



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 03-29-2026	Mon 03-30-2026	Tue 03-31-2026	Wed 04-01-2026	Thu 04-02-2026	Fri 04-03-2026	Sat 04-04-2026
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 <i>and</i> 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 Combread	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 Sauteed Yellow Squash Baked Roll	Green Salad Country Fried Steak with Gravy Classic Macaroni Salad Sauteed 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	Cream of Tomato Soup Chicken Patty Sandwich Corn Fall Fruit Salad
Milk offered at every meal							

Week 5

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



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 04-05-2026	Mon 04-06-2026	Tue 04-07-2026	Wed 04-08-2026	Thu 04-09-2026	Fri 04-10-2026	Sat 04-11-2026
B R E A K F A S T	Eggs and Bacon Hash Browns 100% Juice	Homestyle Waffles 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 Jagan* 1-23-2026
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Weekly Menu

Whispering Willows of Mt Vernon



	Sun 04-12-2026	Mon 04-13-2026	Tue 04-14-2026	Wed 04-15-2026	Thu 04-16-2026	Fri 04-17-2026	Sat 04-18-2026
B R E A K F A S T	Maple Oatmeal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Sausage Scramble Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Egg of Choice Fresh Fruit 100% Juice	Skillet Eggs with Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Baked Cinnamon French Toast Fresh Fruit Egg of Choice 100% Juice	Baked Omelet Fresh Fruit 100% Juice Whole Grain Toast	Deluxe Waffle Breakfast Ham Fresh Fruit 100% Juice
L U N C H	Green Salad Baked Spiral Ham Fresh Cooked Yams Skillet Cabbage Baked Roll Pecan Pie	Green Salad Oven Fried Chicken Hot Potato Salad Honey Roasted Carrots Fresh Biscuit Texas Sheet Cake	Green Salad BBQ Glazed Meatballs Herb Mashed Potatoes Sauteed Summer Squash Baked Roll Cherry Cobbler	Green Salad Roasted Pork Baked Sweet Potato Grilled Asparagus Baked Roll Sherbet Dessert	Green Salad Braised Beef and Broccoli Fried Brown Rice Snow Peas and Carrots Fresh Coconut Cream Pie	Green Salad Crispy Garlic Panko Fish Scalloped Potatoes Parmesan Green Beans Baked Roll Peach Crisp	Green Salad Herb Roasted Turkey Homestyle Stuffing Brussels Sprouts Baked Roll Homemade Carrot Cake
D I N N E R	Potato Spinach Soup Ground Turkey Stroganoff Sunny Fruit Salad California Blend Garlic Breadsticks Fresh Lemon Bars	Vegetable Rice Soup Bean and Cheese Burrito Guacamole Tortilla Chips and Salsa Pineapple Fruit Cup	Garden Tomato Soup Country Club Chicken Salad Vegetables with Ranch Dip Mini Croissant Roll Vanilla Pudding	Mushroom Barley Soup Three Cheese Potato Beef Bake Chef's Steamed Vegetable Fresh Cornbread Orange Cottage Salad	Cream of Vegetable Soup Grilled Turkey Cheddar Sandwich Mixed Fruit Medley Glazed Carrots Chocolate Chip Cookie	Vegetable Ratatouille Soup Spaghetti with Marinara Meat Sauce Pears Light Summer Salad Chocolate Eclair Dessert	Bean and Bacon Soup Breadcrumb Chicken Tenders Strawberries Sweet Slaw Snickerdoodle Brownie
Milk offered at every meal							

Week 1

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Weekly Menu

Whispering Willows of Mt Vernon



	Sun 04-19-2026	Mon 04-20-2026	Tue 04-21-2026	Wed 04-22-2026	Thu 04-23-2026	Fri 04-24-2026	Sat 04-25-2026
B R E A K F A S T	Breakfast Sausage Taquitos Hash Browns Fresh Fruit 100% Juice	Blueberry French Toast Bake Egg of Choice Fresh Fruit 100% Juice	Egg and Ham Wrap Yogurt Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Fresh Fruit 100% Juice	Egg and Tomato Scramble Fresh Fruit 100% Juice Whole Grain Toast	Strawberry Belgian Waffle Bacon Fresh Fruit 100% Juice	English Muffin Breakfast Sandwich Yogurt Fresh Fruit 100% Juice
L U N C H	Green Salad Mississippi Beef Mashed Red Potatoes Baby Carrots Baked Roll Banana Cream Pie	Green Salad Honey Dijon Roasted Chicken Penne Pasta Capri Blend Cinnamon Coffee Cake	Green Salad Pork Chop with Onions Roasted Rosemary Potatoes Herbed Corn Baked Roll Apple Cobbler	Green Salad Seasoned Salisbury Steak Buttered Noodles Green Bean Mushroom Medley Baked Roll Bread Pudding	Green Salad California Chicken Glazed Sweet Potatoes Grilled Zucchini Chocolate Cream Pie	Green Salad Seasoned Baked Fish Lemon Rice Sautéed Spinach Baked Roll Peach Angel Food Cake	Green Salad Balsamic Tomato Glazed Meatloaf Parmesan Roasted Potatoes Chef's Steamed Vegetable Cheesecake
D I N N E R	Vegetable Medley Soup Ham and Cheese Macaroni Bake Select Apple Salad Steamed Broccoli Peanut Butter Cookie	Classic Minestrone Soup Vegetable Quiche Honeydew Grilled Tomatoes Chocolate Caramel Bars	Cream of Broccoli Soup Chicken Pilaf Casserole Pears Light Caesar Salad Strawberry Ice Cream	Fresh Tomato Soup Grilled Tuna Sandwich Cantaloupe Creamy Cucumber Salad Soft Oatmeal Raisin Cookie	Garden Vegetable Soup Skillet Beef and Potatoes Fresh Cooked Carrots Cumbread Muffin Jello Salad	French Lentil Soup Chicken Salad on Croissant Fresh Fruit Cup Vegetable Sticks Ice Cream Sandwich	Homestyle Vegetable Soup Southwest Shredded Pork Tacos Mexicali Corn Five Fruit Salad
Milk offered at every meal							

Week 2

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