

COMPLETE CARE AT GREEN KNOLL

Week-At-A-Glance

hcsgr1northern2021 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Blueberry Muffin - Margarine	French Toast - Margarine - Syrup Sausage Patty	Scrambled Eggs w/Cheese Biscuit - Margarine - Jelly	Egg & Hashbrown Bake Toast - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Bacon	Scrambled Eggs Peach Streusel Coffee Cake - Margarine	Baked Cheese Omelet Breakfast Ham Toast - Margarine - Jelly
Lunch:Regular						
Fried Chicken Calico Coleslaw Ranch Style Potato Wedges Cornbread - Margarine Peach Pie w/Crumb Topping Tuna Salad Sandwich - Lettuce & Tomato Marinated Cucumber & Onion Salad Garden Pasta Salad	Hawaiian Baked Ham Sautéed Spinach w/Garlic Whipped Sweet Potatoes Dinner Roll/Bread - Margarine Pineapple Tidbits Herbed Chicken Breast Capri Vegetable Blend Parsley Noodles	Baked Ziti w/Meatsauce Tossed Salad w/Dressing Garlic Breadstick Strawberry Shortcake Parsley Pork Chop Sliced Carrots Mashed Potatoes	BBQ Pork on a Bun Zucchini & Onions Tater Tots - Ketchup Tropical Fruit Salad Salisbury Steak - Brown Gravy Braised Cabbage Herbed Rice Dinner Roll/Bread - Margarine	Chicken Salad Sandwich on Croissant - Lettuce & Tomato Marinated Cucumber & Tomato Salad Garden Pasta Salad Seedless Watermelon Cubes Thin Crust Cheese Pizza Tossed Salad w/Dressing Breadstick - Margarine	Shrimp Scampi Broccoli Florets Spaghetti Noodles Garlic Bread Chocolate Ice Cream Chicken Tenders - Honey Mustard Sliced Carrots Mashed Potatoes	Chicken Pasta Primavera Caesar Salad Parmesan Breadstick Blondie Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Green Pea Salad French Fries - Ketchup
Dinner:Regular						
Swedish Meatballs Green Peas Buttered Noodles Dinner Roll/Bread - Margarine Deluxe Fruit Salad Smothered Turkey Patty Sliced Carrots Buttered Rice	Turkey Sandwich - Lettuce & Tomato - Mayonnaise Broccoli Salad Creamy Dill Macaroni Salad Savory Summer Soup - Saltine Crackers Lemon Cake w/Icing Grilled Cheese Sandwich Marinated Green Bean Salad Potato Chips	Honey Dijon Chicken Thigh Sautéed Asparagus Cuts Rice Pilaf Rosemary Dinner Roll - Margarine Summer Fresh Fruit Cup Herb & Lemon Fish Fillet Country Vegetable Blend Potato Wedges - Ketchup	Breaded Pollock Fish Fillet - Tartar Sauce Peas & Carrots Baked Potato - Margarine - Sour Cream Dinner Roll/Bread - Margarine Tuxedo Cheesecake Bar Sweet & Sour Meatballs Seasoned Spinach Egg Noodles	Beef Pepper Steak w/Gravy Roasted Green Beans Garlic Mashed Potatoes Dinner Roll/Bread - Margarine Peanut Butter Cookie Rancher's Pork Chop Squash Medley Yellow Rice	Turkey Burger on a Bun - Lettuce & Tomato - Pickle Spear - Mayonnaise Confetti Coleslaw Potato Wedges - Ketchup Fruit Cocktail Hamburger Steak w/Grilled Onions - Brown Gravy Seasoned Whole Kernel Corn (veg) Buttered Rice Dinner Roll/Bread - Margarine	Kielbasa Sausage Seasoned Cabbage Oven Browned Potatoes Dinner Roll/Bread - Margarine Mandarin Oranges Cheese Quiche Capri Vegetable Blend

