



CAPITAL HEALTH

GABLES CARE CENTER

Week-At-A-Glance

Gables Care Center 2015-2016 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Crispy Bacon 2 Sl Scrambled Egg 2 Oz White Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Patty 2 Oz Pancakes 2 Ind Cereal, Hot 4 Oz Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz White Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Patty 2 Oz French Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz White Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Patty 2 Oz French Toast 2 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Crispy Bacon 2 Sl Egg Sandwich 3 Oz Hot Cereal 4 Oz Vit C Juice 4 Oz
Lunch:Regular						
Salisbury Steak 3 Oz Bread 1 Sl Buttered Corn 1/2 Cup Steamed Rice 4 Oz Chilled Pears 1/2 Cup	Beef & Pasta Casserole 8 Oz Bread 1 Sl Buttered Carrots 1/2 Cup Orange Sherbet 1/2 Cup	Chicken Breast 3 Oz Tossed Salad 1 Cup Rice Pilaf 4 Oz Fruit Cup 1/2 Cup	Baked Fish 3 Oz Bread 1 Sl Zucchini 4 Oz Herbed Rice 1/2 Cup Pudding 4 Oz	Hot Turkey Sandwich 1 Whle Broccoli 4 Oz Mashed Potato 4 Oz Fruit Pie 1 Srv	Egg Salad 3 Oz Bun 1 Ind Pickled Beets 1/2 Cup Cream Of Potato Soup 6 Oz Diced Peaches 4 Oz	Country Fried Steak 3 Oz Bread 1 Sl Mixed Vegetables 4 Oz French Fries 4 Oz Crushed Pineapple 1/2 Cup
Dinner:Regular						
Bbq Chicken 3 Oz Bread 1 Sl Succotash 4 Oz Buttered Parsley Noodles 1/2 Cup Ice Cream 4 Oz	Tuna Noodle Casserole 8 Oz Bread 1 Sl Green Peas 1/2 Cup Peaches 4 Oz	Pulled Pork on Bun 1 Ind Bun 1 Ind Italian 3-bean Salad 4 Oz Tator Tots 4 Oz Pudding 4 Oz	Baked Chicken 3 Oz Corn 4 Oz Parsley Noodles 4 Oz Yogurt 4 Oz	Beef Tips 3 Oz Bread 1 Sl Buttered Green Beans 1/2 Cup Buttered Noodles 4 Oz Fruit Cocktail 4 Oz	Cheeseburger Pasta Bake 8 Oz Garlic Breadstick 1 Ind Tossed Salad 1 Cup Strawberry shortcake cake 1 Sl	Ham Salad 3 Oz Croissant 1 Ind Tomato Juice 4 Oz Navy Bean Soup 6 Oz Fruit Cup 1/2 Cup



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Vit C Juice 4 Oz Sausage Gravy 3 Oz Biscuit 1 Ind Hot Cereal 4 Oz	Crispy Bacon 2 Sl Scrambled Egg 2 Oz White Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Patty 2 Oz Cinnamon French Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Baked Omelet 1 Ind Toast 1 Sl Hot Cereal 4 Oz Margarine 1 Tsp Vit C Juice 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz White Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Link 2 Oz French Toast 2 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz
Lunch:Regular						
Grilled Chicken Breast 3 Oz Garlic Bread 1 Sl Buttered Beets 1/2 Cup Pasta/ Alfredo Sauce 1/2 Cup Orange Cake/icing 1 Srv	Cheeseburger On Bun 1 Ind Hamburger Bun 1 Ea Relish Plate 1 Ind Macaroni Salad 4 Oz Fruit Cup 1/2 Cup	Fried Chicken 3 Oz Bread 1 Sl Coleslaw 4 Oz Sweet Potato Fries 4 Oz Cherry Pie 1 Pc	Salisbury Steak 3 Oz Bread 1 Sl Buttered Corn 1/2 Cup Mashed Potatoes 4 Oz Applesauce 1/2 Cup	Pork Chop 3 Oz Bread 1 Sl Fried Cabbage 1/2 Cup Baked Potato 1 Ind Cookie 1 Ind	Sweet& Sour Chicken 4 Oz Bread 1 Sl Oriental Mixed Vegetables 4 Oz Rice Pilaf 1/2 Cup Cheesecake 1 Pc	Polish Sausage 3 Oz Dinner Roll 1 Ind Sauerkraut 1/2 Cup Mashed Potatoes 4 Oz Fruited Gelatin 1/2 Cup
Dinner:Regular						
Hot Dog 2 Oz Hot Dog Roll 1 Ind Cole Slaw 1/2 Cup Chili 6 Oz Chocolate Chip Cookie 1 Ind	Meat Sauce 4 Oz Garlic Bread Stick 1 Ind Tossed Salad 1 Cup Spaghetti 1/2 Cup Blushing Pears 1/2 Cup	Ham And Cheese Sandwich 3 Oz Bun 1 Ind Italian 3-bean Salad 4 Oz Cream Of Broccoli Soup 6 Oz Peaches 4 Oz	Vegetable Lasagna 8 Oz Bread 1 Sl Buttered Carrots 1/2 Cup Sherbet 1/2 Cup	Bologna Cheese on bun 3 Oz Bun 1 Ind Relish Plate 1 Ind Chicken Noodle Soup 6 Oz Strawberry Shortcake 1 Srv Crackers 3 Pkt	Roast Beef 3 Oz Bread 1 Sl Cauliflower 4 Oz Mashed Potatoes 4 Oz Apricots 1/2 Cup	Chicken Patty 3 Oz Bun 1 Ind Green Beans 1/2 Cup Onion Rings 5 Ind Ice Cream 4 Oz



