\*Week #1 February 26 — March 4

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|---|--|--|--|---|--|
| DINNER  | DINNER  | DINNER   | DINNER   | DINNER   | DINNER  | DINNER   |
| Roast turkey w/gravy Homemade bread filling Broccoli and Cauliflower Medley | Chicken cordon bleu Oven roasted potatoes Buttered lima beans                           | Baked ham with gravy Candied sweet potatoes Italian Blend vegetables | Roast pork tenderloin<br>served with gravy<br>Macaroni & cheese<br>Stewed Tomatoes | Baked turkey loaf with gravy Potato filling Steamed peas             | Oven fried chicken Whipped potatoes Buttered corn       | House made Bolognese (pork, veal and ground beef) in a red sauce served over ziti Steamed broccoli |
| Alt: Seafood Newburg served over rice Sliced carrots with dill              | Alt: Rotini topped with<br>meatballs and sauce<br>Sauteed zucchini<br>Garlic bread      | Alt: Catch of the day Savory rice pilaf Green beans with almonds     | Alt: Coconut fried shrimp with fries and coleslaw                                  | Alt: Swedish meatballs served over egg noodles Buttered baby carrots | Alt: Linguine with white clam sauce Garlic bread        | Alt: Pan seared seafood cake Roast potato wedges Coleslaw  |
| Baker's choice pie  | Apple cobbler   | Pineapple upside<br>down cake  | Cherry pie   | Coconut layer cake   | Orange sheet cake with icing                            | Chocolate layer cake   |
| SUPPER  | SUPPER  | SUPPER   | SUPPER   | SUPPER   | SUPPER  | SUPPER   |
| Cream of tomato soup  | Lentil soup   | Cream of potato soup   | Mushroom beef barley soup  | Split pea with ham soup  | Hearty vegetable soup                                   | Minestrone soup  |
| Crispy Chicken Wrap  Alt: Soup D'jour                                       | Hot pork sandwich<br>(with caramelized onions,<br>mushrooms and cooper<br>sharp cheese) | Hamburger on a bun with lettuce, tomato and onion                    | Corned Beef Special on rye   | Ground beef bbq sandwich   | Creamed dried beef served over toast points             | Hot dog on a bun<br>served with baked<br>beans   |
| Chef salad with   | Alt: Soup D'jour  | Alt: Soup D'jour   | Alt: Soup D'jour   | Alt: Soup D'jour   | Alt: Soup D'jour  | Alt: Soup D'jour   |
| choice of dressing  | Ham and cheese sandwich with bibb lettuce and tomato                                    | Sliced turkey<br>sandwich with bibb<br>lettuce and tomato            | Chicken Stir Fried<br>Noodles  | Egg salad platter on a bed of bibb lettuce with tomato and cucumber  | Sliced roast beef sandwich with bibb lettuce and tomato | Tuna salad on a croissant with bibb lettuce and tomato   |
| Fresh baked cookies   | Fresh or canned fruit   | Blonde brownie   | Ice cream dixie  | Chocolate Éclair   | Fresh or canned fruit                                   | Fruited gelatin parfait  |

