

HCSG - MASTER MENU TEMPLATE

Week-At-A-Glance

hcs1southern2021 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<p><i>Scrambled Eggs</i> <i>Hot Cereal</i> <i>Blueberry Muffin</i> - Margarine <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>French Toast</i> - Margarine - Syrup <i>Hot Cereal</i> <i>Sausage Patty</i> <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Scrambled Eggs w/Cheese</i> <i>Hot Cereal</i> <i>Biscuit</i> - Margarine - Jelly <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Egg & Hashbrown Bake</i> <i>Hot Cereal</i> <i>Toast</i> - Margarine - Jelly <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Buttermilk Pancakes</i> - Margarine - Syrup <i>Hot Cereal</i> <i>Bacon</i> <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Scrambled Eggs</i> <i>Hot Cereal</i> <i>Peach Streusel Coffee Cake</i> - Margarine <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>	<p><i>Baked Cheese Omelet</i> <i>Hot Cereal</i> <i>Toast</i> - Margarine - Jelly <i>Breakfast Ham</i> <i>Orange Juice</i> <i>Milk</i> <i>Coffee or Hot Tea</i></p> <p>Cold Cereal of Choice</p>
Lunch:Regular						
<p><i>Fried Chicken</i> <i>Ranch Style Potato Wedges</i> <i>Calico Coleslaw</i> <i>Cornbread</i> - Margarine <i>Peach Pie w/Crumb Topping</i> <i>Tea of Choice</i></p> <p>Tuna Salad Sandwich - Lettuce & Tomato Garden Pasta Salad Marinated Cucumber & Onion Salad</p>	<p><i>Hawaiian Baked Ham</i> <i>Whipped Sweet Potatoes</i> <i>Sauteed Spinach w/Garlic</i> <i>Dinner Roll/Bread</i> - Margarine <i>Pineapple Tidbits</i> <i>Tea of Choice</i></p> <p>Herbed Chicken Breast Parsley Noodles Capri Vegetable Blend</p>	<p><i>Baked Ziti w/Meatsauce</i> <i>Caesar Salad</i> <i>Garlic Breadstick</i> <i>Strawberry Shortcake</i> <i>Tea of Choice</i></p> <p>Parsley Pork Chop Mashed Potatoes Sliced Carrots</p>	<p><i>BBQ Pork on a Bun</i> <i>Tater Tots</i> - Ketchup <i>Seasoned Okra</i> <i>Tropical Fruit Salad</i> <i>Tea of Choice</i></p> <p>Salisbury Steak - Brown Gravy Herbed Rice Sauteed Zucchini Dinner Roll/Bread - Margarine</p>	<p><i>Chicken Salad Sandwich on</i> <i>Croissant</i> - Lettuce & Tomato <i>Garden Pasta Salad</i> <i>Marinated Cucumber &</i> <i>Tomato Salad</i> <i>Seedless Watermelon Cubes</i> <i>Tea of Choice</i></p> <p>Thin Crust Cheese Pizza Tossed Salad w/Dressing Breadstick - Margarine</p>	