

**COMPLETE CARE AT GREEN KNOLL**

**Week-At-A-Glance**

**hcs1northern2020 Week 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<i>Scrambled Eggs w/Cheese Blueberry Muffin</i>	<i>French Toast Sausage Patty</i>	<i>Scrambled Eggs Biscuit</i>	<i>Buttermilk Pancakes Sausage Patty</i>	<i>Egg &amp; Hashbrown Bake Toast</i>	<i>Scrambled Eggs Peach Streusel Coffee Cake</i>	<i>Baked Cheese Omelet Bacon Toast</i>
<b>Lunch:Regular</b>						
<i>Fried Chicken Calico Coleslaw Ranch Style Potato Wedges Cornbread Peach Pie w/Crumb Topping</i>	<i>Hawaiian Baked Ham Broccoli Florets Whipped Sweet Potatoes Dinner Roll/Bread Pineapple Tidbits</i>	<i>Baked Ziti w/Meatsauce Sauteed Spinach w/Garlic Parmesan Breadstick Strawberry Shortcake</i>	<i>Shredded Pork on a Bun Zucchini &amp; Onions Tater Tots Tropical Fruit Salad</i>	<i>Beef Pepper Steak w/Gravy Seasoned Green Beans Garlic Mashed Potatoes Dinner Roll/Bread Snickerdoodle Cookie</i>	<i>Shrimp Scampi Sugar Snap Peas Steamed Rice Dinner Roll/Bread Chocolate Pudding Parfait</i>	<i>Chicken Pasta Primavera Tossed Salad w/Dressing Garlic Breadstick Blondie</i>
<i>Tuna Salad Sandwich Marinated Cucumber &amp; Onion Salad Macaroni Salad</i>	<i>Herbed Chicken Breast Capri Vegetable Blend Parsley Noodles</i>	<i>Breaded Chicken on a Bun Tossed Salad w/Dressing French Fries</i>	<i>Beef Stuffed Green Peppers Braised Cabbage Dinner Roll/Bread</i>	<i>BBQ Pork Chop Seasoned Whole Kernel Corn (veg) Yellow Rice</i>	<i>Smothered Turkey Patty Sliced Carrots Parmesan Noodles</i>	<i>Hamburger on a Bun Green Pea Salad French Fries</i>
<b>Dinner:Regular</b>						
<i>Swedish Meatballs Sauteed Asparagus Cuts Buttered Noodles Dinner Roll/Bread Deluxe Fruit Salad</i>	<i>Breaded Pollock Fish Fillet Peas &amp; Carrots Cheesy Rice Parsley Dinner Roll Lemon Cake w/Icing</i>	<i>Turkey Salad Sandwich Confetti Coleslaw Creamy Dill Macaroni Salad Summer Fresh Fruit Cup</i>	<i>Honey Dijon Chicken Thigh Broccoli Florets Rice Pilaf Rosemary Dinner Roll Tuxedo Cheesecake Bar</i>	<i>Cheese Ravioli w/Marinara Sauce Caesar Salad Garlic Bread Seedless Watermelon Cubes</i>	<i>Chicken Salad Sandwich on Croissant Marinated Cucumber &amp; Tomato Salad Macaroni Salad Fruit Cocktail</i>	<i>Kielbasa Sausage Seasoned Cabbage Mashed Potatoes Dinner Roll/Bread Chilled Peach Parfait</i>
<i>Smothered Turkey Patty Sliced Carrots Mashed Potatoes</i>	<i>Smothered Steak Seasoned Green Beans Oven Browned Potatoes</i>	<i>Egg Salad Sandwich Creamy Cucumber &amp; Onion Salad Potato Chips</i>	<i>Sweet &amp; Sour Meatballs Sliced Carrots Egg Noodles</i>	<i>Herb &amp; Lemon Fish Fillet Seasoned Spinach Potato Wedges</i>	<i>Thin Crust Cheese Pizza Broccoli Salad Breadstick</i>	<i>Chicken Tenders. Green Beans Herbed Noodles</i>

