



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 05-31-2026	Mon 06-01-2026	Tue 06-02-2026	Wed 06-03-2026	Thu 06-04-2026	Fri 06-05-2026	Sat 06-06-2026
B R E A K F A S T	Peaches and Cream Baked Oatmeal Egg of Choice 100% Juice	Sausage Country Gravy and Biscuits Hash Browns 100% Juice	Homestyle Waffles Egg of Choice 100% Juice	Denver Omelet Fresh Fruit 100% Juice Whole Grain Toast	Brown Sugar French Toast Egg of Choice 100% Juice	Bagel and Cream Cheese Egg of Choice 100% Juice	Egg and Cheese Biscuit Yogurt 100% Juice
L U N C H	Green Salad Ranch Chicken Classic Mashed Potatoes Country Trio Medley Fruit Cobbler	Green Salad Garlic Herb Pork Roast Angel Hair Pasta Italian Peas Baked Roll Chocolate Buttermilk Cake	Green Salad Braised Beef Tips Seasoned Rice Corn Baked Roll Lemon Cream Pie	Green Salad Homestyle Turkey Cornbread Dressing Roasted Cauliflower and Carrots Baked Roll Mixed Berry Crisp	Green Salad Slow Cooked Ham AuGratin Potatoes Lemon Buttered Broccoli Baked Roll Ice Cream Sundae	Green Salad Hawaiian Meatballs Aloha Sweet Potatoes Stir-Fry Vegetables Baked Roll Pineapple Shortcake	Green Salad Grilled Lemon Chicken Greek Potatoes Chef's Steamed Vegetable Mint Brownie
D I N N E R	Portuguese Chickpea Soup Egg Salad Sandwich Pineapple Chunks Green Beans Peanut Butter Rice Krispies Bars	Corn Chowder Classic Turkey Sandwich Honey Glazed Carrots Best Black Beans Sherbet Dessert	Vegetable Macaroni Soup Brown Sugar Ham Orange Slices Farm Fresh Vegetables Assorted Pies	Creamed Spinach Soup Baked Tomato Beef Pasta Pear Fruit Medley Green Beans Fudge Bar	Cream of Mushroom Soup Creamed Turkey and Biscuits Chef's Steamed Vegetable Peach Spring Salad	Fresh Vegetable Soup Ham and Swiss Slider Cantaloupe Apple Coleslaw French Fries Homemade Cookie	Chicken Noodle Soup Grilled Cheese Sandwich Grapes Mixed Vegetables Butterscotch Pudding
	Milk offered at every meal						Week 3

Dietitian's Signature:

Xia Walsh
4-1-26 # 997564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 06-07-2026	Mon 06-08-2026	Tue 06-09-2026	Wed 06-10-2026	Thu 06-11-2026	Fri 06-12-2026	Sat 06-13-2026
B R E A K F A S T	Scrambled Egg and Bacon Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon Buns Sausage Link Fresh Fruit 100% Juice	Coffee Cake Fresh Fruit 100% Juice	French Breakfast Casserole Fresh Fruit 100% Juice	Sausage Biscuit Egg of Choice 100% Juice	Apple Cinnamon Muffin Egg of Choice 100% Juice	Cheese Omelet Sausage Patty 100% Juice 2 Whole Grain Toast
L U N C H	Green Salad Apricot Glazed Pork Roast Seasoned Brown Rice Capri Blend Baked Roll Chocolate Peanut Butter Pie	Green Salad Southwest Pepper Cube Steak Classic Mashed Potatoes Chef's Steamed Vegetable Baked Roll Raspberry Crumb Cake	Green Salad BBQ Chicken Breast Veggie Pasta Salad Green Beans Baked Roll Peach Cobbler	Green Salad Oven Fried Cod Garlic Mashed Potatoes Fresh Asparagus Baked Roll Strawberry Cheesecake	Green Salad Skillet Beef Patty with Gravy Parsley Noodles Sautéed Carrots Baked Roll Key Lime Trifle	Green Salad Monterey Chicken with Mushrooms Rice Pilaf Steamed Broccoli Baked Roll Caramel Cake	Green Salad Breaded Fish Fillet Black Bean Corn Salad Crusty Garlic Bread Fruit Crisp
D I N N E R	Garden Vegetable Soup Baked Salisbury Steak Roasted Zucchini Crusty Garlic Bread Fruit Medley	Minestrone Soup Chicken Patty with Chicken Gravy Easy Fruit Salad Chef's Steamed Vegetable Coconut Cookie	Navy Bean Soup Hawaiian Burger Tater Tots Fresh Mixed Vegetable Salad Creamy Cake Bar	Vegetable Medley Soup Sweet and Sour Pork Stir-Fry Vegetables Rice Whipped Pineapple Salad	Basil Tomato Soup Scalloped Ham and Potatoes Jello Fruit Salad Roasted Parmesan Brussels Sprouts Fudge Bar	Cream of Green Chile Soup Taco Salad Tortilla Chips and Salsa Citrus Banana Salad	Italian Vegetable Soup BBQ Pulled Pork Assorted Fruit Chef's Steamed Vegetable Soft Snickerdoodle
	Milk offered at every meal						Week 4

Dietitian's Signature:

Gina Walsh
4-1-26 # 997564

Weekly Menu

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	Sun 06-14-2026	Mon 06-15-2026	Tue 06-16-2026	Wed 06-17-2026	Thu 06-18-2026	Fri 06-19-2026	Sat 06-20-2026
B R E A K F A S T	Sausage Potato Bake 100% Juice Whole Grain Toast	Creme Brulee French Toast Egg of Choice 100% Juice	Bacon Cheese Omelet 100% Juice Whole Grain Toast	Hometown Blueberry Sausage Bake Egg of Choice Fresh Fruit 100% Juice	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Biscuit Breakfast Sandwich Yogurt Fresh Fruit 100% Juice	Belgian Waffle Egg of Choice Fresh Fruit 100% Juice
L U N C H	Green Salad Brown Sugar Meatloaf Steamed Red Potatoes Seasoned Cauliflower Baked Roll Dutch Apple Pie	Green Salad Fiesta Lime Chicken Best Black Beans Pico De Gallo Baked Roll White Almond Cake	Green Salad Creamy Herbed Pork Chop Roasted Sweet Potatoes Normandy Blend Baked Roll Cinnamon Bread Pudding	Green Salad Hamburger Steak and Onions Parsley Seasoned Potatoes Glazed Baby Carrots Baked Roll Pear Cobbler	Green Salad Hawaiian Baked Chicken Classic Macaroni Salad Whole Green Beans Baked Roll Banana Sheet Cake	Green Salad Lemon Baked Fish Garlic Herb Mashed Potatoes Oven Roasted Broccoli Baked Roll Fresh Blueberry Pie	Green Salad Steak Fajita Spanish Rice Sauteed Zucchini Baked Roll Sopapillas
D I N N E R	Cream of Mushroom Soup Classic Turkey Sandwich Fruit Cocktail Three Bean Salad Popsicle Bar	Vegetable Macaroni Soup Classic Stuffed Bell Peppers Spring Fruit Cup Cookies and Cream Ice Cream	Tomato Basil Parmesan Soup Chicken Salad on Croissant Chef's Steamed Vegetable Creamy Grape Salad	Cream of Broccoli Soup Tuna Salad Sandwich Cucumber Dill Salad Whipped Jello	Fresh Vegetable Soup Hamburger Casserole Fresh Fruit Salad Mixed Vegetables Chocolate Chip Brownie	Creamed Spinach Soup Baked Beef Ravioli Melon Salad Balsamic Roasted Mushrooms Monster Cookie	Homestyle Vegetable Soup Grilled Chicken Sandwich Apple Slices Romaine Orange Salad Peaches and Cream Dessert
	Milk offered at every meal						Week 5

Dietitian's Signature:

Gia Walsh
4-1-26 # 997564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 06-21-2026	Mon 06-22-2026	Tue 06-23-2026	Wed 06-24-2026	Thu 06-25-2026	Fri 06-26-2026	Sat 06-27-2026
B R E A K F A S T	Maple Oatmeal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Sausage Scramble 100% Juice 2 Whole Grain Toast	Blueberry Pancakes Egg of Choice 100% Juice	Skillet Eggs with Hash Browns 100% Juice Whole Grain Toast	Baked Cinnamon French Toast Egg of Choice 100% Juice	Baked Omelet 100% Juice Whole Grain Toast	Deluxe Waffle Breakfast Ham 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 Garlic Bread Texas Sheet Cake	Green Salad Breaded Fish Fillet 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 Beef and Broccoli Stir-Fry 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	Chicken Noodle Soup Baked Meatballs with Gravy Sunny Fruit Salad California Blend Garlic Breadsticks Lemon Fluff Dessert	Vegetable Rice Soup Classic Turkey Sandwich Colorful Corn Salad Pineapple Fruit Cup	Garden Tomato Soup Classic Salisbury Steak and Gravy Chef's Steamed Vegetable Mini Croissant Roll Vanilla Pudding	Mushroom Barley Soup Three Cheese Potato Beef Bake Chef's Steamed Vegetable Fresh Cornbread Assorted Pies	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	Navy Bean Soup Breadcrumb Chicken Tenders Sweet Slaw Strawberry Ice Cream
	Milk offered at every meal						Week 1

Dietitian's Signature:

Oxia Walsh
4-1-26 # 997564



Weekly Menu

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	Sun 06-28-2026	Mon 06-29-2026	Tue 06-30-2026	Wed 07-01-2026	Thu 07-02-2026	Fri 07-03-2026	Sat 07-04-2026
B R E A K F A S T	Sausage Country Gravy and Biscuits Hash Browns 100% Juice	Blueberry French Toast Bake Egg of Choice 100% Juice	Bacon and Egg Casserole Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice 100% Juice	Egg and Tomato Scramble 100% Juice Whole Grain Toast	Strawberry Belgian Waffle Bacon <i>and</i> Egg of Choice 100% Juice	English Muffin Breakfast Sandwich Fresh Fruit 100% Juice
L U N C H	Green Salad Baked Ham 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 Corn Chocolate Cream Pie	Green Salad Seasoned Baked Fish Lemon Rice Sauteed 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 BBQ Glazed Meatballs Select Apple Salad Steamed Broccoli Peanut Butter Cookie	Classic Minestrone Soup Grilled Ham and Cheese Sandwich Assorted Fruit Chef's Steamed Vegetable Assorted Pies	Basil Tomato Soup Classic Tuna Salad Sandwich Pears Chef's Steamed Vegetable Strawberry Ice Cream	Broccoli Cheese Soup Butter Crumb Chicken Casserole Cantaloupe Cream Peas Soft Oatmeal Raisin Cookie	Garden Vegetable Soup Skillet Beef and Potatoes Fresh Cooked Carrots Cornbread Muffin Apple Cake	French Lentil Soup Grilled Cheese Sandwich Fresh Fruit Cup Country Trio Medley Ice Cream Sandwich	Homestyle Vegetable Soup BBQ Pulled Pork Mexicali Corn Five Fruit Salad
	Milk offered at every meal						Week 2

Dietitian's Signature:

Gina Walsh
4-1-26 # 997564