



## Weekly Menu

### Whispering Willows of Mt Vernon



	Sun 03-01-2026	Mon 03-02-2026	Tue 03-03-2026	Wed 03-04-2026	Thu 03-05-2026	Fri 03-06-2026	Sat 03-07-2026
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 Classic Tuna Salad Sandwich Chips Spiced Harvard Beets	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	Garden Green Salad Turkey Salad Sandwich Fruit Cocktail Green Beans Chocolate Chip Cookie	Vegetable Medley Soup Glazed Pork Chops Cheesy Rice Hot Cabbage Slaw Garlic Bread 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: *Diana Jagu* 1-23-2026  
610128



## Weekly Menu

Whispering Willows of Mt Vernon



	Sun 03-08-2026	Mon 03-09-2026	Tue 03-10-2026	Wed 03-11-2026	Thu 03-12-2026	Fri 03-13-2026	Sat 03-14-2026
B R E A K F A S T	Homestyle Waffles Egg of Choice 100% Juice	Bacon Quiche 100% Juice Whole Grain Toast	Cinnamon and Sugar Oatmeal Egg of Choice 100% Juice Whole Grain Toast	Ham Egg Muffin Hash Browns Fresh Fruit 100% Juice	French Toast Bacon Egg of Choice 100% Juice	Breakfast Biscuits and Gravy Cheesy Scrambled Eggs 100% Juice	Cinnamon Buns Egg of Choice 100% Juice
L U N C H	Green Salad Maple Glazed Ham Roasted Sweet Potatoes Steamed Cauliflower Baked Roll	Green Salad Teriyaki Chicken Fried Rice Stir Fry Cabbage Baked Roll	Green Salad Beef Patty Melt Buttered Noodles Parmesan Green Beans	Green Salad Braised Pork Chop Garlic Roasted Potatoes Herb Sautéed Vegetables Baked Roll	Green Salad Hamburger Steak and Onions Classic Mashed Potatoes Mixed Vegetables Baked Roll	Green Salad BBQ Meatloaf Seasoned Rice Fresh Cooked Zucchini Baked Roll	Green Salad Texas Beef Skillet Pears Roasted Brussels Sprouts with Dijon Baked Roll
D I N N E R	Chicken Noodle Soup Open Face Turkey Sandwich Ambrosia Capri Blend Fresh Cornbread	Homestyle Vegetable Soup Baked Meatballs with Gravy Assorted Fruit Southwest Vegetable Medley Fresh Cornbread Chocolate Pudding	Basil Tomato Soup Chicken and Biscuits Seasoned Peas Sliced Apples	Broccoli Cheese Soup Red Potato Beef Stew Pickled Beets Mini Croissant Roll Fresh Fruit Cup	Beans and Greens Soup Kielbasa with Peppers Orange Pineapple Salad Cornbread Muffin Ice Cream Novelty	Basil Tomato Soup Grilled Ham and Cheese Sandwich Pears Oven Roasted Broccoli Chocolate Chip Cookie	Asian Vegetable Soup Baked Tilapia Fillet Chef's Steamed Vegetable Jasmine Rice Fruit Medley
Milk offered at every meal							

Week 2

Dietitian's Signature: *Diane Jagu* 1-23-2026  
610128



## Weekly Menu

Whispering Willows of Mt Vernon



	Sun 03-15-2026	Mon 03-16-2026	Tue 03-17-2026	Wed 03-18-2026	Thu 03-19-2026	Fri 03-20-2026	Sat 03-21-2026
B R E A K F A S T	Brown Sugar French Toast Bacon 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 Fresh Fruit 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 Baked Roll Chocolate Oreo Poke Cake	Green Salad Country Fried Steak with Gravy Parmesan Roasted Potatoes Loaded Cauliflower Baked Roll Fruit Cobbler	Green Salad Grilled Turkey Cheddar Sandwich Sweet Potato Casserole Country Trio Medley Baked Roll Fresh Apple Pie	Green Salad Anniversary Chicken Lemon Chive Rice Chef's Steamed Vegetable Baked Roll	Green Salad Baked Tilapia Fillet Roasted Potato Medley Wilted Spinach With Garlic Fresh Combread	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 Sauteed 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 Garlic Bread 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: *Diana Jagan* 1-23-2026  
610128



## Weekly Menu

Whispering Willows of Mt Vernon



	Sun 03-22-2026	Mon 03-23-2026	Tue 03-24-2026	Wed 03-25-2026	Thu 03-26-2026	Fri 03-27-2026	Sat 03-28-2026
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 Sautéed Zucchini	Green Salad Cranberry Glazed Turkey Roast Fresh Cooked Yams Green Bean Casserole Baked Roll	Green Salad Ham Salad Sandwich Chips Three Bean Salad	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 Cookies and Cream Ice Cream	Carrot Soup Cowboy Meatloaf Casserole Classic Mashed Potatoes Zesty Cucumber Salad Pumpkin Pie	Basil Tomato 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: *Diana Jagan* 1-23-2026  
610128



## Weekly Menu

Whispering Willows of Mt Vernon



	Sun 03-22-2026	Mon 03-23-2026	Tue 03-24-2026	Wed 03-25-2026	Thu 03-26-2026	Fri 03-27-2026	Sat 03-28-2026
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 Sautéed Zucchini	Green Salad Cranberry Glazed Turkey Roast Fresh Cooked Yams Green Bean Casserole Baked Roll	Green Salad Ham Salad Sandwich Chips Three Bean Salad	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 Cookies and Cream Ice Cream	Carrot Soup Cowboy Meatloaf Casserole Classic Mashed Potatoes Zesty Cucumber Salad Pumpkin Pie	Basil Tomato 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: *Diana Jagan* 1-23-2026  
610128