\*Week #2 March 5 — March 11

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|--|--|--|--|--|
| DINNER   | DINNER  | DINNER   | DINNER   | DINNER   | DINNER   | DINNER   |
| Roast top round of beef with gravy Au gratin potatoes Roasted baby carrots                 | Baked cod fillet Red bliss potatoes Asparagus cuts and tips                         | Chicken thighs with a hunter sauce Lyonnaise potatoes Peas and pearl onions      | Catch of the Day Whipped potatoes Southwestern blend mixed vegetables              | Baked pit ham with gravy Whipped potatoes Cauliflower                                      | Salisbury Steak with<br>gravy<br>Whipped potatoes<br>Mixed vegetables                        | Pennsylvania dutch-<br>style chicken pot pie<br>with noodles                                     |
| Alt: Shrimp scampi served over rice Cut green beans  | Alt: Sweet Italian sausage served over a bed of peppers and onions Risotto Milanese | Alt: Stuffed shells with marinara sauce Italian green beans Side of garlic bread | Alt: Beef shepherds pie Cut white sweet corn                                       | Alt: Chicken Alfredo with penne pasta Garlic bread   | Alt: Baked deviled crab cake with remoulade sauce Rice pilaf Brussel sprouts with bacon bits | Alt: Country Pork Loaf with gravy Whipped sweet potatoes Braised red cabbage                     |
| Baker's choice pie   | Pear crisp  | Cheesecake with caramel sauce  | Chocolate Bundt cake with icing  | Peach cobbler  | Tapioca pudding  | Apple walnut crumb cake w/caramel sauce  |
| SUPPER   | SUPPER  | SUPPER   | SUPPER   | SUPPER   | SUPPER   | SUPPER   |
| Chicken gumbo Pulled pork bbq on bun   | Corn chowder  Breaded chicken tenders with choice of dipping sauce                  | Chicken Noodle soup  Hot Roast Beef Sandwich with sautéed peppers and onions     | Beef rice soup Creamed chicken over a waffle                                       | Broccoli and cheese soup  Turkey burger on a bun with lettuce, tomato and onion            | Cream of tomato soup Grilled cheese sandwich   | Vegetable soup Pizza muffins with toppings   |
| Alt: Soup D'jour Chicken salad sandwich with bibb lettuce and tomato Chef's Choice cookies | Alt: Soup D'jour  Egg salad sandwich  Chef's Choice pudding with whipped topping    | Alt: Soup D'jour Chef salad with choice of dressing Mixed fruit                  | Alt: Soup D'jour Liverwurst and onion on rye bread Funnel cake with powdered sugar | Alt: Soup D'jour  Ham and swiss cheese sandwich with lettuce and tomato  Cream puff pastry | Alt: Soup D'jour Grilled chicken Caesar salad Fresh or canned fruit                          | Alt: Soup D'jour  Minced bologna and cheese sandwich with lettuce and tomato  Rice krispie treat |

Week 3 March 12 — March 18

| - 1110 VVIII 0 VV D   | inning i toomi ivio   |  |   |  | VVEER 5 IVIAI OII 12   | - IVIGIOII IO  |
|---|---|--|---|--|--|--|
| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
| DINNER  | DINNER  | DINNER   | DINNER  | DINNER   | DINNER   | DINNER   |
| Roast turkey with gravy  Potato filling                             | Homestyle chicken with dumplings Buttered carrot slices   | Roasted Tenderloin filet with mushroom Candied sweet               | Catch of the day Rice pilaf   | Baked meatloaf with gravy  Macaroni and cheese                                   | Baked chicken parmesan Rotini w/ marinara                                    | Corned beef and cabbage with boiled potatoes   |
| Roasted squash  | Battoroa carrot choco   | potatoes Steamed peas  | Peas and mushrooms  | Stewed tomatoes  | sauce<br>Cauliflower   |  |
| Alt: Seafood imperial<br>Rice pilaf<br>Mixed vegetables             | Alt: Roast pork<br>tenderloin served with<br>gravy<br>Whipped potatoes<br>Sauteed spinach                             | Chocolate-dipped<br>strawberries servied<br>with vanilla ice cream | Alt: Beef stroganoff served over egg noodles Cut green beans New York-style | Alt: Sweet and Sour<br>Chicken<br>Rice Pilaf<br>Broccoli Florets<br>Rice pudding | Alt: Batter dipped cod Oven browned potatoes Southern style mixed vegetables | Alt: Chicken filled with broccoli and cheese Whipped potatoes Roasted white corn and peppers Baked apple blossom |
| Baker's choice pie  | Black forest cake   |  | cheesecake  |  | Boston cream pie   | with cinnamon glaze  |
| SUPPER  | SUPPER  | SUPPER   | SUPPER  | SUPPER   | SUPPER   | SUPPER   |
| Cream of potato soup Chicken Fingers French Fries                   | Minestrone soup Sausage griller on a roll   | Cream of asparagus soup Ham, macaroni and cheese casserole         | Split pea with ham soup Hot open faced turkey sandwich                      | Cream of broccoli soup  Pulled pork on a bun with caramelized onions and cheese  | Manhattan clam<br>chowder<br>Beef bbq on a bun                               | Corn chowder Grilled hamburger on a bun with lettuce, tomato and onion   |
| Alt: Soup D'jour  Tuna salad sandwich with bibb lettuce  and tomato | Alt: Soup D'jour  Corned beef special (corned beef, swiss cheese, Thousand Island dressing and coleslaw on rye bread) | Alt: Soup D'jour Egg salad sandwich with bibb lettuce and tomato   | Alt: Soup D'jour  Ham salad served on a croissant                           | Alt: Soup D'jour  New England style crab salad in a top sliced bun               | Alt: Soup D'jour<br>Liverwurst and onion<br>sandwich                         | Alt: Soup D'jour  Ham and swiss sandwich with bibb lettuce and tomato  |
| Fresh or canned fruit   | Apple fritter with ice cream  | Cupcake with icing   | Fresh or canned fruit   | Hand dipped ice cream sundae   | Mixed fruit cup  | Vanilla pudding with strawberry sauce  |

