

Shepherd's Care Center
Weekly Menu
Week #1

SUNDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

BEEF POT ROAST
 ROASTED POTATOES
 & CARROTS
 WALDORF SALAD
 WHEAT ROLL
 TRIFLE
 COFFEE/TEA/WATER

DINNER

SAVORY CHICKEN
 LEGS
 BROWN RICE
 STEWED CABBAGE
 DINNER ROLL
 FRUIT PARFAIT
 MILK/BEVERAGE

MONDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

PAPRIKA PORK CHOP
 LIMA BEANS
 RUTABAGA
 DINNER ROLL
 CHOCOLATE MOUSSE
 COFFEE/TEA/WATER

DINNER

TUNA SALAD SAND.
 SOUP DUJOUR
 FRIED OKRA
 PEAR SALAD
 MILK/BEVERAGE

TUESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

TURKEY DIVAN
 HERB STUFFING
 GREEN PEAS
 DINNER ROLL
 PEACH COBBLER
 COFFEE/TEA/WATER

DINNER

PEPPER STEAK W/
 GRAVY
 MANDARIN BLEND
 VEGETABLES
 BUTTER RICE
 DINNER ROLL
 CITRUS GELATIN
 MILK/BEVERAGE

WEDNESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE GRAVY
 GRITS
 OATMEAL
 BISCUIT
 MILK
 COFFEE/WATER

LUNCH

BAKED HAM
 MACARONI & CHEESE
 GREENS OF CHOICE
 WHEAT ROLL
 BANANA PUDDING
 COFFEE/TEA/WATER

DINNER

BAKED CHICKEN
 MASHED POTATOES
 COUNTRY BLEND
 VEGETABLES
 TROPICAL FRUIT
 DINNER ROLL
 MILK/BEVERAGE

THURSDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

MGRS MEAT OF
 CHOICE
 STARCH OF CHOICE
 VEG. OF CHOICE
 BREAD OF CHOICE
 DESSERT OF CHOICE
 COFFEE/TEA/WATER

DINNER

SPAGHETTI
 TOSSED SALAD
 GARLIC BREAD
 ICE CREAM
 MILK/BEVERAGE

FRIDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

OVEN FRIED CHICKEN
 BUTTERED CORN
 COLESLAW
 HUSHPUPIES
 UNDER-THE-SEA SALAD
 COFFEE/TEA/WATER

DINNER

CHILI DOG ON BUN
 BAKED BEANS
 POTATO CHIPS
 COOKIES
 MILK/BEVERAGE

SATURDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

CHUCK WAGON STEAK
 W/GRAVY
 MASHED POTATOES
 OKRA & TOMATOES
 DINNER ROLL
 ICED CAKE
 COFFEE/TEA/WATER

DINNER

OVEN ROASTED
 TURKEY W/GRAVY
 RICE PILAF
 ITALIAN GREEN BEAN
 WHEAT ROLL
 FRUIT PARFAIT
 MILK/BEVERAGE

Shepherd's Care Center
Weekly Menu
Week #2

SUNDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

FRIED CHICKEN
 HOMEMADE POTATO
 SALAD
 GREENS OF CHOICE
 BISCUIT
 FRUIT COBBLER
 COFFEE/TEA/WATER

DINNER

BEAN TOMATO &
 BACON SOUP
 PIMIENTO CHEESE
 SANDWICH
 CHOCOLATE PUDDING
 COOKIES
 MILK/BEVERAGE

MONDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

SALMON PATTIES
 CREAM STYLE CORN
 CALIFORNIA BLEND
 VEGETABLE
 ROLL
 FRUIT OF CHOICE
 COFFEE/TEA/WATER

DINNER

BREADED PORK CHOP
 SANDWICH
 CARROT RAISIN SALAD
 BAKED APPLE
 MILK/BEVERAGE

TUESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

ROAST BEEF
 MASHED POTATOES
 STEWED CABBAGE
 BISCUIT
 GELATIN SALAD
 COFFEE/TEA/WATER

DINNER

MEAL OF CHOICE
 GRAIN/STARCH OF
 CHOICE
 VEGETABLE OF CHOICE
 BREAD OF CHOICE
 FRUIT OF CHOICE
 MILK/BEVERAGE

WEDNESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE GRAVY
 GRITS
 OATMEAL
 BISCUIT
 MILK
 COFFEE/WATER

LUNCH

BARBECUED CHICKEN
 FIELD PEAS
 GREENS OF CHOICE
 ROLL
 CHOCOLATE CAKE
 COFFEE/TEA/WATER

DINNER

SWEET & SOUR PORK
 WHITE RICE
 MINI EGG ROLL
 ROLL
 MANDARIN ORANGES
 COOKIE
 ROLL
 MILK/BEVERAGE

THURSDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

BEEF STEAK PATTY
 W/GRAVY
 BUTTERED CORN
 GREEN BEANS
 ANGEL FOOD CAKE
 ROLL
 COFFEE/TEA/WATER

DINNER

CHICKEN IN MUSHROOM
 BROWN RICE
 PEAS & CARROTS
 OATMEAL COOKIE
 ROLL
 MILK/BEVERAGE

FRIDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

POTATO CRUNCH
 FISH FILET
 FRENCH FRIES
 COLESLAW
 HUSHPUPIES
 PINEAPPLE COTTAGE
 CHEESE SALAD

DINNER

GRILLED HAM & CHEESE
 SANDWICH
 VEGETABLE SOUP
 APPLE CRISP
 SALTINE CRACKERS
 MILK/BEVERAGE

SATURDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

SPAGHETTI W/ MEAT
 SAUCE
 TOSSED SALAD
 LEMON PUDDING
 GARLIC BREAD
 COFFEE/TEA/WATER

DINNER

CHICKEN POT PIE
 W/VEGETABLES
 BROCCOLI SALAD
 ROLL
 SPICED PEACHES
 MILK/BEVERAGE

Shepherd's Care Center
Weekly Menu
Menu #3

SUNDAY

BREAKFAST
 ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

BAKED HAM W/
 RAISIN SAUCE
 GREEN BEAN CASS.
 BAKED SWEET POTATO
 ROLL
 YELLOW CAKE W/
 CHOCOLATE FROST
 COFFEE/TEA/WATER

