



Weekly Menu
Whispering Willows of Mt Vernon



	Sun 01-04-2026	Mon 01-05-2026	Tue 01-06-2026	Wed 01-07-2026	Thu 01-08-2026	Fri 01-09-2026	Sat 01-10-2026
B R E A K F A S T	Brown Sugar French Toast Bacon 100% Juice Cheesy Scrambled Eggs 100% Juice	Denver Egg Scramble 100% Juice Whole Grain Toast	Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Egg of Choice 100% Juice	Breakfast Biscuits and Gravy Egg of Choice 100% Juice	Apple Crumb Muffin Egg of Choice Fresh Fruit 100% Juice	Chef's Choice Omelet Hash Browns 100% Juice Whole Grain Toast
L U N C H	Green Salad Autumn Pot Roast Mashed Red Potatoes Maple Roasted Carrots Baked Roll Peanut Butter Pie	Green Salad Roasted Lemon Chicken Fettuccine Alfredo Herb Roasted Vegetables Chocolate Oreo Poke Cake	Green Salad Honey Glazed Pork Chop Parmesan Roasted Potatoes Loaded Cauliflower Baked Roll Fruit Cobbler	Green Salad Beef Patty Melt Glazed Sweet Potatoes Country Trio Medley Baked Roll Fresh Apple Pie	Green Salad Anniversary Chicken Lemon Chive Rice Chef's Steamed Vegetable Baked Roll	Green Salad New England Baked Haddock Roasted Potato Medley Wilted Spinach With Garlic Fresh Cornbread	Green Salad Meatloaf with Caramelized Onion Gravy Baked Yams Capri Blend Baked Roll
D I N N E R	Lentil Soup Chicken Tender and Fry Basket Assorted Fruit Chef's Sautéed Vegetable Sherbet	Chicken Noodle Soup Meatball Sub Sandwich Green Beans Italian Fruit Compote	Creamy Vegetable Soup Chicken with Sage Dressing and Gravy Roasted Squash Soft Snickerdoodle	Fresh Tomato Soup Baked Lemon Pepper Fish Garden Pasta Salad Orange Slices	Italian Vegetable Soup Korean Beef Delicious Rice Peaches Mixed Green Salad Ice Cream Sandwich	Cream of Mushroom Soup Creamy Pork Chops Glazed Carrots Steak Fries Easy Fruit Salad	Black Bean Corn Salad Chicken Melt Cinnamon Fruit Cup Parmesan Peas Lemon Lush Pudding
Milk offered at every meal							
Week 3							

Dietitian's Signature:

Diane Jager 10-12-2025
610128



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 01-11-2026	Mon 01-12-2026	Tue 01-13-2026	Wed 01-14-2026	Thu 01-15-2026	Fri 01-16-2026	Sat 01-17-2026
B R E A K F A S T	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice	Egg and Ham Breakfast Casserole Fresh Fruit 100% Juice	Cinnamon French Toast Sausage Link 100% Juice	Egg Mushroom Scramble 100% Juice Fresh Biscuit	Homestyle Pancakes Egg of Choice 100% Juice	Sausage Country Gravy and Biscuits Hash Browns 100% Juice	Creamy Oatmeal Egg of Choice 100% Juice Whole Grain Toast
L U N C H	Green Salad Smoky Mountain Chicken Sour Cream Potatoes Bacon Brussels Sprouts Baked Roll	Green Salad Chicken Penne Pasta Roasted Cabbage and Carrots Baked Roll	Green Salad Beef Tips in Gravy Parsley Noodles Sauteed Zucchini	Green Salad Cranberry Glazed Turkey Roast Fresh Cooked Yams Green Bean Casserole Baked Roll	Green Salad Roasted Ham AuGratin Potatoes Buttered Zucchini Baked Roll	Green Salad Sweet and Sour Meatballs Rice Steamed Broccoli	Green Salad Chicken and Broccoli Baked Macaroni Cheese Creamed Spinach
D I N N E R	Garden Tomato Soup Grilled Cheese Sandwich Pears Mixed Vegetables Ice Cream	Cream of Vegetable Soup BBQ Pulled Pork on a Bun Chef's Steamed Vegetable Pan Breadsticks Fruit Medley	Broccoli Cheese Soup Chicken Caesar Salad Grapes Fresh Cornbread	Carrot Soup Cowboy Meatloaf Casserole Classic Mashed Potatoes Zesty Cucumber Salad Pumpkin Pie	Homestyle Beef Vegetable Soup Classic Turkey Sandwich Chickpea Tomato Cucumber Salad Fresh Fruit Cup	Potato Spinach Soup Baked Chicken Ziti Roasted Vegetable Medley Rice Krispie Treats	Basil Tomato Soup Turkey Apple Swiss Melt Peaches Harvard Beets Chocolate Chip Cookie Delight
Milk offered at every meal							Week 4

Dietitian's Signature:

