

## **February 2022 Golden Days Breakfast Menu**

*\*Breakfast Alternative; cold cereal with a fruit cup & yogurt\**

Coffee, Tea, 100% Juice will also be provided

\*All Milk served is Fat Free (Skim) Milk

Breakfast is served between 8-9:30 each day.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 1 cup Milk ½ cup Grapes 1 cup Cream of Wheat	2 Yogurt ½ Banana Crepes with Angelina	3 1 cup Milk Applesauce Egg Bake (cheddar cheese & broccoli)	4 1 cup Milk ½ cup Berries Pancakes
7 1 cup of Milk ½ cup Fruit Cocktail Scrambled Eggs Sausage	8 1 cup Milk Applesauce Egg Bake (cheddar cheese & broccoli)	9 1 cup Milk ½ cup of Berries 2 Pancakes	10 1 cup Milk ½ cup Mandarin Oranges Fried Egg & 1 slice of toast	11 1 cup Milk ½ cup Grapes 1 cup Cream of Wheat
14 1 cup Milk ½ cup fruit cocktail 1 Cup Oatmeal	15 1 cup Milk ½ cup Mandarin Oranges Egg & Cheese	16 1 cup Milk ½ cup Grapes 1 cup Cream of Wheat	17 1 cup Milk ½ cup Berries 2 Slices of French Toast	18 1 cup Milk 1 fried egg Bacon Toast
21 1 cup of Milk 1 Fresh Clementine Egg & Bacon Open Faced Sandwich (1 slice of toast, 1 egg, 2 slices of bacon)	22 Yogurt ½ Banana Crepes with Angelina	23 1 cup of Milk ½ cup Fruit Cocktail Scrambled Eggs Sausage	24 1 cup Milk 1 fried egg Bacon Toast	25 1 cup Milk ½ cup fruit cocktail 1 Cup Oatmeal
28 1 cup Milk ½ cup Berries 2 Slices of French Toast				

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# Susquehanna Nursing & Rehab Ctr

## Week at a Glance - S/S2021

Regular

Week 1

Lunch	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Four Cheese Baked Ziti Italian Mix Vegetables Vanilla Pudding Salt & Pepper	Oven Fried Chicken Rice Pilaf Salt & Pepper Parslaid Baby Carrots Lemon Meringue Pie	Meatloaf Gravy Garlic Mashed Potatoes Chocolate Chip Cookie Salt & Pepper Creamed Corn	Roast Pork Roasted Red Potatoes Seasoned Spinach Orange Jello Salt & Pepper	Scalloped Potato w/Ham California Vegetables Diced Peaches Salt & Pepper	Potato Crusted Fish Macaroni & Cheese Capri Mixed Veg Chocolate Cake Salt & Pepper	Italian Sausage with Peppers & Onions Tricolor Pasta w/ Garlic Butter Harvard Beets Blueberry Pie Salt & Pepper
	<i>Alternates</i> Tuna Salad Sandwich Soup of the Day	<i>Alternates</i> Soup of the Day Turkey and Provolone Sandwich	<i>Alternates</i> Ham and Swiss on Rye Soup of the Day	<i>Alternates</i> Seafood Salad on Croissant Soup of the Day	<i>Alternates</i> Soup of the Day Egg Salad Sandwich	<i>Alternates</i> Chicken Salad Sandwich Soup of the Day	<i>Alternates</i> Egg Salad Sandwich Soup of the Day

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# Susquehanna Nursing & Rehab Ctr Week at a Glance - S/S2021

Regular

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Baked Ziti w/ Meat Sauce Chocolate Cream Pie Salt & Pepper Italian Green Beans	Dijon Chicken Parslied Rice California Vegetables Sugar Cookie Salt & Pepper	Beef Stroganoff Buttered Noodles Savory Peas Orange Jello Salt & Pepper	Baked Glazed Ham Mashed Sweet Potato Mixed Vegetable Chocolate Pudding Salt & Pepper	Swedish Meatballs Rice Peas and Carrots Pound Cake with Whipped Topping Salt & Pepper	Macaroni & Cheese Stewed Tomatoes Oatmeal Raisin Cookies Salt & Pepper	BBQ Chicken Red Skin Potato Salad Collard Greens Salt & Pepper Cherry Pie
	<i>Alternates</i> Turkey Salad Sandwich Soup of the Day	<i>Alternates</i> Tuna Salad Sandwich Soup of the Day	<i>Alternates</i> Ham and Swiss on Rye Soup of the Day	<i>Alternates</i> Chicken Salad Sandwich Soup of the Day	<i>Alternates</i> Soup of the Day Turkey and Provolone Sandwich	<i>Alternates</i> Soup of the Day Egg Salad Sandwich	<i>Alternates</i> Soup of the Day Ham Salad Sandwich