<p><i>Shrimp Scampi</i> <i>Spaghetti Noodles</i> <i>Broccoli Florets</i> <i>Garlic Bread</i> <i>Chocolate Ice Cream</i> <i>Tea of Choice</i></p> <p>Chicken Tenders (cg) - Cream Gravy Mashed Potatoes Sliced Carrots</p>	<p><i>Chicken & Dumplings</i> <i>Tossed Salad w/Dressing</i> <i>Biscuit</i> - Margarine <i>Blondie</i> <i>Tea of Choice</i></p> <p>Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear French Fries - Ketchup Green Pea Salad</p>
Dinner:Regular						
<p><i>Swedish Meatballs</i> <i>Buttered Noodles</i> <i>Green Peas</i> <i>Dinner Roll/Bread</i> - Margarine <i>Deluxe Fruit Salad</i> <i>Milk</i> <i>Tea of Choice</i></p> <p>Smothered Turkey Patty Buttered Rice Sliced Carrots</p>	<p><i>Savory Summer Soup</i> - Saltine Crackers <i>Turkey Sandwich</i> - Lettuce & Tomato - Mayonnaise <i>Creamy Dill Macaroni Salad</i> <i>Broccoli Salad</i> <i>Lemon Cake w/Icing</i> <i>Milk</i> <i>Tea of Choice</i></p> <p>Grilled Cheese Sandwich Potato Chips Marinated Green Bean Salad</p>	<p><i>Honey Dijon Chicken Thigh</i> <i>Rice Pilaf</i> <i>Country Vegetable Blend</i> <i>Rosemary Dinner Roll</i> - Margarine <i>Summer Fresh Fruit Cup</i> <i>Milk</i> <i>Tea of Choice</i></p> <p>Herb & Lemon Fish Fillet Potato Wedges - Ketchup Sugar Snap Peas</p>	<p><i>Breaded Pollock Fish Fillet</i> - Tartar Sauce <i>Baked Potato</i> - Margarine - Sour Cream <i>Peas & Carrots</i> <i>Dinner Roll/Bread</i> - Margarine <i>Tuxedo Cheesecake Bar</i> <i>Milk</i> <i>Tea of Choice</i></p> <p>Sweet & Sour Meatballs Egg Noodles Seasoned Spinach</p>	<p><i>Country Fried Steak w/Cream</i> <i>Gravy</i> <i>Mashed Potatoes</i> <i>Roasted Green Beans</i> <i>Cornbread</i> - Margarine <i>Peanut Butter Cookie</i> <i>Milk</i> <i>Tea of Choice</i></p> <p>Rancher's Pork Chop Yellow Rice Squash Medley</p>	<p><i>Turkey Burger on a Bun</i> - Lettuce & Tomato - Pickle Spear - Mayonnaise <i>Potato Wedges</i> - Ketchup <i>Confetti Coleslaw</i> <i>Mandarin Oranges</i> <i>Milk</i> <i>Tea of Choice</i></p> <p>Hamburger Steak w/Grilled Onions - Brown Gravy Buttered Rice Seasoned Whole Kernel Corn (veg) Dinner Roll/Bread - Margarine</p>	<p><i>Kielbasa Sausage</i> <i>Oven Browned Potatoes</i> <i>Seasoned Cabbage</i> <i>Dinner Roll/Bread</i> - Margarine <i>Fruit Cocktail</i> <i>Milk</i> <i>Tea of Choice</i></p> <p>Cheese Quiche Capri Vegetable Blend</p>