Diane Jager 10-12-2025
* 610128



Weekly Menu
Whispering Willows of Mt Vernon



	Sun 01-18-2026	Mon 01-19-2026	Tue 01-20-2026	Wed 01-21-2026	Thu 01-22-2026	Fri 01-23-2026	Sat 01-24-2026
B R E A K F A S T	Belgian Waffle Egg of Choice 100% Juice	Ham and Cheese Omelet Squares Fresh Fruit 100% Juice Whole Grain Toast	Bacon and Egg Casserole 100% Juice Whole Grain Toast	Brown Sugar French Toast Egg of Choice 100% Juice	Sausage Breakfast Muffins Fresh Fruit 100% Juice	Blueberry Pancakes Hash Browns and Egg of Choice 100% Juice	Egg and Cheese Biscuit Oatmeal 100% Juice
L U N C H	Green Salad Dijon Pork with Apples and Cabbage Candied Yams Mixed Vegetables Baked Roll	Green Salad Classic Salisbury Steak and Gravy Parmesan Mashed Potatoes Garlic Carrots Baked Roll	Green Salad Louisiana Chicken Noodles Southern Green Beans Fresh Cornbread	Green Salad Sour Cream Crusted Fish Parsley Potatoes Seasoned Broccoli Baked Roll	Green Salad Pepper Steak Jasmine Rice Chef's Steamed Vegetable Baked Roll	Green Salad Chicken with Creamy Gravy Herb Roasted Red Potatoes Sautéed Yellow Squash Baked Roll	Green Salad Country Fried Steak with Gravy Classic Macaroni Salad Sautéed Spinach Baked Roll
D I N N E R	Vegetable Rice Soup Deli Sandwich Juicy Fruit Salad Roasted Zucchini Sherbet	Black Bean Salsa Soup Fish and Chips Southern Coleslaw Four Fruit Medley	Chicken Noodle Soup BBQ Pulled Pork on a Bun Fruit Buttered Squash Oatmeal Spice Raisin Cookie	Classic Chicken Noodle Soup Deluxe Hamburger Fresh Fruit Salad Pickled Beets Cinnamon Fruit Turnover	Cream of Potato Soup Chicken Macaroni Salad Peas and Mushrooms Baked Cheddar Roll Creamy Cocktail Salad	Black Bean Salsa Soup Beef Enchilada Casserole Grapes Cucumber Corn Salad Orange Dream Pudding	French Lentil Soup Chicken Patty Sandwich Roasted Cauliflower and Carrots Fall Fruit Salad
Milk offered at every meal							Week 5

Dietitian's Signature:

*Diane Jager 10-12-2025
#610128*



Weekly Menu
Whispering Willows of Mt Vernon



	Sun 01-25-2026	Mon 01-26-2026	Tue 01-27-2026	Wed 01-28-2026	Thu 01-29-2026	Fri 01-30-2026	Sat 01-31-2026
B R E A K F A S T	Eggs and Bacon Hash Browns 100% Juice	Texas French Toast Egg of Choice Fresh Fruit 100% Juice	Cheesy Scrambled Eggs Breakfast Sausage Patty 100% Juice Fresh Biscuit	Blueberry Muffin Egg of Choice 100% Juice	English Muffin Breakfast Sandwich Fresh Fruit 100% Juice	Fluffy Pancakes Sausage Link 100% Juice	Ham and Cheese Omelet Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Hot Turkey Sandwich with Gravy Parsley Seasoned Potatoes Whole Green Beans Baked Roll	Green Salad Chicken with Mushroom Cream Sauce Cheesy Rice Brussels Sprouts Baked Roll	Green Salad Breaded Parmesan Pork Chop Sweet Potato Gratin Spiced Harvard Beets Baked Roll	Green Salad Beef Patty Melt Herb Mashed Potatoes Buttery Carrots Baked Roll	Green Salad Honey Glazed Ham Smashed Sweet Potatoes Green Beans with Bacon Baked Roll	Green Salad Cod Fillet with Lemon Sauce Garlic Parmesan Rice Sautéed Spinach Baked Roll	Green Salad Traditional Lasagna Chef's Steamed Vegetable Garlic Bread
D I N N E R	Fresh Vegetable Soup Ham and Cheese Sandwich Peas Bunny Tracks Ice Cream	Classic Minestrone Soup Brown Sugar Ham Balsamic Roasted Vegetables Garlic Bread Whipped Pineapple Salad	Navy Bean Soup Chicken Patty with Chicken Gravy Mixed Vegetables Chocolate Chip Cookie	Vegetable Medley Soup Egg Salad Croissant Hot Cabbage Slaw Baked Cheddar Roll Five Fruit Salad	Tomato Barley Soup Ground Beef Casserole Pear Fruit Cup California Blend Cheesecake	Garden Vegetable Soup Three Cheese Ravioli Light Caesar Salad Select Orange Salad	Cream of Tomato Soup BBQ Pulled Pork on a Bun Baked Cinnamon Apples Colorful Corn Salad Lemon Dessert
Milk offered at every meal							Week 1

Dietitian's Signature: *Diane Jager 10-12-2025*
610128