## Susquehanna Nursing &amp; Rehab Ctr

Regular

## Week at a Glance - S/S2021

## Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Baked Ham Mashed Potatoes & Gravy Carrot Coins Chocolate Chip Cookie Salt & Pepper	Balsamic Chicken Stewed Tomatoes Macaroni & Cheese Salt & Pepper Orange Mango Applesauce	Meatloaf Gravy Cheesy Mashed Potatoes California Vegetables Strawberry Jello Salt & Pepper	Honey Mustard Pork Rice Harvard Beets Oatmeal Raisin Cookie Salt & Pepper	Beef Burgundy Noodles Parslled Baby Carrots Banana Cake Salt & Pepper	Sweet and Sour Chicken Steamed Rice Asparagus Pound Cake w/ Strawberry Top Salt & Pepper	Herbed Turkey Bread Stuffing Green Beans Salt & Pepper Banana Cream Pie
	<i>Alternates</i> Soup of the Day Tuna Salad Sandwich	<i>Alternates</i> Roast Turkey & Cheese Sandwich Soup of the Day	<i>Alternates</i> Soup of the Day Egg Salad Sandwich	<i>Alternates</i> Soup of the Day Seafood Salad on Croissant	<i>Alternates</i> Corned Beef & Swiss on Rye Soup of the Day	<i>Alternates</i> Soup of the Day Ham & Cheese Sandwich	<i>Alternates</i> Soup of the Day Egg Salad Sandwich

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# Susquehanna Nursing & Rehab Ctr

Regular

## Week at a Glance - S/S2021

Week 4

Lunch	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Herb Lemon Chicken Cheesy Mashed Potatoes Peas and Carrots Chocolate Chip Cookie Salt & Pepper	Oven Fried Chicken Parslied Rice Brussel Sprouts Sugar Cookie Salt & Pepper	Thyme Roasted Pork Outlet Mashed Sweet Potato Scandinavian Vegetables Salt & Pepper Chocolate Cake	Turkey Tetrazzini Bake French Green Beans Strawberry Jello Salt & Pepper	Pulled Pork on Bun Creamy Coleslaw Applesauce Salt & Pepper	Breaded Baked Fish Tartar Sauce Macaroni & Cheese Capri Mixed Veg Orange Jello Salt & Pepper	Baked Ham AuGratin Potatoes Green Beans Salt & Pepper Strawberry Rhubarb Pie
	<i>Alternates</i> Soup of the Day Ham Salad Sandwich	<i>Alternates</i> Soup of the Day Egg Salad Sandwich	<i>Alternates</i> Soup of the Day Turkey & Cheese Sandwich on White	<i>Alternates</i> Ham and Swiss on Rye Soup of the Day	<i>Alternates</i> Tuna Salad Sandwich on Rye Soup of the Day	<i>Alternates</i> Soup of the Day Chicken Salad on Croissant	<i>Alternates</i> Egg Salad Sandwich Soup of the Day

# Golden Days February 2022 Afternoon Snack Menu

Snacks available any time throughout the day

\*Alternatives available daily;

Applesauce with a Cheese stick, crackers with peanut butter, or Yogurt & Fruit\*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 ¼ cup Cottage Cheese ½ cup Pineapple	2 4 Graham crackers with peanut butter 1 cup of Milk	3 Cheese Quesadilla (1 large tortilla & 1oz. of cheese)	4 1 cup of Milk 4 Fig Newtons
7 SPECIAL: Birthday cake with 1 cup of Milk OR ½ cup Fruit Cocktail	8 ½ cup Juice Rye Bread and Spinach Dip	9 SPECIAL: Pizza with 1 cup of Milk OR 4 Fig Newtons	10 ¼ cup Cottage Cheese ½ cup Pineapple	11 Cheese Quesadilla (1 large tortilla & 1oz. of cheese)
14 SPECIAL: Valentine's Day Treats (Cookies) with 1 cup of Milk OR Cheese stick with 1 cup applesauce	15 1 cup of Milk ½ cup Fruit Cocktail	16 ¼ cup Cottage Cheese ½ cup Pineapple	17 1 cup of Milk Cheese & Crackers (4 club crackers & 1oz. of cheese cubes)	18 1 cup of Milk Yogurt ½ cup oranges
21 Cheese Quesadilla (1 large tortilla & 1oz. of cheese)	22 1 cup of Milk 4 Fig Newtons	23 Cheese stick 1 cup applesauce	24 1 cup of Milk 1 Banana 1 Cheesestick	25 ¼ cup Cottage Cheese ½ cup Pineapple
28 1 cup of Chili 1 cup of Milk				

### Alternate Selections Menu

Name:

Allergies/Special Needs:

- ☐ Sandwich of the day
- ☐ Grilled Cheese
- ☐ Peanut Butter and Jelly
- ☐ Egg Salad Sandwich
- ☐ Soup of the day
- ☐ Tomato soup
- ☐ Salad (Tossed, Chef, Ceasar)
- ☐ Baked Chicken (Leg, Breast)
- ☐ Baked Fish filet
- ☐ Hamburger/Cheeseburger
- ☐ Pasta (Sauce/Butter)

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- ☐ Baked Fish filet
- ☐ Hamburger/Cheeseburger
- ☐ Pasta (Sauce/Butter)