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**hcs1northern2020 Week 2**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<i>French Toast Bacon</i>	<i>Scrambled Eggs Glazed Cinnamon Roll</i>	<i>Biscuit Hashbrown</i>	<i>Baked Cheese Omelet Toast</i>	<i>Scrambled Eggs Breakfast Ham English Muffin</i>	<i>Western Scrambled Eggs Toast</i>	<i>Buttermilk Pancakes Sausage Patty</i>
Lunch:Regular						
<i>Roast Beef Au Jus Sauteed Spinach Garlic &amp; Rosemary Roasted Red Skin Potatoes Dinner Roll/Bread Apple Crisp</i>	<i>Chicken Parmesan w/ Broccoli Florets Garlic Breadstick Chocolate Chip Cake w/White Frosting</i>	<i>Garlic Herbed Pork Loin Peas &amp; Carrots Oven Brownd Potatoes Dinner Roll/Bread Chilled Pears</i>	<i>Tuna Salad Sandwich on Croissant Creamy Cucumber &amp; Onion Salad Garden Pasta Salad Orange Sherbet</i>	<i>Homestyle Meatloaf w/Ketchup Glaze Sliced Dill Carrots Mashed Potatoes Poppy Seed Dinner Roll Strawberries &amp; Banana</i>	<i>Herb &amp; Lemon Fish Fillet Broccoli Florets Au Gratin Potatoes Breadstick Summer Fresh Fruit Cup</i>	<i>Sweet Garlic Chicken Breast Sugar Snap Peas Pineapple Rice Pilaf Dinner Roll/Bread Sugar Cookie</i>
Basil Pork Chop Seasoned Zucchini Buttered Rice	Breaded Pollock Fish Fillet Sliced Carrots Tater Tots	Rosemary Chicken Breast Green Beans Buttered Orzo	Ham & Cheese Sandwich Calico Coleslaw Potato Chips	Rancher's Pork Chop Seasoned Spinach Rice Pilaf	Grilled Cheese Sandwich Green Beans Tater Tots	Hamburger Steak Sliced Carrots Parsley Noodles
Dinner:Regular						
<i>Grilled Ham &amp; Cheese Sandwich Confetti Coleslaw French Fries Tomato Soup Vanilla Ice Cream</i>	<i>Swiss Steak w/Gravy Seasoned Whole Kernel Corn (veg) Herbed Mashed Potatoes Dinner Roll/Bread Seedless Watermelon Cubes</i>	<i>Thin Crust Cheese Pizza Parmesan Baked Zucchini Italian Herbed Dinner Roll Peach Shortcake</i>	<i>Honey Glazed Turkey. Herbed Green Beans Baked Potato Dinner Roll/Bread Fruit Cocktail</i>	<i>Marinated Chicken Thigh Southern Style Green Peas Buttered Rice Dinner Roll/Bread Black Forest Cake</i>	<i>Baked Ziti w/Cheese Caesar Salad Garlic Bread Butterscotch Pudding</i>	<i>Philly Cheesesteak Sandwich Tossed Salad w/Dressing French Fries Chilled Peach Parfait</i>
Baked Chicken Breast on a Bun Green Pea Salad Whole Kernel Corn	Baked Macaroni & Cheese Baked Tomato Halves	Italian Sausage Tossed Salad w/Dressing Herbed Potato Wedges	Herb Baked Fish Fillet Broccoli Florets Steamed Rice	Cheese Quiche Capri Vegetable Blend	Smothered Turkey Patty Squash Medley Mashed Potatoes	Breaded Chicken on a Bun Marinated Cucumber & Tomato Salad Macaroni Salad

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**hcs1northern2020 Week 3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<i>Scrambled Eggs w/Cheese Blueberry Muffin</i>	<i>French Toast Sausage Patty</i>	<i>Scrambled Eggs Biscuit</i>	<i>Buttermilk Pancakes Sausage Patty</i>	<i>Egg &amp; Hashbrown Bake Toast</i>	<i>Scrambled Eggs Peach Streusel Coffee Cake</i>	<i>Baked Cheese Omelet Bacon Toast</i>
<b>Lunch:Regular</b>						
<i>Meatballs w/Marinara Sauce Parmesan Baked Zucchini Garlic Bread Vanilla Ice Cream</i>	<i>Roast Turkey Sliced Glazed Carrots Mashed Potatoes Dinner Roll/Bread Marble Cake w/White Frosting</i>	<i>Cornflake Chicken Breast Capri Vegetable Blend Cheesy Rice Parsley Dinner Roll Summer Fresh Fruit Cup</i>	<i>Egg Salad Sandwich on Croissant Tomato Basil Salad Creamy Dill Macaroni Salad Deluxe Fruit Salad</i>	<i>Honey Glazed Sliced Ham Spinach Au Gratin Rice Pilaf Dinner Roll/Bread Cherry Crisp</i>	<i>Shrimp Alfredo w/ Steamed Asparagus Cuts Garlic Bread Lemon Cake w/Icing</i>	<i>Fried Chicken Buttered Whole Kernel Corn (veg) Garlic Potato Wedges Dinner Roll/Bread Pineapple Tidbits</i>
<i>Thyme Baked Chicken Thigh Roasted Green Beans Buttered Rice</i>	<i>Hamburger Steak w/Grilled Onions Green Peas Parsley Noodles</i>	<i>Thin Crust Cheese Pizza Tossed Salad w/Dressing</i>	<i>Turkey Salad Sandwich Marinated Cucumber &amp; Onion Salad Potato Chips</i>	<i>Lemon Pepper Chicken Breast Green Beans Buttered Noodles</i>	<i>Smothered Turkey Patty Sliced Parsley Carrots Roasted Red Skin Potatoes</i>	<i>Salisbury Steak Broccoli Florets Egg Noodles</i>
<b>Dinner:Regular</b>						
<i>Kielbasa Sausage Braised Cabbage Garlic Roasted Red Skin Potatoes Dinner Roll/Bread Scalloped Apples</i>	<i>Breaded Pollock Fish Fillet Confetti Coleslaw Tater Tots Dinner Roll/Bread Tropical Fruit Salad</i>	<i>BBQ Pork Platter. Southern Style Green Beans Baked Sweet Potatoes Cornbread Double Chocolate Brownie</i>	<i>Beef Pepper Steak w/Gravy. Buttered Green Peas Mashed Potatoes Dinner Roll/Bread Snickerdoodle Cookie</i>	<i>Tuna Melt Sandwich Broccoli Salad French Fries Corn Chowder Soup Chilled Peach Parfait</i>	<i>Hot Dog on a Bun Creamy Cucumber &amp; Onion Salad Seedless Watermelon Cubes</i>	<i>Cheese Ravioli w/Marinara Sauce Caesar Salad Garlic Breadstick Chocolate Cream Pie</i>
<i>Chicken Tenders. Whole Kernel Corn (veg) Buttered Orzo</i>	<i>Garlic Baked Pork Chop Broccoli Florets Yellow Rice</i>	<i>Salisbury Steak Chuckwagon Corn (veg) Parmesan Noodles</i>	<i>Lemon Butter Baked Fish Fillet Sauteed Zucchini Seasoned Rice</i>	<i>Hamburger on a Bun Capri Vegetable Blend Garden Pasta Salad</i>	<i>Baked Chicken Breast on a Bun Green Pea Salad Potato Chips</i>	<i>Breaded Pollock Fish Fillet Calico Coleslaw Rice Pilaf</i>

