salisbury
Steak
Brown Gravy
Mashed
Potato
Mixed
Vegetables
Cantaloupe

Supper

Rigatoni with
Meatballs
Broccoli
Oatmeal
Cookie

**Soup of the
Day**

Chicken
Dumpling

Thursday
2/02/23
Breakfast

Raisin Bran or
Hot Cereal
Blueberry
Coffee Cake
Scrambled Eggs

Lunch

Crumb Coated
Tilapia
Carrots
Scalloped
Potatoes
Fresh Fruit
Salad

Supper

Chicken
Cordon Bleu
Ranch Mashed
Potatoes
Vegetable
Medley
Apple Pie

**Soup of the
Day**

French Onion

Friday
2/03/23
Breakfast

Oatmeal or
Assorted Cold
Cereal
Scrambled Eggs
Toast

Lunch

Pot Roast
Brussels
Sprouts
Mashed
Potatoes with
Gravy
Dinner Roll
Grapes

Supper

Chicken
Parmesan
Rotini with
Spaghetti
Sauce
Green Beans
Strawberry
shortcake

**Soup of the
Day**

Baked Potato

Saturday
2/04/23

Breakfast

Cheerios or Hot
Cereal
French Toast
Sticks
Turkey Sausage
Patty

Lunch

Grilled Chicken
Sandwich
Baked Chips
Broccoli
Berry Blend

Supper

Meatloaf with
Gravy
Cauliflower &
Potato
Mashed
Carrots
Peach Crisp

**Soup of the
Day**

Split Pea and
Ham

Sunday
2/05/23

Breakfast

Cream of Wheat
or Assorted Cold
Cereal
Scrambled Eggs
Pancakes

Lunch

Ham
Baked Potato
Corn
Dinner roll
Lemon
Meringue Pie

Supper

Pork Roast
Roasted Sweet
Potato
Seasoned
Zucchini
Pineapple
Upside-down
Cake

**Soup of the
Day**

Minestrone