

HELEN PORTER HEALTHCARE & REHABILITATION CENTER
WEEK-AT-A-GLANCE

May 14-20

WEEK 2 SPRING/SUMMER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ORANGE JUICE CORNFLAKES TOAST- 2 SL. BUTTER COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE SCRAMBLED EGGS TOAST- 2 SL. BUTTER COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE OATMEAL MUFFIN- 1 LARGE BUTTER COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE VEGGIE OMELET 2 SL. TOAST/BUTTER COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE PANCAKES/SYRUP SAUSAGE COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE OATMEAL DANISH COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE SCRAMBLED EGGS TOAST- 2 SL. BUTTER COFFEE OR TEA WHOLE / SKIM MILK
CHICKEN PATTY/BUN 3-BEAN SALAD PEARS COFFEE OR TEA WHOLE / SKIM MILK GARNISH:LETT/TOM	FRENCH ONION SOUP GRILLED HAM & SWISS CHEESE SANDWICH CHOCOLATE CREAM PIE COFFEE OR TEA WHOLE/SKIM MILK GARNISH: PICKLES	BNLS PORK CHOP SUPREME MASHED POTATO BU.PEAS MANDARIN ORANGES COFFEE OR TEA WHOLE / SKIM MILK	TUNA SALAD SANDWICH POTATO CHIPS COLESLAW FROSTED CUPCAKE COFFEE OR TEA WHOLE / SKIM MILK GARNISH: PICKLES	PASTA CRAB SLD. TOSS SALAD/DRSG. FRENCH BREAD LEMON BAR WHOLE/SKIM	BBQ CHICKEN DRUMSTICKS MASHED POT.GRAVY BU. CORN BREAD & BUTTER WATERMELON COFFEE OR TEA WHOLE / SKIM MILK	ROAST BEEF PAN GRAVY NEW POTATOES BU. ASPARAGUS BREAD & BUTTER PEACHES COFFEE OR TEA WHOLE / SKIM MILK GARNISH:
BEEF RAVIOLI SPINACH ITALIAN BREAD- BUTTER FRUIT COCKTAIL COFFEE OR TEA WHOLE / SKIM MILK GARNISH: PARM. CHEESE	TURKEY POT PIE GLAZED SQUASH BANANA COFFEE OR TEA WHOLE / SKIM MILK GARNISH: CRAN SCE	CHILI CON CARNE CORNBREAD BUTTER ICECREAM COFFEE OR TEA WHOLE / SKIM MILK	STUFFED CABBAGE GRILLED ZUCCHINI SLICES BLUEBERRY PIE COFFEE OR TEA WHOLE / SKIM MILK	TURKEY-VEGETABLE SOUP EGG SALAD SANDWICH SEEDLESS RED GRAPES COFFEE OR TEA WHOLE / SKIM MILK	SCALLOPED POTATO AND HAM GLAZED CARROTS GINGERSNAP COOKIES COFFEE OR TEA WHOLE / SKIM MILK	TUNA NOODLE CASSEROLE BU. BROCCOLI CHOCOLATE PUDDING/TPG. COFFEE OR TEA WHOLE / SKIM MILK

Good nutrition is an essential part of your care in our center. The menu has been planned with variety and moderation in mind, and to achieve a well balanced diet. The daily menu may vary slightly due to the special diet ordered to meet your needs. Please feel free to ask any questions regarding your menu, diet, or service.