

COMPLETE CARE AT GREEN KNOLL

Week-At-A-Glance

hcs2northern2020-21 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Apple Cinnamon Muffin - Margarine	Buttermilk Pancakes - Margarine - Syrup Bacon	Scrambled Eggs w/Cheese Biscuit - Margarine - Jelly	Western Scrambled Eggs Toast - Margarine - Jelly	French Toast - Margarine - Syrup Sausage Patty	Scrambled Eggs Ginger Pear Coffee Cake - Margarine	Baked Cheese Omelet Breakfast Ham Toast - Margarine - Jelly
Lunch:Regular						
Maple Sage Turkey - Poultry Gravy Roasted Brussels Sprouts Bread Dressing Dinner Roll/Bread - Margarine Honey Glazed Pears Garlic Baked Pork Chop Sliced Carrots Mashed Potatoes	Apple Glazed Sliced Ham Seasoned Beets Candied Sweet Potatoes Dinner Roll/Bread - Margarine Pineapple Upside Down Cake Lemon Pepper Chicken Breast Seasoned Whole Kernel Corn (veg) Buttered Noodles	Baked Ziti w/Meatsauce Caesar Salad Garlic Breadstick Cinnamon Brown Sugar Blondie Smothered Turkey Patty Broccoli Florets Mashed Potatoes	Italian Sausage Parsley Cauliflower Garlic & Rosemary Roasted Red Skin Potatoes Dinner Roll/Bread - Margarine Scalloped Apples Marinated Chicken Thigh Capri Vegetable Blend Parsley Orzo	Crispy Breaded Chicken Thigh Sauteed Green Beans Hashbrown Casserole Dinner Roll/Bread - Margarine Banana Cream Pie Herb & Lemon Fish Fillet Sauteed Spinach Egg Noodles	Honey Garlic Shrimp Winter Vegetable Blend Rice Pilaf Poppy Seed Dinner Roll - Margarine Tropical Fruit Salad Kielbasa Sausage Brussels Sprouts Oven Browned Potatoes	Rancher's Chicken Breast Country Vegetable Blend Garlic Mashed Potatoes Cornbread - Margarine Chocolate Cake w/ Peanut Butter Frosting Cheeseburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Broccoli Salad Baked Beans
Dinner:Regular						
Sweet & Sour Meatballs Seasoned Green Beans Steamed Rice Dinner Roll/Bread - Margarine Oatmeal Raisin Cookie Herb Baked Fish Fillet Tossed Salad w/Dressing Buttered Noodles	Breaded Pollock Fish Fillet on a Bun - Tartar Sauce Capri Vegetable Blend Herbed Potato Wedges - Ketchup Chilled Peach Parfait Salisbury Steak - Brown Gravy Green Peas Yellow Rice Dinner Roll/Bread - Margarine	Chicken Salad Sandwich - Lettuce & Tomato Confetti Coleslaw Potato Chips Hearty Vegetable Soup - Saltine Crackers Mandarin Oranges Mushroom & Cheese Quiche Seasoned Spinach Dinner Roll/Bread - Margarine	Baked Macaroni & Cheese Stewed Tomatoes Rosemary Dinner Roll - Margarine Butterscotch Pudding Egg Salad Sandwich - Lettuce & Tomato Marinated Cucumber Salad Potato Salad	Beef Pepper Steak w/Gravy Peas & Carrots Buttered Rice Dinner Roll/Bread - Margarine Fruit Cocktail BBQ Pork Chop Pickled Beets Salad Potato Wedges - Ketchup	Grilled Turkey & Swiss Cheese on Wheat Creamy Cucumber & Onion Salad French Fries - Ketchup Vanilla Ice Cream Smothered Steak Whole Kernel Corn (veg) Buttered Noodles Dinner Roll/Bread - Margarine	Cheese Ravioli w/Marinara Sauce Tossed Salad w/Dressing Garlic Bread Peach Crisp Tuna Salad Sandwich - Lettuce & Tomato Marinated Mixed Vegetable Salad Potato Chips