DINNER

BEEFY CHILI W/BEANS
 PASTA VEGETABLE
 SALAD
 FRUITED GELATIN
 CORNBREAD
 MILK/BEVERAGE

MONDAY

BREAKFAST
 ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

CHICKEN PARMESAN
 PASTA W/ TOMATO
 SAUCE
 CHEF'S VEGETABLE
 BLEND
 BREAD STICK
 TRIFLE
 COFFEE/TEA/WATER

DINNER

QUICHE LORRAINE
 TOSSED SALAD
 ROLL
 CARROT IN PEAR
 SALAD
 ICE CREAM
 MILK/BEVERAGE

TUESDAY

BREAKFAST
 ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

CRISPY OVEN FRIED
 FISH
 BAKED POTATO
 WEDGES
 COLESLAW
 HUSHPUPPIES
 COOKIE
 COFFEE/TEA/WATER

DINNER

OPEN FACE ROAST
 BEEF SANDWICH
 MASHED POTATOES
 CALIFORNIA BLEND
 VEGETABLES
 ORANGE CAKE
 MILK/BEVERAGE

WEDNESDAY

BREAKFAST
 ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE GRAVY
 GRITS
 OATMEAL
 BISCUIT
 MILK
 COFFEE/WATER

LUNCH

NORMANDY PORK
 W/APPLES
 PARSLIED EGG
 NOODLES
 BRUSSEL SPROUT
 EGG CUSTARD PIE
 ROLL
 COFFEE/TEA/WATER

DINNER

CHICKEN TERIYAKI
 FRIED RICE
 ORIENTAL VEGETABLE
 ROLL
 EMERALD PEARS
 COOKIE FORTUNE
 MILK/BEVERAGE

THURSDAY

BREAKFAST
 ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

MEAT OF CHOICE
 VEGETABLE OF CHOICE
 STARCH OF CHOICE
 FRUIT OF CHOICE
 BREAD OF CHOICE
 COFFEE/TEA/WATER

DINNER

OVEN ROASED TURKEY
 HERB STUFFING
 ITALIAN GREEN BEANS
 ROLL
 YELLOW CAKE W/
 CHOC FROST
 MILK/BEVERAGE

FRIDAY

BREAKFAST
 ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

FRIED CHICKEN
 SWEET POTATO
 SOUFFLE
 WINTER BLEND VEG
 HEAVENLY HASH
 ROLL
 COFFEE/TEA/WATER

DINNER

KRABBY CAKE
 LIMA BEANS
 COLESLAW
 ROLL
 APPLESAUCE GELATIN
 MILK/BEVERAGE

SATURDAY

BREAKFAST
 ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

MEAT LOAF
 MASHED POTATOES
 STEWED CABBAGE
 ICE CREAM
 COFFEE/TEA/WATER

DINNER

BAKED HAM
 BLACK EYED PEAS
 SCALLOPED TOMATOES
 CORNBREAD
 MARSHMALLOW
 TREAT
 MILK/BEVERAGE

Shepherd's Care Center
Weekly Menu
Menu #4

SUNDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

CHICKEN & DUMPLING
 ITALIAN GREEN BEANS
 BABY CARROTS
 ROLL
 CHOC CAKE W/FROST
 COFFEE/TEA/WATER

DINNER

FISH & CHIP BASKET
 HUSHPUPPIES
 COLESLAW
 ICE CREAM
 MILK/BEVERAGE

MONDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

BEEF STROGANOFF
 BUTTERED NOODLES
 BROCCOLI FLORETS
 BREAD STICK
 CHOC CHIP COOKIE
 COFFEE/TEA/WATER

DINNER

BBQ PORK ON BUN
 BAKED POTATO
 WEDGES
 SEVEN LAYER SALAD
 BLUSING PEARS
 MILK/BEVERAGE

TUESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

PIZZA
 TOSSED SALAD
 APPLE PIE
 COFFEE/TEA/WATER

DINNER

TURKEY POT PIE W/
 VEGETABLES
 MARINATED CUCUMBER
 & TOMATO
 ROLL
 FRUITED GELATIN
 MILK/BEVERAGE

WEDNESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE GRAVY
 GRITS
 OATMEAL
 BISCUIT
 MILK
 COFFEE/WATER

LUNCH

BAKED HAM
 HOPPIN JOHN
 SEASONED ZUCCHINI
 ROLL
 SPICED PEACHES
 COFFEE/TEA/WATER

DINNER

HAMBURGER ON BUN
 OVEN FRIED OKRA
 CHOCOLATE PUDDING
