

CHESNUT HILL CONVALESCENT & REHAB

Week-At-A-Glance

hcs1northern2020 Week 1

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|--|--|
| Breakfast: Regular | | | | | | |
| Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Blueberry Muffin 1 Ea - Margarine 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Sausage Link Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Sausage Link Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Peach Streusel Coffee Cake 1 Square - Margarine 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Baked Cheese Omelet 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Bacon 2 Sl Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz |
| Lunch: Regular | | | | | | |
| Fried Chicken 3 Oz Tuna Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Ranch Style Potato Wedges 1/2 Cup Macaroni Salad 1/2 Cup Calico Coleslaw 1/2 Cup Marinated Cucumber & Onion Salad 2/3 Cup Combread 1 Square - Margarine 1 Ea Peach Pie w/Crumb Topping 1 Sl Coffee or Hot Tea 6 Oz | Hawaiian Baked Ham 3 Oz Herbed Chicken Leg Whipped Sweet Potatoes 1/2 Cup Parsley Noodles 1/2 Cup Broccoli Florets 1/2 Cup Capri Vegetable Blend 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup Coffee or Hot Tea 6 Oz | Baked Ziti w/Meatsauce 1 Cup Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate French Fries 1/2 Cup - Ketchup 1 Pkt Sauteed Spinach w/Garlic 1/2 Cup Tossed Salad w/Dressing 1 Cup Parmesan Breadstick 1 Ea Strawberry Shortcake 1 Square Coffee or Hot Tea 6 Oz | Shredded Pork on a Bun 1 Sandwich Beef Stuffed Green Peppers 2 Hlf Tater Tots 1/2 Cup - Ketchup 1 Pkt Zucchini & Onions 1/2 Cup Braised Cabbage 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Tropical Fruit Salad 1/2 Cup Coffee or Hot Tea 6 Oz | Beef Pepper Steak w/Gravy 3 Oz BBQ Pork Chop 3 Oz Garlic Mashed Potatoes 1/2 Cup Yellow Rice 1/2 Cup Seasoned Green Beans 1/2 Cup Seasoned Whole Kernel Corn (veg) 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Snickerdoodle Cookie 1 Ea Coffee or Hot Tea 6 Oz | Shrimp Scampi 3 Oz Smothered Turkey Patty 3 Oz Steamed Rice 1/2 Cup Parmesan Noodles 1/2 Cup Sugar Snap Peas 1/2 Cup Sliced Carrots 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Pudding Parfait 1/2 Cup Coffee or Hot Tea 6 Oz | Chicken Pasta Primavera 6 Oz Hamburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear French Fries 1/2 Cup - Ketchup 1 Pkt Tossed Salad w/Dressing 1 Cup Green Pea Salad 1/2 Cup Garlic Breadstick 1 Ea Blondie 1 Square Coffee or Hot Tea 6 Oz |
| Dinner: Regular | | | | | | |
| Swedish Meatballs 3 Ea Smothered Turkey Patty 3 Oz Buttered Noodles 1/2 Cup Mashed Potatoes 1/2 Cup Sauteed Asparagus Cuts 1/2 Cup Sliced Carrots 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Smothered Steak 3 Oz Cheesy Rice 1/2 Cup Oven Browned Potatoes 1/2 Cup Peas & Carrots 1/2 Cup Seasoned Green Beans 1/2 Cup Parsley Dinner Roll 1 Ea - Margarine 1 Ea Lemon Cake w/Icing 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz | Turkey Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Creamy Dill Macaroni Salad 1/2 Cup Potato Chips 1 Oz Confetti Coleslaw 1/2 Cup Creamy Cucumber & Onion Salad 1/2 Cup Summer Fresh Fruit Cup 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Honey Dijon Chicken Thigh 1 Ea Sweet & Sour Meatballs 3 Ea Rice Pilaf 1/2 Cup Egg Noodles 1/2 Cup Broccoli Florets 1/2 Cup Sliced Carrots 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Chocolate Cream Pie 1 Sl Milk 8 Oz Coffee or Hot Tea 6 Oz | Cheese Ravioli w/Marinara Sauce 1 Cup Herb & Lemon Fish Fillet 3 Oz Potato Wedges 1/2 Cup - Ketchup 1 Pkt Caesar Salad 1 Cup Seasoned Spinach 1/2 Cup Garlic Bread 1 Ea Seedless Watermelon Cubes 2/3 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Chicken Salad Sandwich on Croissant 1 Sandwich - Lettuce & Tomato 1 Plate Thin Crust Cheese Pizza 1 Pc Macaroni Salad 1/2 Cup Marinated Cucumber & Tomato Salad 2/3 Cup Broccoli Salad 1/2 Cup Breadstick 1 Ea Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Kielbasa Sausage 1 Ea Chicken Tenders. 2 Ea - Honey Mustard 1 Ea Mashed Potatoes 1/2 Cup Herbed Noodles 1/2 Cup Seasoned Cabbage 1/2 Cup Green Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz |

CHESTNUT HILL CONVALESCENT & REHAB

Week-At-A-Glance

hcsq1northern2020 Week 2

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|--|--|
| Breakfast:Regular | | | | | | |
| French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Bacon 2 Sl Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Glazed Cinnamon Roll 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Biscuit 1 Ea - Sausage Gravy 4 Oz Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Hashbrown 1/2 Cup Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Baked Cheese Omelet 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Breakfast Ham 1 Oz Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Sausage Link Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz |
| Lunch:Regular | | | | | | |
| Roast Beef Au Jus 3 Oz Basil Pork Chop 3 Oz Garlic & Rosemary Roasted Red Skin Potatoes 1/2 Cup Buttered Rice 1/2 Cup Sauteed Spinach 1/2 Cup Seasoned Zucchini 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Apple Crisp 1/2 Cup Coffee or Hot Tea 6 Oz | Chicken Parmesan w/ 3 Oz - Spaghetti Noodles 1/2 Cup Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Tater Tots 1/2 Cup - Ketchup 1 Pkt Broccoli Florets 1/2 Cup Sliced Carrots 1/2 Cup Garlic Breadstick 1 Ea Chocolate Chip Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz | Garlic Herbed Pork Loin 3 Oz Rosemary Chicken Leg Oven Browned Potatoes 1/2 Cup Buttered Orzo 1/2 Cup Peas & Carrots 1/2 Cup Green Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Pears 1/2 Cup Coffee or Hot Tea 6 Oz | Tuna Salad Sandwich on Croissant 1 Sandwich - Lettuce & Tomato 1 Plate Ham & Cheese Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Garden Pasta Salad 1/2 Cup Potato Chips 1 Oz Creamy Cucumber & Onion Salad 1/2 Cup Calico Coleslaw 1/2 Cup Orange Sherbet 1 Ea Coffee or Hot Tea 6 Oz | Homestyle Meatloaf w/Ketchup Glaze 4 Oz Rancher's Pork Chop 3 Oz Mashed Potatoes 1/2 Cup Rice Pilaf 1/2 Cup Sliced Dill Carrots 1/2 Cup Seasoned Spinach 1/2 Cup Poppy Seed Dinner Roll 1 Ea - Margarine 1 Ea Strawberries & Banana 1/2 Cup Coffee or Hot Tea 6 Oz | Herb & Lemon Fish Fillet 3 Oz Grilled Cheese Sandwich 1 Sandwich Au Gratin Potatoes 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Broccoli Florets 1/2 Cup Green Beans 1/2 Cup Breadstick 1 Ea Summer Fresh Fruit Cup 1/2 Cup Coffee or Hot Tea 6 Oz | Sweet Garlic Chicken Leg Hamburger Steak 3 Oz - Brown Gravy 2 Oz Pineapple Rice Pilaf 1/2 Cup Parsley Noodles 1/2 Cup Sugar Snap Peas 1/2 Cup Sliced Carrots 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sugar Cookie 1 Ea Coffee or Hot Tea 6 Oz |
