

12/12/2021 Oneida Center for Rehab & Nrsge - Centers Health- Upstate Fall						Week 2
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/12/2021	12/13/2021	12/14/2021	12/15/2021	12/16/2021	12/17/2021	12/18/2021
Breakfast						
Apple Juice Cream Of Wheat Western Egg Fritata Bacon Slices Wheat Toast Margarine 2 % Milk Coffee	Orange Juice Farina Broccoli Quiche 2 % Milk Coffee	Cranberry Juice Cheese Frits Scrambled Egg Bacon Slices Assorted Muffin Margarine 2 % Milk Coffee	Orange Juice Cream Of Rice Egg Cheese English Muffin 2 % Milk Coffee	Apple Juice Cream Of Wheat Scrambled Egg Sausage Patty Assorted Scone Margarine 2 % Milk Coffee	Cranberry Juice Oatmeal Bacon Slices French Toast Breakfast Syrup Margarine 2 % Milk Coffee	Orange Juice Farina Spinach & Cheese Quiche Home Fries 2 % Milk Coffee
Alt						
Oatmeal Cold Cereal Scrambled Eggs White Toast Margarine	Oatmeal Cold Cereal Scrambled Eggs	Farina Cold Cereal Hard Boiled Eggs White Toast Margarine	Cold Cereal Cream Of Wheat Scrambled Eggs Wheat Toast Margarine White Toast	Cold Cereal Farina Hard Boiled Egg White Toast Margarine	Cold Cereal Cream Of Wheat Hard Boiled Eggs White Toast Margarine	Cold Cereal Oatmeal Scrambled Eggs White Toast Margarine
Lunch						
Sliced Pork Loin Pork Gravy Roasted Potatoes Braised Red Cabbage Pina Colada Fruit Cup Bev Of Choice	Baked Lemon Pepper Fish Lemon Butter Garden Rice Buttered Carrots Blonde Brownie Bev Of Choice	Turkey Noodle Casserole Turkey Gravy Buttered Zucchini Biscuit Margarine Cinnamon Applesauce Bev Of Choice	Oven Fried Chicken Country Gravy Mashed Potatoes Wax Beans Mandarin Oranges Bev Of Choice	Baked Fish Sticks Tartar Sauce Macaroni & Cheese Buttered Broccoli Jello W/ Topping Bev Of Choice	Sliced Roast Turkey Turkey Gravy Bread Dressing Buttered Carrots Frosted Cupcake Bev Of Choice	Chicken Marsala Marsala Sauce Rice Pilaf Green Peas Apricots Bev Of Choice
Alt						
Hm Hamburger On Bun Mustard Ketchup Buttered Green Beans	Meat Loaf Sandwich Buttered Broccoli	Ham Sandwich Buttered Green Beans	Beef Hot Dog On Bun Shredded Cheese Mustard Ketchup Green Beans	Grilled Ham Sandwich Buttered Zucchini	Tuna Melt Sandwich Wax Beans	Turkey Sandwich Mustard Yellow Squash
Dinner						
Chicken Sandwich Mustard Potato Steak Fries Ketchup Buttered Broccoli Fruit Cocktail 2 % Milk Bev Of Choice	Pork Riblet Pork Gravy Baked Sweet Potato Buttered Green Beans Diced Pears 2 % Milk Bev Of Choice	Vegetable Soup Grilled Cheese Cauliflower W/Parsley Frosted Chocolate Cake 2 % Milk Bev Of Choice	Bbq Beef On A Bun Sauce Bbq Baked Beans Buttered Corn Peach Cobbler 2 % Milk Bev Of Choice	Hm Hamburger On Bun Mustard Ketchup French Fries Ketchup Seasoned Spinach Mixed Fruit Cup 2 % Milk Bev Of Choice	Minestrone Soup Cheese Pizza Tossed Salad (W/Tom) Assorted Dressing Crushed Pineapple 2 % Milk Bev Of Choice	Philly Cheese Steak On Bun Cheese Sauce Potato Steak Fries Ketchup Buttered Green Beans Rory Applesauce 2 % Milk Bev Of Choice
Alt						
Tuna Melt Sandwich Buttered Carrots	Egg Salad Sandwich Tomato Juice	Grilled Turkey & Cheese Sandwich Buttered Broccoli	Grilled Cheese Buttered Carrots	Baked Chicken Chicken Gravy Buttered Noodles Buttered Cauliflower	Hm Hamburger On Bun Mustard Ketchup Buttered Macaroni Buttered Green Beans	Baked Fish Sticks Ketchup Buttered Carrots