



2022 Spring- Summer Menu (Residents Only)

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SMHG	Apr 25	Apr 16	Apr 26	Apr 16	Apr 27	Apr 20	Apr 28	Apr 21	Apr 29	Jul 22	Apr 30	Jul 23	May 01	Jul 24	
	May 23	Aug 15	May 24	Aug 16	May 25	Aug 17	May 26	Aug 18	May 27	Aug 19	May 28	Aug 20	May 29	Aug 21	
	Jun 20	Sep 12	Jun 21	Sep 13	Jun 22	Sep 14	Jun 23	Sep 15	Jun 24	Sep 16	Jun 25	Sep 17	Jun 26	Sep 18	
	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •														
Breakfast 	Oat Bran Cereal Sausage and Cheddar Egg Bake Toast and Fruit or Cold Cereal	Oatmeal Cereal Toast and Fruit Waffles and Yogurt or Cold Cereal	Cornmeal Cereal Toast and Fruit Boiled Eggs or Cold Cereal	Cream of Wheat Cereal Toast and Fruit French Toast Sausage or Cold Cereal	Cream of Wheat Cereal Toast and Fruit Grilled Bacon or Cold Cereal	Oat Bran Cereal Toast and Fruit Poached Eggs or Cold Cereal	Oatmeal Cereal Toast Cheese slice Fresh Fruit or Cold Cereal								
Lunch															
Entree	Beef Pot Roast on a Brioche Bun Tossed Salad or Assorted sandwiches	Italian Sausage with Onion Gravy Mashed Potatoes and Carrots or Assorted sandwiches	Vegetable Chili Garlic Bread Caesar Salad or Assorted sandwiches	Chicken Quesadilla Rice and Corn or Assorted sandwiches	Hamburger Tomato, Lettuce & Onions Caesar Salad or Assorted sandwiches	Honey Garlic Chicken Wings Potato Salad Mixed Vegetables or Assorted Sandwiches	Quiche with Ham & Cheese Garden Salad or Assorted sandwiches								
Dessert	Canned Pears	Rice Krispie Squares	Assorted Desserts	Vanilla Pudding	Seasonal Berries	Butterscotch Ice Cream	German Chocolate Cake								
Soup	Ground Beef & Tomato	Cream of Mushroom	Navy Bean Soup	Garden Vegetable Soup	Spring Borshch	Chicken Rice	Cream Butternut Squash								
Supper															
Entrée <i>*Alternative entrée</i>	Baked Salmon Fillet Lemon Dill Sauce Sea Shell Pasta Peas <i>Meatballs & Gravy*</i>	Dijon Honey Citrus Baked Chicken Breast Rice Pilaf Beans <i>Pork Cutlet*</i>	Sweet & Sour Pork Shank Whipped Potatoes Broccoli Florets <i>Liver & Onions*</i>	Turkey Meatballs Basil Tomato Sauce Carrot Baton Egg Noodles <i>Chicken Burger*</i>	Tavern Battered Haddock California Vegetables Parsley Potatoes <i>Vegetable Lasagna*</i>	Beef & Vegetable Stir Fry Steamed Rice Turnip <i>Roast Turkey*</i>	Roast Turkey with Gravy Whipped Potatoes Glazed Minted Carrots <i>Poached Sole*</i>								
Dessert	Oranges	Watermelon	Cake	Lemon Tart	Blueberry Pie	Jello	Lemon Pie								
PM/HS Snack	Fruit Loaf	Mini Cupcakes	Cinnamon Bun	Fresh Banana	Mini Croissant	Yogurt	Assorted Danish								
Condiments	• Bread • Buns • Margarine •														

Gravy With All Meals –Soup And Dessert May Change Without Notice