| Dinner:Regular | | | | | | |
| Grilled Ham & Cheese Sandwich 1 Sandwich Baked Chicken Breast on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt French Fries 1/2 Cup - Ketchup 1 Pkt Whole Kernel Corn 1/2 Cup Confetti Coleslaw 1/2 Cup Green Pea Salad 1/2 Cup Vanilla Ice Cream 1 Ea Tomato Soup 6 Oz - Saltine Crackers 1 Pkt Milk 8 Oz Coffee or Hot Tea 6 Oz | Swiss Steak w/Gravy 3 Oz Baked Macaroni & Cheese 1 Cup Herbed Mashed Potatoes 1/2 Cup Seasoned Whole Kernel Corn (veg) 1/2 Cup Baked Tomato Halves 2 Hlf Dinner Roll/Bread 1 Ea - Margarine 1 Ea Seedless Watermelon Cubes 2/3 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Thin Crust Cheese Pizza 1 Pc Italian Sausage 1 Ea Herbed Potato Wedges 1/2 Cup Parmesan Baked Zucchini 1/2 Cup Tossed Salad w/Dressing 1 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Peach Shortcake 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz | Honey Glazed Turkey. 2 Oz - Poultry Gravy 2 Oz Herb Baked Fish Fillet 3 Oz Baked Potato 1 Ea - Sour Cream 1 Pkt - Margarine 1 Ea Steamed Rice 1/2 Cup Herbed Green Beans 1/2 Cup Broccoli Florets 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Marinated Chicken Thigh 1 Ea Cheese Quiche 1 Sl Buttered Rice 1/2 Cup Southern Style Green Peas 1/2 Cup Capri Vegetable Blend 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Black Forest Cake 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz | Baked Ziti w/Cheese 1 Cup Smothered Turkey Patty 3 Oz Mashed Potatoes 1/2 Cup Caesar Salad 1 Cup Squash Medley 1/2 Cup Garlic Bread 1 Ea Butterscotch Pudding 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Philly Cheesesteak Sandwich 1 Sandwich - Sautéed Peppers & Onions 1/4 Cup Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate French Fries 1/2 Cup - Ketchup 1 Pkt Macaroni Salad 1/2 Cup Tossed Salad w/Dressing 1 Cup Marinated Cucumber & Tomato Salad 2/3 Cup Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz |

