

**COMPLETE CARE AT GREEN KNOLL**

**Week-At-A-Glance**

**hcsq2northern2021-22 Week 1**

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

**COMPLETE CARE AT GREEN KNOLL**

**Week-At-A-Glance**

**hcs2northern2021-22 Week 2**

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

**COMPLETE CARE AT GREEN KNOLL**

**Week-At-A-Glance**

**hcs2northern2021-22 Week 3**

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

**COMPLETE CARE AT GREEN KNOLL**

**Week-At-A-Glance**

**hcsq2northern2021-22 Week 4**

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