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Week-At-A-Glance

hcs2northern2020-21 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Glazed Cinnamon Roll	Biscuit - Sausage Gravy Hashbrown	Scrambled Eggs w/Cheese Toast - Margarine - Jelly	Apple Cinnamon French Toast Bake - Margarine - Syrup Bacon	Scrambled Eggs Breakfast Ham English Muffin - Margarine - Jelly	Egg & Hashbrown Bake Toast - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Sausage Patty
Lunch:Regular						
Rosemary Roast Beef Au Jus Sliced Parsley Carrots Baked Potato - Margarine - Sour Cream Dinner Roll/Bread - Margarine Harvest Baked Apples Lemon Pepper Fish Fillet Sauteed Spinach Buttered Noodles	Chicken Noodle Casserole Buttered Green Peas Herbed Dinner Roll - Margarine Marble Cake w/White Frosting Hamburger Steak - Brown Gravy Green Beans Seasoned Rice	Balsamic Glazed Pork Loin Sauteed Green Beans Garlic & Rosemary Roasted Red Skin Potatoes Dinner Roll/Bread - Margarine Spiced Pears Chicken Tenders - Honey Mustard Broccoli Florets Parsley Noodles	Roast Turkey - Poultry Gravy Roasted Brussels Sprouts Sweet Potato Souffle Dinner Roll/Bread - Margarine Pumpkin Cheesecake Bar Salisbury Steak - Brown Gravy Seasoned Spinach Herbed Rice	Homestyle Meatloaf w/Ketchup Glaze Broccoli Florets Au Gratin Potatoes Dinner Roll/Bread - Margarine Sliced Peaches Grilled Cheese Sandwich Green Peas Buttered Noodles	Baked Stuffed Fish Fillet Sauteed Spinach w/Garlic Rice Pilaf Dinner Roll/Bread - Margarine Pineapple Tidbits Rosemary Chicken Breast Sliced Carrots Potato Wedges - Ketchup	Fried Chicken Buttered Whole Kernel Corn (veg) Garlic Mashed Potatoes Cornbread - Margarine Dutch Apple Pie w/Crumb Topping Parsley Pork Chop Broccoli Florets Yellow Rice
Dinner:Regular						
BBQ Pork on a Bun Pickled Beets Salad Tater Tots - Ketchup Snickerdoodle Cookie Marinated Chicken Thigh Whole Kernel Corn (veg) Parsley Orzo	Breaded Pollock Fish Fillet - Tartar Sauce Calico Coleslaw French Fries - Ketchup Dinner Roll/Bread - Margarine Deluxe Fruit Salad Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Winter Vegetable Blend Macaroni Salad	Lasagna w/Meatsauce Parmesan & Herb Roasted Cauliflower Garlic Bread Butterscotch Pudding Parfait Smothered Turkey Patty Capri Vegetable Blend Mashed Potatoes	Thin Crust Cheese Pizza Caesar Salad Italian Herbed Dinner Roll - Margarine Minestrone Soup - Saltine Crackers Tropical Fruit Salad Rotisserie Chicken Thigh Sliced Carrots Buttered Rice Dinner Roll/Bread - Margarine	Chicken Parmesan w/ - Spaghetti Noodles Sauteed Green Beans Breadstick - Margarine Lemon Cake w/Icing Garlic Baked Pork Chop Parsley Cauliflower Oven Browned Potatoes	Turkey & Cheese Hoagie - Lettuce & Tomato - Mayonnaise Creamy Cucumber & Onion Salad Potato Chips Chocolate Ice Cream Vegetable Quiche Tossed Salad w/Dressing Dinner Roll/Bread - Margarine	Salisbury Steak - Brown Gravy Sliced Glazed Carrots Egg Noodles Dinner Roll/Bread - Margarine Fruit Cocktail Smothered Turkey Patty Capri Vegetable Blend Herbed Rice

