

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 07-27-2025	Mon 07-28-2025	Tue 07-29-2025	Wed 07-30-2025	Thu 07-31-2025	Fri 08-01-2025	Sat 08-02-2025
B R E A K F A S T	1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Buttermilk Pancakes 1 oz Bacon 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Ham Breakfast Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Cinnamon French Toast 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Sausage Egg Muffin 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Homestyle Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice and Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	2/3 c Fresh Vegetable Soup 1 c Beef Pasta Bake 1/2 c Classic Mashed Potatoes 1/2 c French Cut Green Beans 3"x 2" pc Fresh Cornbread	2/3 c Baked Potato Soup 3 oz Bacon Brown Sugar Garlic Chicken 1/2 c Macaroni Salad 1/2 c Brussels Sprouts 1 - Baked Roll	2/3 c Minestrone Soup 1/2 - Grilled Turkey Cuban Sandwich 3 - Onion Rings 1/2 c Buttered Zucchini	2/3 c Broccoli Cheese Soup 3 oz Tilapia with Savory Herb Butter 1/2 c Roasted Red Potatoes 1/2 c Grilled Asparagus 1 - Baked Roll	1 c Green Salad 3 oz Beef Tips Au Jus 1/2 c Buttered Noodles 1/2 c Glazed Baby Carrots 1 - Baked Roll	1 c Green Salad 3 oz Greek Lemon Chicken 1/2 c Jasmine Rice 1/2 c Spinach and Tomatoes 1 - Baked Roll	1 c Green Salad 3 oz Baked Honey Mustard Chicken 1/2 c Favorite Baked Beans 1/2 c Country Trio Medley 1 - Baked Roll
D I N N E R	1 c Garden Green Salad 3 oz Baked Ham 1 - Baked Roll 1/2 c Peaches 1/2 c Baby Carrots 1 - Homemade Cookie	1 c Green Salad 3 oz Baked Fish Fillet 1/2 c Herb Sautéed Vegetables 1/2 c Lemon Pudding	1 c Garden Green Salad 1/2 - Philly Cheesesteak Sandwich 1/2 c Fruit Medley 1/2 c Roasted Mushrooms 4 oz Sliced Apples	1 c Garden Green Salad 1 c Spinach Pasta Carbonara 1/2 c Capri Blend 1 - Parmesan Breadsticks 1/2 c Fruit Cobbler	2/3 c Vegetable Medley Soup 1 - Ham Salad Slider 1 c Cantaloupe 1 c Cucumber Tomato Salad 1 - Ice Cream Sandwich	2/3 c Cabbage Soup 3 oz Spanish Beef and Peppers 1/2 c Refried Beans 1/2 c Pears 1/2 c Grilled Mixed Vegetables 3"x 2" pc Yellow Cake	2/3 c Chicken Noodle Soup 3 oz Mushroom Swiss Salisbury Steak 1/2 c Cheesy Mashed Potatoes 1/2 c Chef's Steamed Vegetable 1 - Baked Cheddar Roll 1/2 c Select Apple Salad
	Milk offered at every meal						Week 1

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Dietitian's Signature:

Quinn Aguiar 4-21-2025
6/10/25