

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-05-2025	Mon 10-06-2025	Tue 10-07-2025	Wed 10-08-2025	Thu 10-09-2025	Fri 10-10-2025	Sat 10-11-2025
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	1 c Garden Green Salad 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 10 - Tater Tots 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 1 - Classic Turkey Sandwich 1 - Baked Roll 1/2 c Peaches 1/2 c Farm Fresh Vegetables 1 - Homemade Cookie	2/3 c Black Bean Salsa Soup 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 Chicken and Broccoli Casserole 1/2 c Capri Blend 1 - Parmesan Breadsticks 1/2 c Fruit Cobbler	2/3 c Vegetable Medley Soup 3 oz Baked Fish Fillet 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

File this copy

Dietitian's Signature:

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

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-12-2025	Mon 10-13-2025	Tue 10-14-2025	Wed 10-15-2025	Thu 10-16-2025	Fri 10-17-2025	Sat 10-18-2025
B R E A K F A S T	2 - Bacon Egg Bites 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Texas French Toast 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	1 - Blueberry Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - English Muffin Breakfast Sandwich 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Fluffy Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Ham and Cheese Omelet 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N C H	1 c Green Salad 3 oz Glazed Meatloaf 1/2 c Parsley Seasoned Potatoes 1/2 c Whole Green Beans 1 - Baked Roll	1 c Green Salad 3 oz Chicken with Mushroom Cream Sauce 1/2 c Cheesy Rice 1/2 c Lemon Buttered Broccoli 1 - Baked Roll	1 c Green Salad 3 oz Breaded Parmesan Pork Chop 1/2 c Sweet Potato Gratin 1/2 c Spiced Harvard Beets 1 - Baked Roll	1 c Green Salad 3 oz Salisbury Steak with Brown Sauce 1/2 c Herb Mashed Potatoes 1/2 c Buttery Carrots 1 - Baked Roll	1 c Green Salad 3 oz Roasted Chicken Thigh 1/2 c Blushing Penne Pasta 1/2 c Brussels Sprouts 1 - Baked Roll	1 c Green Salad 3 oz Cod Fillet with Lemon Sauce 1/2 c Garlic Parmesan Rice 1/2 c Sautéed Spinach 1 - Baked Roll	1 c Green Salad 1 Pc 3" Traditional Lasagna 1/2 c Chef's Steamed Vegetable 1 oz Garlic Bread
D I N N E R	2/3 c Fresh Vegetable Soup 1 - Hot Turkey Sandwich with Gravy 1/2 c Peas and Onions 1 - Crusty Garlic Bread 1/2 c Whipped Pineapple Salad	2/3 c Classic Minestrone Soup 3 oz Brown Sugar Ham 1/2 c Peach Salad 1/2 c Balsamic Roasted Vegetables 1/2 c Bunny Tracks Ice Cream	2/3 c Navy Bean Soup 3 oz Chicken Patty with Chicken Gravy 1/2 c Mixed Vegetables 1 - Chocolate Chip Cookie	2/3 c Vegetable Medley Soup 3 oz Baked Pork Chop 1/2 c Hot Cabbage Slaw 1 - Baked Cheddar Roll 1/2 c Five Fruit Salad	2/3 c Tomato Barley Soup 1 c Ground Beef Casserole 1/2 c Pear Fruit Cup 1/2 c California Blend 1 slice Cheesecake	2/3 c Garden Vegetable Soup 8 oz Three Cheese Ravioli 1 c Light Caesar Salad 1/2 c Select Orange Salad	2/3 c Cream of Tomato Soup 1 - Slow Cooked BBQ Chicken Sandwich 1/2 c Baked Cinnamon Apples 1/2 c Colorful Corn Salad 1/2 c Lemon Dessert
	Milk offered at every meal						Week 1

File this copy

Dietitian's Signature:

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

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-19-2025	Mon 10-20-2025	Tue 10-21-2025	Wed 10-22-2025	Thu 10-23-2025	Fri 10-24-2025	Sat 10-25-2025
B R E A K F A S T	2 - Homestyle Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Bacon Quiche 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2/3 c Cinnamon and Sugar Oatmeal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Ham Egg Muffin 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Savory French Toast Bake 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Sausage Scramble 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	2 - Fluffy Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Maple Glazed Ham 1/2 c Roasted Sweet Potatoes 1/2 c Steamed Cauliflower 1 - Baked Roll	1 c Green Salad 3 oz Teriyaki Chicken 1/2 c Fried Rice 1/2 c Stir Fry Cabbage 1 - Baked Roll	1 c Green Salad 3 oz Seasoned Meatballs with Gravy 1/2 c Buttered Noodles 1/2 c Parmesan Green Beans	1 c Green Salad 3 oz Mushroom Stuffed Pork Loin 1/2 c Garlic Roasted Potatoes 1/2 c Herb Sautéed Vegetables 1 - Baked Roll	1 c Green Salad 3 oz Hamburger Steak and Onions 1/2 c Classic Mashed Potatoes 1/2 c Mixed Vegetables 1 - Baked Roll	1 c Green Salad 3 oz Baked Tilapia with Madrid Sauce 1/2 c Seasoned Rice 1/2 c Oven Roasted Broccoli 1 - Baked Roll	1 c Green Salad 3 oz Rosemary Roasted Turkey 1 - Baked Sweet Potato 1/2 c Roasted Brussels Sprouts with Dijon 1 - Baked Roll
D I N N E R	2/3 c Cream of Broccoli Soup 1 - Open Face Turkey Sandwich 1/2 c Ambrosia 1/2 c Capri Blend 3"x 2" pc Fresh Cornbread	2/3 c Homestyle Vegetable Soup 1 - Cheese Chili Bake 1/2 c Assorted Fruit 1/2 c Southwest Vegetable Medley 1/2 c Chocolate Pudding	2/3 c Basil Tomato Soup 1 c Chicken and Biscuits 1/2 c Seasoned Peas 1 - Garlic Breadsticks 4 oz Sliced Apples	2/3 c Chicken Noodle Soup 1 c Red Potato Beef Stew 1/2 c Pickled Beets 1 - Mini Croissant Roll 1/2 c Fresh Fruit Cup	2/3 c Beans and Greens Soup 1 c Kielbasa with Peppers 1/2 c Orange Pineapple Salad 1 - Cornbread Muffin 1 - Ice Cream Novelty	2/3 c Garden Vegetable Soup 1 c Texas Beef Skillet 1/2 c Pears 1/2 c Garlic Zucchini Saute 1 - Chocolate Chip Cookie	2/3 c Basil Tomato Soup 2 oz Cheddar Chicken Strips 1/2 c Chef's Steamed Vegetable 3 oz French Fries 1/2 c Fruit Medley
	Milk offered at every meal						Week 2

File this copy

Dietitian's Signature:

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

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-26-2025	Mon 10-27-2025	Tue 10-28-2025	Wed 10-29-2025	Thu 10-30-2025	Fri 10-31-2025	Sat 11-01-2025
B R E A K F A S T	1 - Brunch Burritos 1/4 c Fresh Tomato Salsa 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - French Texas Toast Bake 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Denver Egg Scramble 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Buttermilk Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Breakfast Biscuits and Gravy 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Orange Cranberry Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Chef's Choice Omelet 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N C H	1 c Green Salad 3 oz Autumn Pot Roast 1/2 c Mashed Red Potatoes 1/2 c Maple Roasted Carrots 1 - Baked Roll 1 slice Peanut Butter Pie	1 c Green Salad 3 oz Roasted Lemon Chicken 1/2 c Fettuccine Alfredo 1/2 c Herb Roasted Vegetables 3"x 2" pc Chocolate Oreo Poke Cake	1 c Green Salad 3 oz Honey Glazed Pork Chop 1 - Baked Potato 1/2 c Loaded Cauliflower 1 - Baked Roll 1/2 c Fruit Cobbler	1 c Green Salad 3 oz Bacon Wrapped Patty 1/2 c Sweet Potato Casserole 1/2 c Country Trio Medley 1 - Baked Roll 1 slice Fresh Apple Pie	1 c Green Salad 3 oz Anniversary Chicken 1/2 c Lemon Chive Rice 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 1/2 c Chocolate Mousse	1 c Green Salad 3 oz New England Baked Haddock 1/2 c Roasted Potato Medley 1/2 c Wilted Spinach With Garlic 1 - Baked Roll 1/2 c Berry Cheesecake	1 c Green Salad 3 oz Meatloaf with Caramelized Onion Gravy 1/2 c Baked Yams 1/2 c Capri Blend 1 - Baked Roll 3"x 2" pc Glazed Pumpkin Cake
D I N N E R	2/3 c Lentil Soup 1 slice Ham and Cheese Quiche 1/2 c Assorted Fruit 1/2 c Cranberry Broccoli Salad 1/2 c Sherbet	2/3 c French Onion Soup 1 - Meatball Sub Sandwich 1/2 c Green Beans Italian 1/2 c Fruit Compote	2/3 c Creamy Vegetable Soup 1 c Chicken with Sage Dressing and Gravy 1/2 c Waldorf Salad 1/2 c Roasted Squash 1 - Soft Snickerdoodle	2/3 c Fresh Tomato Soup 1 - Shrimp Salad Croissant 2/3 c Garden Pasta Salad 1 - Orange Slices	2/3 c Italian Vegetable Soup 1 c Philly Cheesesteak Pasta 1/2 c Peaches 1 c Mixed Green Salad 1 - Ice Cream Sandwich	2/3 c Cream of Mushroom Soup 1 - Chicken Melt 1/2 c Glazed Carrots 3 oz Steak Fries 1/2 c Easy Fruit Salad	2/3 c Autumn Soup 1 c Scalloped Pork and Potatoes 1/2 c Cinnamon Fruit Cup 1/2 c Parmesan Peas Pc 2" Lemon Meringue Bars
	Milk offered at every meal						Week 3

File this copy

Dietitian's Signature:

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