CHESTNUT HILL CONVALESCENT & REHAB

Week-At-A-Glance

hcs91northern2020 Week 3

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|---|---|
| Breakfast: Regular | | | | | | |
| Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Blueberry Muffin 1 Ea - Margarine 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Sausage Link Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Sausage Link Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Peach Streusel Coffee Cake 1 Square - Margarine 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Baked Cheese Omelet 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Bacon 2 Sl Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz |
| Lunch: Regular | | | | | | |
| Meatballs w/Marinara Sauce 3 Ea - Marinara Sauce (oz) 2 Oz - Spaghetti Noodles 1/2 Cup Thyme Baked Chicken Thigh 1 Ea Buttered Rice 1/2 Cup Parmesan Baked Zucchini 1/2 Cup Roasted Green Beans 1/2 Cup Garlic Bread 1 Ea Vanilla Ice Cream 1 Ea Coffee or Hot Tea 6 Oz | Roast Turkey 3 Oz - Poultry Gravy 2 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Mashed Potatoes 1/2 Cup - Poultry Gravy 2 Oz Parsley Noodles 1/2 Cup Sliced Glazed Carrots 1/2 Cup Green Peas 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Marble Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz | Cornflake Chicken Leg Thin Crust Cheese Pizza 1 Pc Cheesy Rice 1/2 Cup Capri Vegetable Blend 1/2 Cup Tossed Salad w/Dressing 1 Cup Parsley Dinner Roll 1 Ea - Margarine 1 Ea Summer Fresh Fruit Cup 1/2 Cup Coffee or Hot Tea 6 Oz | Egg Salad Sandwich on Croissant 1 Sandwich - Lettuce & Tomato 1 Plate Turkey Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Creamy Dill Macaroni Salad 1/2 Cup Potato Chips 1 Oz Tomato Basil Salad 2/3 Cup Marinated Cucumber & Onion Salad 2/3 Cup Deluxe Fruit Salad 1/2 Cup Coffee or Hot Tea 6 Oz | Honey Glazed Sliced Ham 3 Oz Lemon Pepper Chicken Leg Rice Pilaf 1/2 Cup Buttered Noodles 1/2 Cup Spinach Au Gratin 1/2 Cup Green Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Cherry Crisp 1/2 Cup Coffee or Hot Tea 6 Oz | Shrimp Alfredo w/ 3 Oz - Spaghetti Noodles 1/2 Cup Smothered Turkey Patty 3 Oz Roasted Red Skin Potatoes 1/2 Cup Steamed Asparagus Cuts 1/2 Cup Sliced Parsley Carrots 1/2 Cup Garlic Bread 1 Ea Lemon Cake w/Icing 1 Square Coffee or Hot Tea 6 Oz | Fried Chicken 3 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Garlic Potato Wedges 1/2 Cup Egg Noodles 1/2 Cup Buttered Whole Kernel Corn (veg) 1/2 Cup Broccoli Florets 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup Coffee or Hot Tea 6 Oz |
| Dinner: Regular | | | | | | |
| Kielbasa Sausage 1 Ea Chicken Tenders. 2 Ea - Honey Mustard 1 Ea Garlic Roasted Red Skin Potatoes 1/2 Cup Buttered Orzo 1/2 Cup Braised Cabbage 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Scalloped Apples 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Garlic Baked Pork Chop 3 Oz Tater Tots 1/2 Cup - Ketchup 1 Pkt Yellow Rice 1/2 Cup Confetti Coleslaw 1/2 Cup Broccoli Florets 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | BBQ Pork Platter. 3/8 Cup Salisbury Steak 3 Oz - Brown Gravy 2 Oz Baked Sweet Potatoes 1/2 Cup Parmesan Noodles 1/2 Cup Southern Style Green Beans 1/2 Cup Chuckwagon Corn (veg) 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Double Chocolate Brownie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz | Beef Pepper Steak w/Gravy. 2 Oz Lemon Butter Baked Fish Fillet 3 Oz Mashed Potatoes 1/2 Cup Seasoned Rice 1/2 Cup Buttered Green Peas 1/2 Cup Sautéed Zucchini 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Snickerdoodle Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz | Tuna Melt Sandwich 1 Sandwich Hamburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear French Fries 1/2 Cup - Ketchup 1 Pkt Garden Pasta Salad 1/2 Cup Broccoli Salad 1/2 Cup Capri Vegetable Blend 1/2 Cup Chilled Peach Parfait 1/2 Cup Corn Chowder Soup 6 Oz - Saltine Crackers 1 Pkt Milk 8 Oz Coffee or Hot Tea 6 Oz | Hot Dog on a Bun 1 Sandwich - Baked Beans 1/2 Cup - Mustard 1 Pkt Baked Chicken Breast on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Potato Chips 1 Oz Creamy Cucumber & Onion Salad 1/2 Cup Green Pea Salad 1/2 Cup Seedless Watermelon Cubes 2/3 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Cheese Ravioli w/Marinara Sauce 1 Cup Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Rice Pilaf 1/2 Cup Caesar Salad 1 Cup Calico Coleslaw 1/2 Cup Garlic Breadstick 1 Ea Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Cream Pie 1 Sl Milk 8 Oz Coffee or Hot Tea 6 Oz |