COMPLETE CARE AT GREEN KNOLL

Week-At-A-Glance

hcsq2northern2020-21 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Apple Cinnamon Muffin - Margarine	Buttermilk Pancakes - Margarine - Syrup Bacon	Scrambled Eggs w/Cheese Biscuit - Margarine - Jelly	Western Scrambled Eggs Toast - Margarine - Jelly	French Toast - Margarine - Syrup Sausage Patty	Scrambled Eggs Cranberry Orange Coffee Cake - Margarine	Baked Cheese Omelet Breakfast Ham Toast - Margarine - Jelly
Lunch:Regular						
Hawaiian Baked Ham Brussels Sprouts Whipped Sweet Potatoes Dinner Roll/Bread - Margarine Carrot Cake w/Cream Cheese Frosting Lemon Pepper Chicken Breast Buttered Whole Kernel Corn (veg) Parmesan Noodles	Cornflake Chicken Breast Country Vegetable Blend Buttered Noodles Dinner Roll/Bread - Margarine Peanut Butter Cookie Smothered Steak Parsley Cauliflower Mashed Potatoes	Shepherd's Pie Sliced Parsley Carrots Dinner Roll/Bread - Margarine Spiced Peaches Garlic Baked Pork Chop Spinach Buttered Noodles	Turkey w/Cranberry Glaze Herbed Green Beans Sage Bread Dressing Rosemary Dinner Roll - Margarine Caramel Apple Upside Down Cake Spinach & Cheese Quiche Brussels Sprouts	Swedish Meatballs Roasted Beets Duchess Mashed Potatoes Dinner Roll/Bread - Margarine Pumpkin Pie Chicken Tenders - Honey Mustard Seasoned Whole Kernel Corn (veg) Buttered Noodles	Shrimp Alfredo w/ - Spaghetti Noodles Tossed Salad w/Dressing Garlic Bread Vanilla Ice Cream Salisbury Steak - Brown Gravy Sliced Carrots Mashed Potatoes	Kielbasa Sausage Braised Cabbage Brown Sugar Baked Beans Dinner Roll/Bread - Margarine Maple Apple Crisp Seasoned Chicken Breast Broccoli Florets Yellow Rice
Dinner:Regular						
Grilled Two Cheese Sandwich Calico Coleslaw Potato Wedges - Ketchup Tomato Soup - Saltine Crackers Chilled Pears Hamburger Steak - Brown Gravy Green Beans Buttered Rice Dinner Roll/Bread - Margarine	Herb & Lemon Fish Fillet Seasoned Green Peas Baked Potato - Sour Cream - Margarine Dinner Roll/Bread - Margarine Deluxe Fruit Salad Meatballs w/Gravy Marinated Mixed Vegetable Salad Parsley Rice	Baked Ziti w/Italian Sausage Caesar Salad Garlic Bread Lemon Bar Egg Salad Sandwich - Lettuce & Tomato Pickled Beets & Onion Salad Potato Chips	Sweet & Sour Pork Broccoli Florets Yellow Rice Dinner Roll/Bread - Margarine Mandarin Oranges Marinated Chicken Thigh Capri Vegetable Blend Buttered Noodles	Cheese Ravioli w/Marinara Sauce Balsamic & Parmesan Roasted Cauliflower Breadstick - Margarine Pineapple Tidbits Turkey Burger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Green Pea Salad Potato Chips	Chicken, Bacon & Ranch Sandwich - Lettuce & Tomato Confetti Coleslaw Tater Tots - Ketchup Tropical Fruit Salad Thin Crust Cheese Pizza Marinated Green Bean Salad Dinner Roll/Bread - Margarine	Philly Cheesesteak Sandwich - Sauteed Peppers & Onions Marinated Cucumber & Onion Salad French Fries - Ketchup Double Chocolate Brownie Breaded Pollock Fish Fillet on a Bun - Tartar Sauce Country Vegetable Blend Steamed Rice