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Week-At-A-Glance

hcs1southern2021 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<p>French Toast - Margarine - Syrup Hot Cereal Bacon Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Scrambled Eggs Hot Cereal Glazed Cinnamon Roll Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Biscuit - Sausage Gravy Hot Cereal Hashbrown Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Scrambled Eggs Hot Cereal English Muffin - Margarine - Jelly Breakfast Ham Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Baked Cheese Omelet Hot Cereal Toast - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Western Scrambled Eggs Hot Cereal Toast - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>	<p>Buttermilk Pancakes - Margarine - Syrup Hot Cereal Sausage Patty Orange Juice Milk Coffee or Hot Tea</p> <p>Cold Cereal of Choice</p>
Lunch:Regular						
<p>Beef Pot Roast - Brown Gravy Garlic & Rosemary Roasted Red Skin Potatoes Sauteed Spinach Dinner Roll/Bread - Margarine Apple Crisp Tea of Choice</p> <p>Rotisserie Chicken Thigh Buttered Rice Seasoned Zucchini</p>	<p>Hot Dog on a Bun - Baked Beans - Mustard Confetti Coleslaw Chocolate Chip Cake w/White Frosting Tea of Choice</p> <p>Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear French Fries - Ketchup Squash Medley</p>	<p>Chicken Parmesan w/ - Spaghetti Noodles Caesar Salad Garlic Breadstick Peach Shortcake Tea of Choice</p> <p>Egg Salad Sandwich - Lettuce & Tomato Potato Salad Marinated Cucumber & Onion Salad</p>	<p>Garlic Herbed Pork Loin Oven Browned Potatoes Broccoli Florets Dinner Roll/Bread - Margarine Orange Sherbet Tea of Choice</p> <p>Smothered Turkey Patty Buttered Noodles Seasoned Spinach</p>	<p>Homestyle Meatloaf w/Ketchup Glaze Au Gratin Potatoes Buttered Green Peas Poppy Seed Dinner Roll - Margarine Strawberries & Banana Tea of Choice</p> <p>Italian Sausage Parmesan Noodles Sliced Carrots</p>	<p>Fried Fish - Tartar Sauce Macaroni & Cheese Lima Beans & Tomato Casserole (veg) Cornbread - Margarine Summer Fresh Fruit Cup Tea of Choice</p> <p>Grilled Cheese Sandwich Tater Tots - Ketchup Broccoli Florets</p>	<p>Sweet Garlic Chicken Breast Stir Fried Noodles Sugar Snap Peas Dinner Roll/Bread - Margarine Sugar Cookie Tea of Choice</p> <p>Glazed Baked Pork Chop Steamed Rice Sliced Carrots</p>
Dinner:Regular						
<p>Ham & Swiss Sandwich on Wheat - Lettuce & Tomato - Mayonnaise Garden Pasta Salad Creamy Cucumber & Onion Salad S'more Pudding Parfait Milk Tea of Choice</p> <p>Breaded Pollock Fish Fillet on a Bun - Tartar Sauce Potato Chips Calico Coleslaw</p>	<p>Honey Glazed Turkey. - Poultry Gravy Cornbread Dressing Southern Style Green Beans Dinner Roll/Bread - Margarine Seedless Watermelon Cubes Milk Tea of Choice</p> <p>Garlic Baked Pork Chop Mashed Potatoes Sliced Carrots</p>	<p>Swiss Steak w/Gravy Herbed Mashed Potatoes Collard Greens Dinner Roll/Bread - Margarine Chilled Pears Milk Tea of Choice</p> <p>Baked Macaroni & Cheese Baked Tomato Halves</p>	<p>Cream of Potato Soup - Saltine Crackers Tuna Salad Sandwich - Lettuce & Tomato Macaroni Salad Marinated Tomato & Onion Salad Fruit Cocktail Milk Tea of Choice</p> <p>Baked Chicken Breast on a Bun - Lettuce & Tomato - Mayonnaise Potato Chips Marinated Mixed Vegetable Salad</p>	<p>Chicken Soft Taco w/Flour Tortilla - Shredded Lettuce & Diced Tomato Topping - Shredded Cheddar Cheese (tbl) Green Chili Rice Mexican Corn (veg) Black Forest Cake Milk Tea of Choice</p> <p>Cheese Quiche Roasted Green Beans Dinner Roll/Bread - Margarine</p>	<p>Sausage Thin Crust Pizza Parmesan Baked Zucchini Italian Herbed Dinner Roll - Margarine Buttermilk Custard Pie Milk Tea of Choice</p> <p>Salisbury Steak - Brown Gravy Fried Potatoes & Onions Tossed Salad w/Dressing</p>	<p>Beef Pepper Steak w/Gravy Mashed Potatoes Country Vegetable Blend Biscuit - Margarine Chilled Peach Parfait Milk Tea of Choice</p> <p>Chicken Tenders (cg) - Cream Gravy Buttered Noodles Seasoned Olive</p>