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Week-At-A-Glance

hcs1northern2021 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
French Toast - Margarine - Syrup Bacon	Scrambled Eggs Glazed Cinnamon Roll	Biscuit - Sausage Gravy Hashbrown	Scrambled Eggs Breakfast Ham English Muffin - Margarine - Jelly	Baked Cheese Omelet Toast - Margarine - Jelly	Western Scrambled Eggs Toast - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Sausage Patty
Lunch:Regular						
Roast Beef Au Jus Sauteed Spinach Garlic & Rosemary Roasted Red Skin Potatoes Dinner Roll/Bread - Margarine Apple Crisp Rotisserie Chicken Thigh Seasoned Zucchini Buttered Rice	Chicken Parmesan w/ - Spaghetti Noodles Tossed Salad w/Dressing Garlic Breadstick Chocolate Chip Cake w/White Frosting Breaded Pollock Fish Fillet - Tartar Sauce Green Peas Tater Tots - Ketchup	Garlic Herbed Pork Loin Broccoli Florets Oven Browned Potatoes Dinner Roll/Bread - Margarine Peach Shortcake Rosemary Chicken Breast Seasoned Spinach Parmesan Noodles	Homestyle Meatloaf w/Ketchup Glaze Buttered Green Peas Au Gratin Potatoes Poppy Seed Dinner Roll - Margarine Orange Sherbet Garlic Baked Pork Chop Sliced Carrots Rice Pilaf	Hot Dog on a Bun - Baked Beans - Mustard Confetti Coleslaw Strawberries & Banana Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Broccoli Salad French Fries - Ketchup	Mediterranean Baked Fish Fillet Sauteed Asparagus Cuts Rice Pilaf Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup Grilled Cheese Sandwich Squash Medley Tater Tots - Ketchup	Sweet Garlic Chicken Breast Sugar Snap Peas Stir Fried Noodles Dinner Roll/Bread - Margarine Sugar Cookie Glazed Baked Pork Chop Sliced Carrots Mashed Potatoes
Dinner:Regular						
Tuna Salad Sandwich on Croissant - Lettuce & Tomato Calico Coleslaw Garden Pasta Salad S'more Pudding Parfait Ham Sandwich - Lettuce & Tomato Mayonnaise Creamy Cucumber & Onion Salad Potato Chips	Swiss Steak w/Gravy Seasoned Whole Kernel Corn (veg) Herbed Mashed Potatoes Dinner Roll/Bread - Margarine Seedless Watermelon Cubes Baked Macaroni & Cheese Baked Tomato Halves	Thin Crust Cheese Pizza Parmesan Baked Zucchini Italian Herbed Dinner Roll - Margarine Chilled Pears Smothered Turkey Patty Country Vegetable Blend Mashed Potatoes	Honey Glazed Turkey - Poultry Gravy Herbed Green Beans Baked Sweet Potatoes Dinner Roll/Bread - Margarine Fruit Cocktail Herb Baked Fish Fillet Whole Kernel Corn (veg) Buttered Noodles	Marinated Chicken Thigh Honey Roasted Carrots Herbed Noodles Dinner Roll/Bread - Margarine Black Forest Cake Cheese Quiche Creamy Cucumber & Onion Salad	Baked Ziti w/Cheese Caesar Salad Garlic Bread Butterscotch Pudding Italian Sausage Sauteed Spinach w/Garlic Herbed Potato Wedges	Philly Cheesesteak Sandwich - Sauteed Peppers & Onions. Tossed Salad w/Dressing French Fries - Ketchup Chilled Peach Parfait Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Marinated Cucumber & Tomato Salad Macaroni Salad

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Week-At-A-Glance

hcs1northern2021 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Blueberry Muffin - Margarine	French Toast - Margarine - Syrup Sausage Patty	Scrambled Eggs w/Cheese Biscuit - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Bacon	Egg & Hashbrown Bake Toast - Margarine - Jelly	Scrambled Eggs Peach Streusel Coffee Cake - Margarine	Baked Cheese Omelet Sausage Patty Toast - Margarine - Jelly
Lunch:Regular						
Cheese Ravioli w/Marinara Sauce Caesar Salad Garlic Breadstick Vanilla Ice Cream	Roast Turkey - Poultry Gravy Sliced Glazed Carrots Mashed Potatoes - Poultry Gravy Dinner Roll/Bread - Margarine Marble Cake w/White Frosting Rancher's Pork Chop Green Peas Parsley Noodles	Honey Glazed Sliced Ham Spinach Au Gratin Baked Sweet Potatoes Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup Salisbury Steak - Brown Gravy Whole Kernel Corn (veg) Parmesan Noodles	Egg Salad Sandwich on Croissant - Lettuce & Tomato Tomato Basil Salad Creamy Dill Macaroni Salad Snickerdoodle Cookie Turkey Salad Sandwich - Lettuce & Tomato Mannated Cucumber & Onion Salad Potato Chips	Beef Pepper Steak w/Gravy Buttered Green Peas Mashed Potatoes Dinner Roll/Bread - Margarine Chilled Pear Parfait Lemon Pepper Chicken Breast Seasoned Spinach Buttered Noodles	Shrimp Alfredo w/ - Spaghetti Noodles Steamed Asparagus Cuts Garlic Bread Cherry Crisp Parsley Pork Chop Sliced Parsley Carrots Roasted Red Skin Potatoes	Fried Chicken Buttered Whole Kernel Corn (veg) Garlic Potato Wedges Dinner Roll/Bread - Margarine Pineapple Tidbits Smothered Turkey Patty Broccoli Florets Egg Noodles
Dinner:Regular						
Kielbasa Sausage Braised Cabbage Garlic Roasted Red Skin Potatoes Dinner Roll/Bread - Margarine Apple Crisp Chicken Tenders - Honey Mustard Whole Kernel Corn (veg) Herbed Noodles	Cheeseburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Confetti Coleslaw Tater Tots - Ketchup Tropical Fruit Salad Breaded Pollock Fish Fillet on a Bun - Tartar Sauce Squash Medley Buttered Noodles	Cornflake Chicken Breast Capri Vegetable Blend Rice Pilaf Parsley Dinner Roll - Margarine Double Chocolate Brownie Thin Crust Cheese Pizza Tossed Salad w/Dressing	BBQ Pork Platter Zucchini & Onions Baked Beans Cornbread - Margarine Mandarin Oranges Marinated Chicken Thigh Green Beans Seasoned Rice	Butter Crumb Fish Fillet Broccoli Florets Cheesy Rice Dinner Roll/Bread - Margarine Lemon Cake w/Icing Cheese Ravioli w/Marinara Sauce Capri Vegetable Blend	Grilled Turkey & Cheese Sandwich Creamy Cucumber & Onion Salad French Fries - Ketchup Corn Chowder Soup - Saltine Crackers Seedless Watermelon Cubes Hamburger Steak w/Grilled Onions - Brown Gravy Country Vegetable Blend Buttered Rice	Meatballs w/Marinara Sauce - Marinara Sauce (oz) - Spaghetti Noodles Parmesan Baked Zucchini Breadstick - Margarine Chocolate Cream Pie Cheese Quiche Seasoned Green Beans

COMPLETE CARE AT GREEN KNOLL

Week-At-A-Glance

hcsq1northern2021 Week 4

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