



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-04-2026	Mon 10-05-2026	Tue 10-06-2026	Wed 10-07-2026	Thu 10-08-2026	Fri 10-09-2026	Sat 10-10-2026
B R E A K F A S T	French Toast Egg of Choice Fresh Fruit 100% Juice	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 Breadcrumbs Chicken Tenders Fresh Cooked Yams Coleslaw 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 Glazed Hamburger Steak Fruit Cup Corn Baked Roll Homemade Carrot Cake
D I N N E R	Chicken Noodle Soup Baked Meatballs with Gravy 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: *Alexa Webb*
9-7-26 #977564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-11-2026	Mon 10-12-2026	Tue 10-13-2026	Wed 10-14-2026	Thu 10-15-2026	Fri 10-16-2026	Sat 10-17-2026
B R E A K F A S T	Cheese Omelet Breakfast Sausage Patty Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Egg of Choice Fresh Fruit 100% Juice	Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Baked Cinnamon French Toast Bacon Fresh Fruit 100% Juice	Ham Egg and Cheese Casserole Fresh Fruit 100% Juice Whole Grain Toast	Maple Oatmeal Egg of Choice Fresh Fruit 100% Juice	Belgian Waffle Egg of Choice Fresh Fruit 100% Juice
L U N C H	Green Salad Baked Meatballs with Gravy Mashed Red Potatoes Roasted Carrots Baked Roll Caramel Apple Pie	Green Salad Buttermilk Fried Chicken Candied Yams Green Beans with Bacon Baked Roll Banana Pudding Poke Cake	Green Salad Pork Chops with Sour Cream Sauce Homestyle Stuffing Peas and Mushrooms Cherry Cobbler	Green Salad Herb Marinated Steak Garlic Pasta Lemon Buttered Broccoli Baked Roll Strawberry Mousse	Green Salad Swiss and Onion Chicken Breast Parsley Potatoes Italian Peas Baked Roll Homemade Chocolate Cream Pie	Green Salad Baked Cod Fillet Cheesy Rice Chef's Steamed Vegetable Baked Roll Angel Food Cake	Green Salad Herb Roasted Turkey with Gravy Roasted Red Potatoes Chef's Steamed Vegetable Baked Roll Fruit Crisp
D I N N E R	Cream of Cauliflower Soup Monterrey Ham Hoagie Four Fruit Medley Pickled Beets Molasses Sugar Cookie	Fresh Vegetable Soup BBQ Pulled Pork on a Bun Herb Roasted Tomatoes Peach Fruit Cup	Minestrone Soup Chicken Parmesan Dish Pears Green Beans Sherbet	Garden Tomato Soup Egg Salad Sandwich Zesty Cucumber Salad Assorted Pies	Vegetable Medley Soup Hot Turkey Sandwich with Gravy Mixed Vegetables Cinnamon Stewed Apples	Stuffed Pepper Soup Chicken Patty Sandwich Assorted Fruit Colorful Corn Salad Vanilla Ice Cream	Vegetable Barley Soup Classic Lasagna California Blend Garlic Bread Assorted Fruit
Milk offered at every meal							

Week 1

Dietitian's Signature:

Olivia Nohak
9-2-26 # 977564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-18-2026	Mon 10-19-2026	Tue 10-20-2026	Wed 10-21-2026	Thu 10-22-2026	Fri 10-23-2026	Sat 10-24-2026
B R E A K F A S T	Denver Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon French Toast Egg of Choice Hash Browns 100% Juice	Brown Sugar French Toast Sausage Link Fresh Fruit 100% Juice	Cinnamon and Sugar Oatmeal Egg of Choice Fresh Fruit 100% Juice	Cheesy Scrambled Eggs Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	English Muffin Breakfast Sandwich Hash Browns Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Bacon Fresh Fruit 100% Juice
L U N C H	Green Salad Garlic Broiled Chicken Breast Penne Pasta Italian Peas Baked Roll Vanilla Cream Pie	Green Salad Beef Patty Melt Baked Yams Green Beans Baked Roll Blueberry Coffee Cake	Green Salad Bacon Roasted Chicken Classic Mashed Potatoes Lemon Glazed Carrots Baked Roll Maple Bread Pudding	Green Salad Homestyle Turkey with Gravy Sage Stuffing Baked Squash Baked Roll Apple Cobbler	Green Salad Cranberry Glazed Ham AuGratin Potatoes Whole Green Beans Baked Roll Spiced Pear Cake	Green Salad Meatballs with Marinara Sauce Buttered Pasta Seasoned Broccoli Baked Roll Peanut Butter Brownie	Green Salad Parmesan Crusted Chicken Smashed Red Potatoes Capri Blend Baked Roll Berry Trifle
D I N N E R	Basil Tomato Soup Grilled Cheese Sandwich Pears Mixed Vegetables Chocolate Chip Cookie	Garden Vegetable Soup Tuna Melt Fruit Compote Cauliflower with Cheese Sauce Layered Pudding	Cream of Broccoli Soup Beef Patty with Crimini Mushrooms Corn Baked Cheddar Roll Berries and Cream	Homestyle Vegetable Soup Shepherd's Pie Fruit Medley Roasted Cauliflower Vanilla Ice Cream	Cream of Vegetable Soup Beef Chili Fresh Fruit Southwest Vegetable Medley Cornbread Muffin Assorted Cookies	Lentil Soup Ham Melt Coleslaw Vinaigrette Select Peach Salad	Pasta Fagioli Soup Patty Melt Sandwich Fruit Cup Tossed Vegetable Salad Homemade Cookie

Milk offered at every meal

Week 2

Dietitian's Signature: *Alicia N. J. 66*
9-7-26 #977564



Weekly Menu

Whispering Willows of Mt Vernon



	Sun 10-25-2026	Mon 10-26-2026	Tue 10-27-2026	Wed 10-28-2026	Thu 10-29-2026	Fri 10-30-2026	Sat 10-31-2026
B R E A K F A S T	Baked Hash Browns with Bacon Fresh Fruit 100% Juice Whole Grain Toast	Belgian Waffle Sausage Link Fresh Fruit 100% Juice	Baked Denver Omelet Hash Browns Fresh Fruit 100% Juice	Baked Cinnamon French Toast Egg of Choice Fresh Fruit 100% Juice	Sausage Potato Bake Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Egg of Choice Fresh Fruit 100% Juice	Ham and Cheese Omelet Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Classic Salisbury Steak and Gravy Glazed Sweet Potatoes Mixed Vegetables Baked Roll Chocolate Turtle Cake	Green Salad Chicken Fried Steak and Gravy Classic Mashed Potatoes Baby Carrots Baked Roll Pumpkin Pie	Green Salad Rosemary Lemon Chicken Delicious Rice Chef's Sauteed Vegetable Baked Roll Cherry Cheesecake	Green Salad Baked Haddock Au Gratin Roasted Potato Medley Oven Roasted Cauliflower Baked Roll Grandma's Brown Sugar Cake	Green Salad Beef Burgundy Buttered Noodles Peas and Carrots Baked Roll Lemon Mousse Dessert	Green Salad Southwest Shredded Chicken Lemon Rice Glazed Carrots Baked Roll Pineapple Cream Pie	Green Salad Herb Roasted Turkey with Gravy Carrot Green Bean Blend Crusty Garlic Bread Peach Cobbler
D I N N E R	Black Bean Salsa Soup Egg Salad Sandwich Cinnamon Fruit Cup Chef's Steamed Vegetable Assorted Cookies	Tomato Florentine Soup Classic Tuna Salad Sandwich Green Beans Italian Fruit Toss	Corn Chowder Grilled Roast Beef Sandwich Creamy Peach Salad California Blend Peanut Butter Oatmeal Cookie	Fresh Vegetable Soup BBQ Pulled Pork on a Bun Pear Fruit Cup Coleslaw Ice Cream Sandwich	Broccoli Cheese Soup Chicken Salad Sandwich Green Beans Garlic Bread Soft Fall Fruit Salad	Tuscan Vegetable Stew Classic Lasagna Fresh Asparagus Butterscotch Pudding	Cream of Mushroom Soup Chicken Patty Sandwich Fresh Fruit Salad Herb Sauteed Vegetables Double Chocolate Chip Cookie
Milk offered at every meal							

Week 3

Dietitian's Signature: *Olia N. L.*
9-1-26 # 977564