Good Shepherd Nursing Home Daily Chef Specials

Monday
1/16/23

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
1/17/23

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
1/18/23

Breakfast

Rice Krispies 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
1/19/23

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
Mint
Chocolate Pie

Soup of the Day

Mushroom
Barley

Friday
1/20/23

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
1/21/23

Breakfast

Cheerios 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
1/22/23

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

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