 MILK/BEVERAGE

THURSDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

OLD FASHION BAKED
 CHICKEN
 MASHED SW POTATO
 CALIFORNIA BLEND
 VEGETABLE
 CORNBREAD
 CHERRY CRISP
 COFFEE/TEA/WATER

DINNER

MEAT LASAGNA
 TOSSED SALAD
 GARLIC BREAD
 DREAM SQUARE
 MILK/BEVERAGE

FRIDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

MGR MEAT OF CHOICE
 GRAIN/STARCH OF
 CHOICE
 VEGETABLE OF CHOICE
 BREAD OF CHOICE
 DESSERT OF CHOICE
 COFFEE/TEA/WATER

DINNER

PORK TIPS IN ONION
 GRAVY
 BUTTERED RICE
 GREENS OF CHOICE
 ROLL
 SCALLOPED APPLES
 MILK/BEVERAGE

SATURDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

SALISBURY STEAK
 MASHED POTATOES
 GREEN BEANS
 BISCUIT
 PEANUT BUTTER BARS
 COFFEE/TEA/WATER

DINNER

OPEN FACE TURKEY
 & CHEESE MELT
 TOMATO SOUP
 POTATO CHIPS
 SUGAR COOKIE
 TROPICAL FRUIT SALAD
 MILK/BEVERAGE

Shepherd's Care Center
Weekly Menu
Menu #5

SUNDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

MEDITERRANEAN
 CHICKEN
 GREEK POTATOES
 WINTER BLEND VEG.
 W/CHEESE SAUCE
 BREAD PUDDING W/
 LEMON SAUCE
 COFFEE/TEA/WATER

DINNER

CHEESESTEAK SAND.
 TOSSED SALAD
 MANDARIN ORANGES
 MILK/BEVERAGE

MONDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

TURKEY CABBAGE
 CASSEROLE
 PEAS & CARROTS
 GARLIC BREAD
 PUMPKIN CAKE
 COFFEE/TEA/WATER

DINNER

HOMEMADE VEG
 SOUP
 DELI STYLE SANDWICH
 SALTINE CRACKER
 PINEAPPLE COTTAGE
 CHEESE SALAD
 MILK/BEVERAGE

TUESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

MGR MEAT OF CHOICE
 GRAIN/STARCH OF
 CHOICE
 VEGETABLE OF CHOICE
 BREAD OF CHOICE
 DESSERT OF CHOICE
 COFFEE/TEA/WATER

DINNER

GLAZED SPIRAL SLICE
 HAM
 CREAM STYLE CORN
 GREENS OF CHOICE
 BISCUIT
 PEACH PIE
 MILK/BEVERAGE

WEDNESDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE GRAVY
 GRITS
 OATMEAL
 BISCUIT
 MILK
 COFFEE/WATER

LUNCH

MEAT LOAF
 BROWN RICE
 BROWN GRAVY
 MIXED VEGETABLES
 ROLL
 CHOC. PUDDING CAKE
 COFFEE/TEA/WATER

DINNER

CHUNCHY FISH WEDGE
 FRENCH FRIES
 COLESLAW
 ROLL
 AMBROSIA W/SUGAR
 COOKIE
 MILK/BEVERAGE

THURSDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 PANCAKES
 MILK
 COFFEE/WATER

LUNCH

BRADED CHICKEN
 TENDERS
 SW. POTATOES &
 APPLES
 GREEN BEANS
 ROLL
 MINI CHOC ÉCLAIR
 COFFEE/TEA/WATER

DINNER

BRAISED BEEF TIPS
 W/GRAVY
 BAKED POTATO
 CABBAGE AU GRATIN
 CORNBREAD
 FRUIT COBBLER
 MILK/BEVERAGE

FRIDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

BBQ PORK RIBS
 HASHBROWN POTATOES
 GREENS OF CHOICE
 SPICED PEACHES
 ROLL
 COFFEE/TEA/WATER

DINNER

CORN CHOWDER
 TUNA MELT
 MACARONI SALAD
 ICE CREAM
 MILK/BEVERAGE

SATURDAY

BREAKFAST

ORANGE JUICE
 SCRAMBLED EGG
 SAUSAGE/BACON
 GRITS
 OATMEAL
 TOAST/JELLY
 MILK
 COFFEE/WATER

LUNCH

BRUNSWICK STEW
 BREADED SQUASH
 CHOC. BROWNIE
 CORNBREAD
 COFFEE/TEA/WATER

DINNER

WESTERN OMELET
 GRITS
 STEWED TOMATOES
 BISCUIT
 BAKED APPLE
 MILK/BEVERAGE