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Week-At-A-Glance

hcs1southern2021 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<p>Scrambled Eggs Hot Cereal Blueberry Muffin - Margarine Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>French Toast - Margarine - Syrup Hot Cereal Sausage Patty Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Scrambled Eggs w/Cheese Hot Cereal Biscuit - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Buttermilk Pancakes - Margarine - Syrup Hot Cereal Bacon Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Egg & Hashbrown Bake Hot Cereal Toast - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Scrambled Eggs Hot Cereal Peach Streusel Coffee Cake - Margarine Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Baked Cheese Omelet Hot Cereal Toast - Margarine - Jelly Sausage Patty Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>
Lunch:Regular						
<p>Meatsauce w/ - Spaghetti Noodles Caesar Salad Garlic Breadstick Vanilla Ice Cream Tea of Choice Thyme Baked Chicken Thigh Buttered Rice Roasted Green Beans</p>	<p>Citrus Glazed Turkey - Poutry Gravy Rice Pilaf Sliced Glazed Carrots Dinner Roll/Bread - Margarine Marble Cake w/White Frosting Tea of Choice Lemon Butter Baked Fish Fillet Mashed Potatoes Green Peas</p>	<p>Ham & Pinto Beans Collard Greens Cornbread - Margarine Summer Fresh Fruit Cup Tea of Choice Salisbury Steak - Brown Gravy Parmesan Noodles Whole Kernel Corn (veg)</p>	<p>Egg Salad Sandwich on Croissant - Lettuce & Tomato Creamy Dill Macaroni Salad Marinated Cucumber & Onion Salad Snickerdoodle Cookie Tea of Choice Turkey Salad Sandwich - Lettuce & Tomato Potato Chips Broccoli Salad</p>	<p>Country Fried Steak w/Cream Gravy Mashed Potatoes Buttered Green Peas Dinner Roll/Bread - Margarine Lemon Cake w/Icing Tea of Choice Lemon Pepper Chicken Breast Buttered Noodles Seasoned Spinach</p>	<p>Shrimp & Sausage Jambalaya Seasoned Okra Biscuit - Margarine - Jelly Cherry Crisp Tea of Choice Hamburger Steak w/Grilled Onions - Brown Gravy Roasted Red Skin Potatoes Sliced Parsley Carrots</p>	<p>Fried Chicken Macaroni & Cheese Lima Beans (veg) Cornbread - Margarine Pineapple Tidbits Tea of Choice Smothered Turkey Patty Mashed Potatoes Broccoli Florets</p>
Dinner:Regular						
<p>Kielbasa Sausage Garlic Roasted Red Skin Potatoes Braised Cabbage Dinner Roll/Bread - Margarine Apple Crisp Milk Tea of Choice Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Egg Noodles Marinated Cucumber & Tomato Salad</p>	<p>Cheeseburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Tater Tots - Ketchup Confetti Coleslaw Tropical Fruit Salad Milk Tea of Choice Rancher's Pork Chop Buttered Noodles Broccoli Florets Dinner Roll/Bread - Margarine</p>	<p>Cornflake Chicken Breast Ranch Style Potato Wedges Capri Vegetable Blend Parsley Dinner Roll - Margarine Double Chocolate Brownie Milk Tea of Choice Thin Crust Cheese Pizza Tossed Salad w/Dressing</p>	<p>BBQ Pork Platter. Black-Eyed Peas Zucchini & Onions Cornbread - Margarine Mandarin Oranges Milk Tea of Choice Marinated Chicken Thigh Seasoned Rice Sauteed Green Beans</p>	<p>Breaded Pollock Fish Fillet - Tartar Sauce Cheesy Rice Broccoli Florets Dinner Roll/Bread - Margarine Chilled Pear Parfait Milk Tea of Choice Parsley Pork Chop Oven Browned Potatoes Country Vegetable Blend</p>	<p>Corn Chowder Soup - Saltine Crackers Grilled Turkey & Cheese Sandwich French Fries - Ketchup Creamy Cucumber & Onion Salad Seedless Watermelon Cubes Milk Tea of Choice Baked Chicken Breast on a Bun - Lettuce & Tomato - Mayonnaise Macaroni Salad Green Peas</p>	<p>Sloppy Joe on a Bun Tater Tots - Ketchup Squash Medley Chocolate Cream Pie Milk Tea of Choice Cheese Quiche Seasoned Green Beans Dinner Roll/Bread - Margarine</p>

