Weekly Menu

Whispering Willows of Mt Vernon



	Sun 11-01-2026	Mon 11-02-2026	Tue 11-03-2026	Wed 11-04-2026	Thu 11-05-2026	Fri 11-06-2026	Sat 11-07-2026
BREAKFAST	Brown Sugar French Toast Egg of Choice Fresh Fruit 100% Juice	Baked Oatmeal with Cinnamon Apples Fresh Fruit 100% Juice	Coffee Cake Egg of Choice Fresh Fruit 100% Juice	Fried Egg Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Fresh Fruit 100% Juice Whole Grain Toast	Perfect Pancakes Bacon Fresh Fruit 100% Juice	Egg of Choice Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
LUNCH	Green Salad Baked Salisbury Steak Garlic Roasted Potatoes Italian Seasoned Green Beans Baked Roll Vanilla Cream Pie	Green Salad Creamy Herbed Pork Chop Lemon Pasta Herb Roasted Vegetables Baked Roll Blueberry Cobbler	Green Salad Diner Style Hot Turkey Sandwich Sour Cream Potatoes Mixed Vegetables Chocolate Chip Pumpkin Cake	Green Salad Teriyaki Chicken Classic Mashed Potatoes Country Trio Medley Baked Roll German Chocolate Brownie	Green Salad Chicken Parmesan with Marinara Sauce Creamy AuGratin Potatoes Roasted Cauliflower and Carrots Baked Roll Maple Pecan Shortbread	Green Salad Beef Potato Stew Steamed Red Potatoes Mixed Vegetables Baked Roll Honey Bread Pudding	Green Salad Shredded Turkey Gravy Chef's Steamed Vegetable Baked Roll Autumn Spice Cake
DINNER	Beans and Greens Soup Shredded Pork Sandwich Ambrosia Pickled Beets and Onions Tater Tots Assorted Cookies	Black Bean Salsa Soup Grilled Cheese Sandwich Mexican Corn Five Fruit Salad	Vegetable Medley Soup Baked Lemon Pepper Fish Apple Salad Green Beans Garlic Bread Frosted Sugar Cookie	Chicken Noodle Soup Grilled Ham and Swiss Sandwich Baked Beans Orange Slices	Cream of Vegetable Soup Hot Beef Sandwich Peaches Three Bean Salad Strawberry Ice Cream	Basil Tomato Soup Baked Fish Fillet Fresh Fruit Cup Roasted Broccoli with Garlic and Lemon Peanut Butter M&M Cookie	Potato Mushroom Soup BBQ Chicken Sandwich Assorted Fruit Italian Peas Assorted Cookies
	Milk offered at every meal						Week 4

Dietitian's Signature: Gina Nolt 9-7-26 #977564

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 11-08-2026	Mon 11-09-2026	Tue 11-10-2026	Wed 11-11-2026	Thu 11-12-2026	Fri 11-13-2026	Sat 11-14-2026
BREAKFAST	Egg Mushroom Scramble Hash Brown Fresh Fruit 100% Juice Whole Grain Toast	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Bagel and Cream Cheese Egg of Choice Fresh Fruit 100% Juice	Ham Egg and Cheese Casserole Fresh Fruit 100% Juice Whole Grain Toast	Banana Nut Muffin Egg of Choice Fresh Fruit 100% Juice	Cinnamon Belgian Waffles Egg of Choice Fresh Fruit 100% Juice	Chef's Choice Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
LUNCH	Green Salad Glazed Ham Roasted Sweet Potatoes Red Cabbage Baked Roll Pear Crisp	Green Salad Herb Crusted Chicken Classic Mashed Potatoes Garlic Green Beans Baked Roll Chocolate Chip Cake	Green Salad Herb Roasted Turkey Parsley Noodles Buttery Carrots Baked Roll Caramel Gingerbread Bars	Green Salad Pork Roast Teriyaki Rice Stir-Fry Vegetables Baked Roll Fresh Coconut Cream Pie	Green Salad Beef Tips with Sauce Cheesy Scalloped Potatoes Roasted Zucchini Baked Roll Berry Buckle Cake	Green Salad Lemon Garlic Tilapia Seasoned Rice Normandy Blend Baked Roll Fruit Cobbler	Green Salad Turkey with Mushroom Sauce Cornbread Dressing Bacon Brussels Sprouts Baked Roll Pumpkin Cranberry Bread
DINNER	Cheddar Corn Chowder Pork Stuffed Peppers Fruit Cocktail Corn Salad Maple Oatmeal Cookie	Fresh Tomato Soup Egg Salad Sandwich Steamed Broccoli Tangy Pear Salad	Chicken Noodle Soup Baked Salisbury Steak Assorted Fruit Chef's Steamed Vegetable Vanilla Pudding	Italian Vegetable Soup Baked Ziti Pear Fruit Compote Garlic Mushroom Cauliflower Saute Strawberry Ice Cream	Butternut Squash Soup Turkey Club Sandwich Pineapple Chunks Balsamic Tomato and Cucumbers No Bake Cookie	Garden Vegetable Soup Beef Enchilada Casserole Creamy Mandarin Salad Guacamole Chocolate Peanut Butter Bars	Potato Spinach Soup Crispy Herb Chicken Tenders Sauteed Yellow Squash Tater Tots Baked Cinnamon Apples
	Milk offered at every meal						Week 5

Dietitian's Signature: Nina Nobl 9.1.26 # 999564

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 11-15-2026	Mon 11-16-2026	Tue 11-17-2026	Wed 11-18-2026	Thu 11-19-2026	Fri 11-20-2026	Sat 11-21-2026
BREAKFAST	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
LUNCH	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
DINNER	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: Nina Nobl 9-7-26 #977564

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 11-22-2026	Mon 11-23-2026	Tue 11-24-2026	Wed 11-25-2026	Thu 11-26-2026	Fri 11-27-2026	Sat 11-28-2026
BREAKFAST	Denver Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon French Toast Egg of Choice Hash Browns 100% Juice	Mexican Skillet Scramble 100% Juice Whole Grain Toast	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 Fresh Fruit 100% Juice
LUNCH	Green Salad Garlic Broiled Chicken Breast Penne Pasta Italian Peas Baked Roll Vanilla Cream Pie	Green Salad Beef Patty Melt Baked Yams Chef's Sauteed Vegetable Baked Roll Blueberry Coffee Cake	Green Salad Brown Sugar Pork Chops 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
DINNER	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: Lisa Wolf 9-1-26 # 177564

Weekly Menu

Whispering Willows of Mt Vernon



	Sun 11-29-2026	Mon 11-30-2026	Tue 12-01-2026	Wed 12-02-2026	Thu 12-03-2026	Fri 12-04-2026	Sat 12-05-2026
BREAKFAST	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
LUNCH	Green Salad Classic Salisbury Steak and Gravy Glazed Sweet Potatoes Mixed Vegetables Baked Roll Chocolate Turtle Cake	Green Salad Country 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 Hamburger Steak with Gravy 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
DINNER	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: Gina Noel 9-7-26 # 997564