| The Willows Dining Room Menu                                       |  |  |  |   | Week 4 March 19 - March 25  |   |  |
|--|--|--|--|---|---|---|--|
| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |  |
| DINNER   | DINNER   | DINNER   | DINNER   | DINNER  | DINNER  | DINNER  |  |
| Shepherds Pie<br>Brussel sprouts                                   | Chicken marsala Sweet potatoes Green beans with red peppers  | Cheese tortellini in a blush sauce Mixed vegetables                          | Catch of the Day Baked potatoes Buttered cut corn  | Herb encrusted pork tenderloin with gravy Roasted potatoes Braised Sauerkraut             | Homestyle beef stew tender beef cubes with garden vegetables served with a buttermilk biscuit | Chicken ala king over<br>egg noodles<br>Mixed vegetables                                      |  |
| Alt: Grilled Tuscan<br>Shrimp en casserole<br>Garlic parmesan orzo | Alt: Baked ham with gravy Pineapple filling Glazed carrots   | Alt: Sweet and Sour shrimp over rice Grilled asapargus                       | Alt: Roast top round with gravy Oven browned potatoes Sauteed mushrooms and pearl onions   | Alt: Grilled teriyaki<br>chicken thighs<br>Parsley potatoes<br>Steamed root<br>vegetables | Alt: Catch of the day<br>Whipped potatoes<br>Creamed spinach                                  | Alt: Beef liver with<br>bacon, onions and<br>gravy<br>Whipped potatoes<br>Buttered Lima beans |  |
| Baker's choice pie   | Chef's choice cake   | Lemon poppy bundt cake   | Apple Turnover   | Chef's Choice Pie   | Chocolate sheet cake with icing   | Strawberry layer cake   |  |
| SUPPER   | SUPPER   | SUPPER   | SUPPER   | SUPPER  | SUPPER  | SUPPER  |  |
| Vegetable soup   | Cream of celery soup   | New England clam chowder   | Cream of tomato soup   | Chicken noodle soup   | Mushroom barley soup  | Split pea soup  |  |
| Chicken cheesesteak with sauce and onions                          | Fresh from the oven pizza  | Tuna melt— english<br>muffin topped w/tomato<br>and swiss cheese             | Grilled cheese   | Chili con carne<br>served with a corn<br>muffin   | Western omelet with fried potatoes  | Meatball parmesan sandwich on a soft bun  |  |
| Alt: Soup D'jour Egg salad sandwich with bibb lettuce and tomato   | Alt: Soup D'jour Cold turkey Rachel (turkey, swiss cheese, 1000 island dressing & coleslaw on rye bread) | Alt: Soup D'jour<br>Sliced roast beef<br>sandwich with lettuce<br>and tomato | Alt: Soup D'jour Chicken salad platter served on a bed of greens with tomato and cucumbers | Alt: Soup D'jour Sliced ham & provolone cheese sandwich with lettuce and tomato           | Alt: Soup D'jour<br>Cobb salad with<br>choice of dressings                                    | Alt: Soup D'jour Beef bologna sandwich with lettuce and tomato                                |  |
| Fresh or canned fruit  | Chocolate pudding parfait  | Hand dipped ice cream sundae   | Fresh baked cookies  | Fruited gelatin with topping  | Tapioca pudding   | Fresh or canned fruit   |  |