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**hcs1northern2020 Week 4**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<i>French Toast Bacon</i>	<i>Scrambled Eggs Glazed Cinnamon Roll</i>	<i>Biscuit Hashbrown</i>	<i>Baked Cheese Omelet Toast</i>	<i>Scrambled Eggs Breakfast Ham English Muffin</i>	<i>Western Scrambled Eggs Toast</i>	<i>Buttermilk Pancakes Sausage Patty</i>
<b>Lunch:Regular</b>						
<i>Rosemary Pork Loin Sauteed Spinach w/Garlic Scalloped Potatoes Dinner Roll/Bread Pear Crisp</i>	<i>Homestyle Meatloaf w/Ketchup Glaze Honey Roasted Carrots Duchess Mashed Potatoes Dinner Roll/Bread Spiced Apple</i>	<i>Marinated Chicken Thigh Squash Medley Macaroni &amp; Cheese Dinner Roll/Bread Butterscotch Pudding Parfait</i>	<i>Italian Sausage Seasoned Spinach Garlic &amp; Rosemary Roasted Red Skin Potatoes Parsley Dinner Roll Lemon Bar</i>	<i>Lasagna w/Meatsauce Caesar Salad Garlic Breadstick Tropical Fruit Salad Egg Salad Sandwich Creamy Cucumber &amp; Onion Salad Potato Chips</i>	<i>Breaded Pollock Fish Fillet Broccoli Florets Au Gratin Potatoes Dinner Roll/Bread Sour Cream Orange Cake</i>	<i>Turkey A La King Seasoned Green Beans White Rice Poppy Seed Dinner Roll Chilled Pears</i>
<i>Lemon Pepper Fish Fillet Capri Vegetable Blend Parsley Rice</i>	<i>Thyme Chicken Breast Baked Tomato Halves Parmesan Noodles</i>	<i>Meatballs w/Gravy Seasoned Green Peas Mashed Potatoes</i>	<i>Smothered Turkey Patty Buttered Whole Kernel Corn (veg) Herbed Noodles</i>		<i>BBQ Chicken Breast Sliced Carrots Buttered Rice</i>	<i>Cheese Quiche Tomato Basil Salad</i>
<b>Dinner:Regular</b>						
<i>Chicken Tenders. Tossed Salad w/Dressing French Fries Dinner Roll/Bread Peanut Butter Cookie</i>	<i>Citrus Glazed Turkey. Steamed Broccoli Florets w/Lemon Rice Pilaf Dinner Roll/Bread Cherry Cheesecake Bar</i>	<i>Ham &amp; Swiss Sandwich on Wheat Calico Coleslaw Potato Chips Summer Fresh Fruit Cup</i>	<i>Herb &amp; Lemon Fish Fillet Sugar Snap Peas Buttered Orzo Dinner Roll/Bread Chilled Peach Parfait</i>	<i>Rancher's Chicken Breast Salsa Salad Baked Potato Dinner Roll/Bread Chocolate Brownie</i>	<i>Hot Dog on a Bun Confetti Coleslaw Seedless Watermelon Cubes</i>	<i>Cheeseburger on a Bun Creamy Cucumber &amp; Onion Salad Tater Tots Chocolate Chip Cookie</i>
<i>Hamburger Steak w/Grilled Onions Whole Kernel Corn (veg) Buttered Noodles</i>	<i>BBQ Pork Chop Sauteed Green Beans Baked Sweet Potatoes</i>	<i>Tuna Salad Sandwich Marinated Tomato &amp; Onion Salad Macaroni Salad</i>	<i>Thin Crust Cheese Pizza Roasted Zucchini</i>	<i>Garlic Baked Pork Chop Capri Vegetable Blend Egg Noodles</i>	<i>Baked Macaroni &amp; Cheese Tossed Salad w/Dressing</i>	<i>Breaded Chicken on a Bun Sauteed Zucchini Garden Pasta Salad</i>