

**COMPLETE CARE AT CHESTNUT HILL**  
**Week-At-A-Glance**  
**Copy of hcsg2northern2021-22 Week 1 - Starting 11/7/2021**

Sun 11/07	Mon 11/08	Tue 11/09	Wed 11/10	Thu 11/11	Fri 11/12	Sat 11/13
<b>Breakfast:Regular</b>						
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Apple Cinnamon Muffin 1 Ea - Margarine 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Bacon 2 Sl Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Cold Cereal of Choice 1 Srv	Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Cold Cereal of Choice 1 Srv	French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Oatmeal Cereal 6 Oz Sausage Patty 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Ginger Pear Coffee Cake 1 Square - Margarine 1 Ea Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Cold Cereal of Choice 1 Srv	Baked Cheese Omelet 1 Ea Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Breakfast Ham 1 Oz Orange Juice 4 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Cold Cereal of Choice 1 Srv
<b>Lunch:Regular</b>						
Maple Sage Turkey 3 Oz - Poultry Gravy 2 Oz Bread Dressing 1/2 Cup Roasted Brussels Sprouts 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Honey Glazed Pears 1/2 Cup Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Mashed Potatoes 1/2 Cup Sliced Carrots 1/2 Cup	Italian Sausage 1 Ea Garlic & Rosemary Roasted Red Skin Potatoes 1/2 Cup Parsley Cauliflower 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Upside Down Cake 1 Square Coffee or Hot Tea 6 Oz Lemon Pepper Chicken Breast 3 Oz Buttered Noodles 1/2 Cup Seasoned Whole Kernel Corn (veg) 1/2 Cup	Baked Macaroni & Cheese 1 Cup Stewed Tomatoes 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Cinnamon Brown Sugar Blondie 1 Square Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Mashed Potatoes 1/2 Cup Sautéed Green Beans 1/2 Cup	Apple Glazed Sliced Ham 3 Oz Candied Sweet Potatoes 1/2 Cup Seasoned Beets 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Scalloped Apples 1/2 Cup Coffee or Hot Tea 6 Oz Marinated Chicken Thigh 1 Ea Parsley Noodles 1/2 Cup Capri Vegetable Blend 1/2 Cup	Chicken Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Potato Chips 1 Oz Confetti Coleslaw 1/2 Cup Banana Cream Pie 1 Sl Hearty Vegetable Soup 6 Oz - Saltine Crackers 1 Pkt Coffee or Hot Tea 6 Oz Cheesburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Baked Beans 1/2 Cup Broccoli Salad 1/2 Cup	Shrimp Alfredo w/ 3 Oz - Spaghetti Noodles 1/2 Cup Winter Vegetable Blend 1/2 Cup Garlic Bread 1 Ea Tropical Fruit Salad 1/2 Cup Coffee or Hot Tea 6 Oz Kielbasa Sausage 1 Ea Oven Browned Potatoes 1/2 Cup Brussels Sprouts 1/2 Cup	Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Potato Wedges 1/2 Cup - Ketchup 1 Pkt Country Vegetable Blend 1/2 Cup Chocolate Cake w/ Peanut Butter Frosting 1 Square Coffee or Hot Tea 6 Oz Herb & Lemon Fish Fillet 3 Oz Egg Noodles 1/2 Cup Sautéed Spinach 1/2 Cup
<b>Dinner:Regular</b>						
Sweet & Sour Meatballs 3 Ea Steamed Rice 1/2 Cup Seasoned Green Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Oatmeal Raisin Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Baked Fish Fillet 3 Oz Mashed Noodles 1/2 Cup Salad w/Dressing 1 Cup	Breaded Pollock Fish Fillet on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Herbed Potato Wedges 1/2 Cup - Ketchup 1 Pkt Capri Vegetable Blend 1/2 Cup Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Yellow Rice 1/2 Cup Green Peas 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Crispy Breaded Chicken Thigh 1 Ea Hashbrown Casserole 1 Square Broccoli Florets 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Mandarin Oranges 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Mushroom & Cheese Quiche 1 Sl Seasoned Spinach 1/2 Cup	Baked Ziti w/Meatsauce 1 Cup Caesar Salad 1 Cup Garlic Breadstick 1 Ea Butterscotch Pudding 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Potato Salad 1/2 Cup Marinated Cucumber Salad 1/2 Cup	Beef Pepper Steak w/Gravy 3 Oz Buttered Rice 1/2 Cup Peas & Carrots 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz BBQ Pork Chop 3 Oz Potato Wedges 1/2 Cup - Ketchup 1 Pkt Seasoned Green Beans 1/2 Cup	Grilled Turkey & Swiss Cheese Sandwich on Wheat 1 Sandwich French Fries 1/2 Cup - Ketchup 1 Pkt Creamy Cucumber & Onion Salad 1/2 Cup Vanilla Ice Cream 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Steak 3 Oz Buttered Noodles 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Cheese Ravioli w/Marinara Sauce 1 Cup Tossed Salad w/Dressing 1 Cup Garlic Bread 1 Ea Peach Crisp 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Tuna Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Potato Chips 1 Oz Marinated Mixed Vegetable Salad 1/2 Cup