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Week-At-A-Glance

hcsG1southern2021 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<p>Scrambled Eggs Hot Cereal Glazed Cinnamon Roll Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>French Toast - Margarine - Syrup Hot Cereal Bacon Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Biscuit - Sausage Gravy Hot Cereal Hashbrown Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Baked Cheese Omelet Hot Cereal Toast - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Scrambled Eggs Hot Cereal English Muffin - Margarine - Jelly Breakfast Ham Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Western Scrambled Eggs Hot Cereal Toast - Margarine - Jelly Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>	<p>Buttermilk Pancakes - Margarine - Syrup Hot Cereal Sausage Patty Orange Juice Milk Coffee or Hot Tea Cold Cereal of Choice</p>
Lunch:Regular						
<p>Encrusted Pork Loin Southern Style Pinto Beans Sautéed Spinach Dinner Roll/Bread - Margarine Pear Crisp Tea of Choice Breaded Pollock Fish Fillet - Tartar Sauce Parsley Rice Capri Vegetable Blend</p>	<p>Homestyle Meatloaf w/Ketchup Glaze Duchess Mashed Potatoes Honey Roasted Carrots Herbed Dinner Roll - Margarine Spiced Apple Tea of Choice Thyme Chicken Breast Herbed Noodles Sautéed Green Beans</p>	<p>BBQ Pulled Chicken Sandwich French Fries - Ketchup Creamy Cucumber & Onion Salad Banana Pudding Parfait Tea of Choice Meatballs w/Gravy Buttered Rice Squash Medley Dinner Roll/Bread - Margarine</p>	<p>Italian Sausage Garlic & Rosemary Roasted Red Skin Potatoes Sautéed Zucchini Parsley Dinner Roll - Margarine Lemon Bar Tea of Choice Baked Macaroni & Cheese Tossed Salad w/Dressing</p>	<p>Lasagna w/Meatsauce Caesar Salad Garlic Breadstick Double Chocolate Brownie Tea of Choice Egg Salad Sandwich - Lettuce & Tomato Potato Chips Creamy Cucumber & Onion Salad</p>	<p>Fried Fish - Tartar Sauce Au Gratin Potatoes Lima Beans (veg) Dinner Roll/Bread - Margarine Sour Cream Orange Cake Tea of Choice Smothered Steak Yellow Rice Collard Greens</p>	<p>Turkey Divan w/Broccoli Steamed Rice Seasoned Green Beans Poppy Seed Dinner Roll - Margarine Seedless Watermelon Cubes Tea of Choice Garlic Baked Pork Chop Parsley Noodles Seasoned Spinach</p>
Dinner:Regular						
<p>Chicken Tenders (cg) - Cream Gravy Mashed Potatoes Whole Kernel Corn (veg) Biscuit - Margarine Vanilla Ice Cream Milk Tea of Choice Hamburger Steak w/Grilled Onions - Brown Gravy Buttered Noodles Green Peas</p>	<p>Roast Turkey. - Poultry Gravy Cornbread Dressing Broccoli Florets Dinner Roll/Bread - Margarine Cherry Cheesecake Bar Milk Tea of Choice BBQ Pork Chop Baked Sweet Potatoes Country Vegetable Blend</p>	<p>Butter Crumb Fish Fillet Rice Pilaf Buttered Green Peas Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup Milk Tea of Choice Smothered Turkey Patty Oven Browned Potatoes Baked Tomato Halves</p>	<p>Rancher's Chicken Breast Black-Eyed Peas Country Vegetable Blend Cornbread - Margarine Spiced Peaches Milk Tea of Choice Salisbury Steak - Brown Gravy Mashed Potatoes Broccoli Florets</p>	<p>Hot Dog on a Bun - Baked Beans - Mustard Calico Coleslaw Tropical Fruit Salad Milk Tea of Choice Marinated Chicken Thigh Egg Noodles Capri Vegetable Blend</p>	<p>Chicken & Sausage Gumbo Tossed Salad w/Dressing Cornbread - Margarine Chilled Pears Milk Tea of Choice Cheese Quiche Marinated Mixed Vegetable Salad</p>	<p>Cheeseburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Tater Tots - Ketchup Marinated Cucumber & Tomato Salad Chocolate Chip Cookie Milk Tea of Choice Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Macaroni Salad Sautéed Zucchini</p>