



## Weekly Menu

Whispering Willows of Mt Vernon



	Sun 07-05-2026	Mon 07-06-2026	Tue 07-07-2026	Wed 07-08-2026	Thu 07-09-2026	Fri 07-10-2026	Sat 07-11-2026
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	Cheesy Scrambled Eggs Cold Cereal 100% Juice Mini Croissant Roll
L U N C H	Green Salad Ranch Chicken Classic Mashed Potatoes Country Trio Medley Fruit Cobbler	Green Salad Garlic Herb Pork Roast Classic Mashed Potatoes Italian Peas Baked Roll Chocolate Buttermilk Cake	Green Salad BBQ Pulled Pork 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 Baked Lemon Pepper Fish 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 Green Beans Vanilla Pudding	Black Bean Salsa Soup Classic Turkey Sandwich Honey Glazed Carrots Best Black Beans Sherbet Dessert	Vegetable Macaroni Soup Chicken Patty with Chicken Gravy 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 Cheese Ravioli with Pasta Sauce Chef's Steamed Vegetable Peach Spring Salad	Fresh Vegetable Soup Ham Salad Sandwich Asian Coleslaw Homemade Cookie	Chicken Noodle Soup Grilled Cheese Sandwich Mixed Vegetables Butterscotch Pudding
	Milk offered at every meal						Week 3

Dietitian's Signature:

*Gia Walsh*  
4-1-26 # 997564



## Weekly Menu

### Whispering Willows of Mt Vernon



	Sun 07-12-2026	Mon 07-13-2026	Tue 07-14-2026	Wed 07-15-2026	Thu 07-16-2026	Fri 07-17-2026	Sat 07-18-2026
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 Creamy AuGratin 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 Sauteed Carrots Baked Roll Key Lime Trifle	Green Salad Monterey Chicken with Mushrooms Rice Pilaf Chef's Steamed Vegetable 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 Corn 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 Hot Turkey Sandwich with Gravy Assorted Fruit Roasted Parmesan Brussels Sprouts Fudge Bar	Cream of Green Chile Soup Taco Casserole Corn Banana Cream Pie	Italian Vegetable Soup BBQ Pulled Pork Assorted Fruit Mixed Vegetables Soft Snickerdoodle
Milk offered at every meal							

Week 4

Dietitian's Signature:

Olivia Walsh  
4-1-26 # 997564



## Weekly Menu

### Whispering Willows of Mt Vernon



	Sun 07-19-2026	Mon 07-20-2026	Tue 07-21-2026	Wed 07-22-2026	Thu 07-23-2026	Fri 07-24-2026	Sat 07-25-2026
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 Corn 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 Pepper Steak with Gravy Lemon Rice Green Beans 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 Turkey Salad Sandwich 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 Ice Cream	Creamed Spinach Soup Baked Beef Ravioli Melon Salad Balsamic Roasted Mushrooms Monster Cookie	Homestyle Vegetable Soup Ham Salad Sandwich Fresh Cooked Carrots Baked Roll Peaches and Cream Dessert
Milk offered at every meal							Week 5

Dietitian's Signature: *Gioa Walsh*  
4-1-26 # 997564



## Weekly Menu

Whispering Willows of Mt Vernon



	Sun 07-26-2026	Mon 07-27-2026	Tue 07-28-2026	Wed 07-29-2026	Thu 07-30-2026	Fri 07-31-2026	Sat 08-01-2026
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 Sausage Patty 100% Juice
L U N C H	Green Salad Breadcrumb Chicken Tenders 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 Coleslaw 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 Beef and Corn Casserole Parmesan Green Beans Baked Roll Peach Crisp	Green Salad Herb Roasted Turkey Homestyle Stuffing Corn Baked Roll Homemade Carrot Cake
D I N N E R	Chicken Noodle Soup Baked Meatballs with Gravy Sunny Fruit Salad California Blend 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 Butterscotch Pudding	Cream of Vegetable Soup Grilled Turkey Cheddar Sandwich Mixed Fruit Medley Glazed Carrots Chocolate Chip Cookie	Vegetable Ratatouille Soup Classic Tuna Salad Sandwich Pears Chef's Steamed Vegetable Chocolate Ice Cream	Navy Bean Soup Egg Salad Sandwich Green Beans Strawberry Ice Cream

Milk offered at every meal

Week 1

Dietitian's Signature: *Gia Walsh*  
4-1-26 # 997564