| The Willows Dining Room Menu  |  |   |  |  | Week 1 March  | 26 — April 1   |
|---|--|---|--|--|---|--|
| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
| DINNER  | DINNER   | DINNER  | DINNER   | DINNER   | DINNER  | DINNER   |
| Meat Lasagna Garlic Bread Broccoli and Cauliflower Medley                         | Chicken cordon bleu Oven roasted potatoes Buttered lima beans                            | Baked ham with gravy Candied sweet potatoes Italian Blend vegetables                        | Roast pork tenderloin<br>served with gravy<br>Macaroni & cheese<br>Stewed Tomatoes | Baked turkey loaf with gravy Potato filling Steamed peas                                 | Oven fried chicken Whipped potatoes Buttered corn                             | House made Bolognese (pork, veal and ground beef) in a red sauce served over ziti Steamed broccoli |
| Alt: Seafood Newburg served over rice Sliced carrots with dill Baker's choice pie | Alt: Rotini topped with meatballs and sauce Sauteed zucchini Garlic bread  Apple cobbler | Alt: Catch of the day Savory rice pilaf Green beans with almonds Pineapple upside down cake | Alt: Coconut fried shrimp with fries and coleslaw Cherry pie                       | Alt: Swedish meatballs served over egg noodles Buttered baby carrots  Coconut layer cake | Alt: Linguine with white clam sauce Garlic bread Orange sheet cake with icing | Alt: Pan seared seafood cake Roast potato wedges Coleslaw Chocolate layer cake                     |
| SUPPER  | SUPPER   | SUPPER  | SUPPER   | SUPPER   | SUPPER  | SUPPER   |
| Cream of tomato soup  | Lentil soup  | Cream of potato soup  | Mushroom beef barley soup  | Split pea with ham soup  | Hearty vegetable soup   | Minestrone soup  |
| Crispy Chicken Wrap  Alt: Soup D'jour   | Hot pork sandwich<br>(with caramelized onions,<br>mushrooms and cooper<br>sharp cheese)  | Hamburger on a bun with lettuce, tomato and onion   | Corned Beef Special on rye   | Ground beef bbq sandwich   | Creamed dried beef served over toast points                                   | Hot dog on a bun served with baked beans   |
| Ait. Godp D Jour  | Alt: Soup D'jour   | Alt: Soup D'jour  | Alt: Soup D'jour   | Alt: Soup D'jour   | Alt: Soup D'jour  | Alt: Soup D'jour   |
| Chef salad with choice of dressing  | Ham and cheese sandwich with bibb lettuce and tomato                                     | Sliced turkey<br>sandwich with bibb<br>lettuce and tomato                                   | Chicken Stir Fried<br>Noodles  | Egg salad platter on a bed of bibb lettuce with tomato and cucumber                      | Sliced roast beef sandwich with bibb lettuce and tomato                       | Tuna salad on a croissant with bibb lettuce and tomato   |
| Fresh baked cookies   | Fresh or canned fruit  | Blonde brownie  | Ice cream dixie  | Chocolate Éclair   | Fresh or canned fruit   | Fruited gelatin parfait  |