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Week-At-A-Glance

hcsq2northern2020-21 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Glazed Cinnamon Roll	Biscuit - Sausage Gravy Hashbrown	Scrambled Eggs w/Cheese Toast - Margarine - Jelly	Apple Cinnamon French Toast Bake - Margarine - Syrup Bacon	Scrambled Eggs Breakfast Ham English Muffin - Margarine - Jelly	Egg & Hashbrown Bake Toast - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Sausage Patty
Lunch:Regular						
Braised Beef Round Roast - Brown Gravy Honey Roasted Carrots Garlic Roasted Red Skin Potatoes Dinner Roll/Bread - Margarine Chilled Peach Parfait Garlic Baked Pork Chop Winter Vegetable Blend Parmesan Noodles	Encrusted Pork Loin Seasoned Green Peas Bread Dressing Dinner Roll/Bread - Margarine Orange Sherbet Vegetable Quiche Sautéed Spinach w/Garlic	Maple Dijon Chicken Thigh Herbed Green Beans Baked Potato - Margarine - Sour Cream Dinner Roll/Bread - Margarine Harvest Baked Apples Kielbasa Sausage Braised Cabbage Seasoned Rice	Mediterranean Baked Fish Fillet Sauteed Spinach w/Garlic Rice Pilaf Dinner Roll/Bread - Margarine Pear Crisp BBQ Chicken Breast Green Peas Herbed Noodles	Lasagna w/Meatsauce Caesar Salad Garlic Bread Chocolate Chip Cake w/White Frosting Egg Salad Sandwich - Lettuce & Tomato Pickled Beets Salad Potato Chips	Breaded Pollock Fish Fillet - Tartar Sauce Stewed Tomatoes Cheesy Mashed Potatoes Dinner Roll/Bread - Margarine Fruit Cocktail Sage Herbed Pork Chop Sliced Carrots White Rice	Braised Pork Tips Broccoli Florets Yellow Rice Parsley Dinner Roll - Margarine Dutch Apple Pie w/Crumb Topping Hamburger Steak w/Grilled Onions - Brown Gravy Green Peas Mashed Potatoes
Dinner:Regular						
Chicken Tenders - Honey Mustard Green Beans Macaroni & Cheese Dinner Roll/Bread - Margarine Chocolate Chip Cookie Tuna Melt Sandwich Calico Coleslaw French Fries - Ketchup	Open Faced Turkey Sandwich - Poultry Gravy Whole Kernel Corn (veg) Mashed Potatoes Deluxe Fruit Salad Salisbury Steak - Brown Gravy Capri Vegetable Blend Herbed Rice Dinner Roll/Bread - Margarine	Homestyle Meatloaf w/Ketchup Glaze Winter Vegetable Blend Au Gratin Potatoes Rosemary Dinner Roll - Margarine Pumpkin Cheesecake Bar Smothered Turkey Patty Orange Glazed Beets Buttered Noodles	Ham & Cheese Sandwich - Lettuce & Tomato - Mayonnaise Marinated Cucumber & Onion Salad Potato Chips Minestrone Soup - Saltine Crackers Butterscotch Pudding Parfait Meatballs w/Gravy Sliced Carrots Parsley Noodles	Fried Chicken Country Vegetable Blend Potato Wedges - Ketchup Cornbread - Margarine Mandarin Oranges Cheeseburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Confetti Coleslaw Baked Beans	Thin Crust Cheese Pizza Marinated Cauliflower Salad Parmesan Breadstick Peanut Butter Brownie Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Whole Kernel Corn (veg) Garlic Potato Wedges	BBQ Pulled Chicken Sandwich Dixie Coleslaw Tater Tots - Ketchup Pineapple Tidbits Italian Sausage Sautéed Spinach Buttered Noodles Dinner Roll/Bread - Margarine