CHESNUT HILL CONVALESCENT & REHAB

Week-At-A-Glance

hcsq1northern2020 Week 4

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|---|---|
| Breakfast: Regular | | | | | | |
| French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Bacon 2 Sl Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Glazed Cinnamon Roll 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Biscuit 1 Ea - Sausage Gravy 4 Oz Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Hashbrown 1/2 Cup Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Baked Cheese Omelet 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Breakfast Ham 1 Oz Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz | Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Sausage Link Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz |
| Lunch: Regular | | | | | | |
| Rosemary Pork Loin 3 Oz Lemon Pepper Fish Fillet 3 Oz Scalloped Potatoes 1/2 Cup Parsley Rice 1/2 Cup Sauteed Spinach w/Garlic 1/2 Cup Capri Vegetable Blend 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pear Crisp 1/2 Cup Coffee or Hot Tea 6 Oz | Homestyle Meatloaf w/Ketchup Glaze 4 Oz Thyme Chicken Breast 3 Oz Duchess Mashed Potatoes 1/2 Cup Parmesan Noodles 1/2 Cup Honey Roasted Carrots 1/2 Cup Baked Tomato Halves 2 Hlf Dinner Roll/Bread 1 Ea - Margarine 1 Ea Spiced Apple 1/2 Cup Coffee or Hot Tea 6 Oz | Marinated Chicken Thigh 1 Ea Meatballs w/Gravy 3 Ea Macaroni & Cheese 1/2 Cup Mashed Potatoes 1/2 Cup Squash Medley 1/2 Cup Seasoned Green Peas 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Butterscotch Pudding Parfait 1/2 Cup Coffee or Hot Tea 6 Oz | Italian Sausage 1 Ea Smothered Turkey Patty 3 Oz Garlic & Rosemary Roasted Red Skin Potatoes 1/2 Cup Herbed Noodles 1/2 Cup Seasoned Spinach 1/2 Cup Buttered Whole Kernel Corn (veg) 1/2 Cup Parsley Dinner Roll 1 Ea - Margarine 1 Ea Lemon Bar 1 Bar Coffee or Hot Tea 6 Oz | Lasagna w/Meatsauce 1 Square Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Potato Chips 1 Oz Caesar Salad 1 Cup Creamy Cucumber & Onion Salad 1/2 Cup Garlic Breadstick 1 Ea Tropical Fruit Salad 1/2 Cup Coffee or Hot Tea 6 Oz | Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt BBQ Chicken Breast 3 Oz Au Gratin Potatoes 1/2 Cup Buttered Rice 1/2 Cup Broccoli Florets 1/2 Cup Sliced Carrots 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sour Cream Orange Cake 1 Square Coffee or Hot Tea 6 Oz | Turkey A La King 6 Oz Cheese Quiche 1 Sl White Rice 1/2 Cup Seasoned Green Beans 1/2 Cup Tomato Basil Salad 2/3 Cup Poppy Seed Dinner Roll 1 Ea - Margarine 1 Ea Chilled Pears 1/2 Cup Coffee or Hot Tea 6 Oz |
| Dinner: Regular | | | | | | |
| Chicken Tenders. 2 Ea - Honey Mustard 1 Ea Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz French Fries 1/2 Cup - Ketchup 1 Pkt Buttered Noodles 1/2 Cup Tossed Salad w/Dressing 1 Cup Whole Kernel Corn (veg) 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peanut Butter Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz | Citrus Glazed Turkey. 2 Oz - Poultry Gravy 2 Oz. BBQ Pork Chop 3 Oz Rice Pilaf 1/2 Cup Baked Sweet Potatoes 1/2 Cup Steamed Broccoli Florets w/Lemon 1/2 Cup Sauteed Green Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Cherry Pie w/Crumb Topping 1 Sl Milk 8 Oz Coffee or Hot Tea 6 Oz | Ham & Swiss Sandwich on Wheat 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Tuna Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Potato Chips 1 Oz Macaroni Salad 1/2 Cup Calico Coleslaw 1/2 Cup Marinated Tomato & Onion Salad 1/2 Cup Summer Fresh Fruit Cup 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Herb & Lemon Fish Fillet 3 Oz Thin Crust Cheese Pizza 1 Pc Buttered Orzo 1/2 Cup Sugar Snap Peas 1/2 Cup Roasted Zucchini 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Rancher's Chicken Legs Garlic Baked Pork Chop 3 Oz Baked Potato 1 Ea - Sour Cream 1 Pkt - Margarine 1 Ea Egg Noodles 1/2 Cup Salsa Salad 1/2 Cup Capri Vegetable Blend 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Brownie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz | Hot Dog on a Bun 1 Sandwich - Baked Beans 1/2 Cup - Mustard 1 Pkt Baked Macaroni & Cheese 1 Cup Confetti Coleslaw 1/2 Cup Tossed Salad w/Dressing 1 Cup Seedless Watermelon Cubes 2/3 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz | Cheeseburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Tater Tots 1/2 Cup - Ketchup 1 Pkt Garden Pasta Salad 1/2 Cup Creamy Cucumber & Onion Salad 1/2 Cup Sauteed Zucchini 1/2 Cup Chocolate Chip Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz |