



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 08-30-2026	Mon 08-31-2026	Tue 09-01-2026	Wed 09-02-2026	Thu 09-03-2026	Fri 09-04-2026	Sat 09-05-2026
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 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 Jasmine Rice Snow Peas and Carrots Fresh Coconut Cream Pie	Green Salad BBQ Sloppy Joe on a Bun Scalloped Potatoes Parmesan Green Beans Baked Roll Peach Crisp	Green Salad Three Cheese Potato Beef Bake Fruit Cup 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	Cream of Mushroom Soup Grilled Turkey Cheddar Sandwich Chef's Steamed Vegetable Butterscotch Pudding	Cream of Vegetable Soup Baked Lemon Chicken Glazed Carrots Chocolate Chip Cookie	Vegetable Ratatouille Soup Baked Fish Fillet Pears Chef's Steamed Vegetable Chocolate Ice Cream	Navy Bean Soup Chicken Patty with Chicken Gravy Green Beans Strawberry Ice Cream
Milk offered at every meal							

Week 1

Dietitian's Signature:

Gisa Walch
4-1-26 # 999564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 09-06-2026	Mon 09-07-2026	Tue 09-08-2026	Wed 09-09-2026	Thu 09-10-2026	Fri 09-11-2026	Sat 09-12-2026
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	Baked Cinnamon French Toast Bacon and Egg of Choice 100% Juice	Waffles Egg of Choice Fresh Fruit 100% Juice
L U N C H	Green Salad BBQ Pulled Pork 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 Creamed Spinach 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 Cream Peas Soft Oatmeal Raisin Cookie	Garden Vegetable Soup Cheese Ravioli with Pasta Sauce Fresh Cooked Carrots Garlic Bread Apple Cake	Classic Minestrone Soup Grilled Cheese Sandwich Classic Mashed Potatoes Country Trio Medley Ice Cream Sandwich	Homestyle Vegetable Soup Herb Roasted Turkey with Gravy Mexicali Corn Five Fruit Salad
Milk offered at every meal							Week 2

Dietitian's Signature:

Gia Walsh
4-1-26 # 997564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 09-13-2026	Mon 09-14-2026	Tue 09-15-2026	Wed 09-16-2026	Thu 09-17-2026	Fri 09-18-2026	Sat 09-19-2026
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	Bagel and Cream Cheese Hash Browns Fruit Cocktail 100% Juice	Denver Omelet Fresh Fruit 100% Juice Whole Grain Toast	Brown Sugar French Toast Egg of Choice 100% Juice	Coffee Cake Egg of Choice 100% Juice	Cheesy Scrambled Eggs Cold Cereal Fresh Fruit 100% Juice Jelly Toast
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 Baked Tomato Beef Pasta Roasted Cauliflower and Carrots Baked Roll Mixed Berry Crisp	Green Salad Cheese Ravioli with Pasta Sauce 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	Black Bean Salsa Soup Hot Turkey Sandwich with Gravy Pear Fruit Medley Green Beans Fudge Bar	Cream of Mushroom Soup Baked Lemon Pepper Fish Chef's Steamed Vegetable Fresh Cornbread 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 09-20-2026	Mon 09-21-2026	Tue 09-22-2026	Wed 09-23-2026	Thu 09-24-2026	Fri 09-25-2026	Sat 09-26-2026
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	Pancakes 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 Chef's Steamed Vegetable Baked Roll Peach Cobbler	Green Salad Oven Fried Cod Cheesy Scalloped 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 Chicken with Mushroom Cream Sauce Rice Pilaf Chef's Steamed Vegetable Baked Roll Caramel Cake	Green Salad Breadcrumbs Chicken Tenders 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 Green Beans Assorted Cookies	Navy Bean Soup Hawaiian Burger Tater Tots Baby Carrots Creamy Cake Bar	Vegetable Medley Soup Sweet and Sour Pork Italian Peas Rice Whipped Pineapple Salad	Basil Tomato Soup Hot Turkey Sandwich with Gravy Assorted Fruit Roasted Parmesan Brussels Sprouts Fudge Bar	Cream of Chicken Soup Taco Casserole Corn Lemon Pudding	Italian Vegetable Soup BBQ Pulled Pork Assorted Fruit Mixed Vegetables Soft Snickerdoodle
Milk offered at every meal							Week 4

Dietitian's Signature:

Gia Walsh
4-1-26 # 997564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 09-27-2026	Mon 09-28-2026	Tue 09-29-2026	Wed 09-30-2026	Thu 10-01-2026	Fri 10-02-2026	Sat 10-03-2026
B R E A K F A S T	Sausage Potato Bake 100% Juice Whole Grain Toast	Bagel and Cream Cheese Egg of Choice 100% Juice	Bacon Cheese Omelet Fresh Fruit 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	Cinnamon French Toast Egg of Choice Fresh Fruit 100% Juice
L U N C H	Green Salad Ground Beef Casserole Steamed Red Potatoes Chef's Steamed Vegetable Baked Roll Dutch Apple Pie	Green Salad Fiesta Lime Chicken Best Black Beans Chef's Steamed Vegetable 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 Salisbury Steak and Gravy Corn Cookies and Cream Ice Cream	Tomato Basil Parmesan Soup Turkey Salad Sandwich Chef's Steamed Vegetable Butterscotch Pudding	Cream of Chicken Soup Tuna Salad Sandwich Cucumber Dill Salad Assorted Cookies	Fresh Vegetable Soup Hamburger Casserole Fresh Fruit Salad Mixed Vegetables Ice Cream	Creamed Spinach Soup Baked Beef Ravioli Fruit Cup Balsamic Roasted Mushrooms Vanilla Wafers	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:

Gia Walsh
4-1-26 # 997564