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Gables Care Center 2015-2016 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Pattie 2 Oz Scrambled Egg 2 Oz Donut 1 Ind Oatmeal 4 Oz Vit C Juice 4 Oz	Sausage Gravy 3 Oz Biscuit 1 Ind Hot Cereal 4 Oz Vit C Juice 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Crispy Bacon 2 Sl Scrambled Egg 2 Oz White Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Patty 2 Oz Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz
Lunch:Regular						
Roast Pork 3 Oz Dinner Roll 1 Ind Succotash 4 Oz Roasted Potatoes 3 Ind Winter Fruit Compote 1/2 Cup	Chicken Salad 3 Oz Bun 1 Ind Coleslaw 4 Oz Potato Chips 1 Oz Peaches With Whipped Topping 4 Oz Broccoli Cheese Soup 6 Oz	Meatloaf 3 Oz Bread 1 Sl Butter Corn 1/2 Cup Augratin Potatoes 4 Oz Sherbet 1/2 Cup	Macaroni& Cheese 1 Cup Garlic Bread 1 Sl Buttered Green Peas 4 Oz Alternate Starch 4 Oz Banana Pudding 4 Oz	Salisbury Steak 3 Oz Bread 1 Sl Buttered Carrots 1/2 Cup Scalloped Potatoes 4 Oz Rosy Pears 1/2 Cup	Hot Dog On A Bun 2 Oz Tossed Salad 1 Cup Chili 6 Oz Fruit Cocktail 4 Oz Crackers 3 Pkt	Roast Beef 3 Oz Bread 1 Sl Green Beans W/bac.&onions 1/2 Cup Mashed Potatoes 4 Oz Cake 1 Srv
Dinner:Regular						
Cheese Ravioli/sauce 4 Oz Garlic Bread 1 Sl Broccoli 1/2 Cup Orange Sherbet 1/2 Cup	Swedish Meatballs 3 Oz Bread 1 Sl Peas& Carrots 4 Oz Mashed Potatoes 4 Oz Yellow Cake W/frosting 1 Pc	Baked Rosemary Chicken 3 Oz Bread 1 Sl Spinach 4 Oz Bread Dressing 1/2 Cup Mandarin Oranges 4 Oz	Tuna Salad 3 Oz Bun 1 Ind Pickled Beets 4 Oz Cream Of Tomato Soup 6 Oz Chilled Fruit Cup 1/2 Cup	Cabbage Roll with sauce 5 Oz Bread 1 Sl Mixed Vegetables 4 Oz Mashed Potatoes 4 Oz Fruited Yogurt 4 Oz	Fish Sandwich 3 Oz Cucumber Salad 1/2 Cup French Fries 4 Oz Cookie 2 Ind	Swiss Steak 3 Oz Italian Blend Vegetable 4 Oz Onion Rings 5 Ind Banana Pineapple Cup 1/2 Cup



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Gables Care Center 2015-2016 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Crispy Bacon 3 Sl Cinnamon French Toast 2 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz White Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Crispy Bacon 3 Sl Scrambled Egg 2 Oz Buttered Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz Toast 1 Sl Hot Cereal 4 Oz Vit C Juice 4 Oz	Sausage Gravy 3 Oz Biscuit 1 Ind Hot Cereal 4 Oz Vit C Juice 4 Oz
Lunch:Regular						
Lasagna 8 Oz Bread 1 Sl Cauliflower 1/2 Cup Fruit Pie 1 Srv	Beef& Pasta Casserole 8 Oz Dinner Roll 1 Ind Green Beans 4 Oz Yogurt 4 Oz	Baked Pork Chop 3 Oz Bread 1 Sl Peas 4 Oz Augratin Potatoes 1/2 Cup Ice Cream 4 Oz	Philly Steak Sandwich 1 Srv Pickled Beets 4 Oz Potato Chips 2 Oz Lemon Pudding 1/2 Cup Peppers And Onions 2 Oz	Cheeseburger 3 Oz Bun 1 Ind Mixed Vegetables 4 Oz Tator Tots 4 Oz Baked Apples 1/2 Cup Cheese 1 Sl	Hot Creamed Chicken Sandwich 4 Oz Biscuit 1 Ind Broccoli 1/2 Cup mashed potatoes w/ gravy 1/2 Cup Pumpkin Pie 1 Pc	Meatloaf 3 Oz Dinner Roll 1 Ind Buttered Spinach 1/2 Cup Candied Sweet Potato 4 Oz Banana Cake 1 Pc
Dinner:Regular						
Chicken Leg 3 Oz Creamed Corn 1/2 Cup Bread Stuffing 4 Oz Orange Smiles 4 Oz	Open Faced Hot Turkey Sandwi 3 Oz Succotash 4 Oz Baby Baker Potatoes 4 Oz Mixed Fruit Cup 4 Oz	Stuffed Pepper with sauce 5 Oz White Bread 1 Sl Oriental Mix Veg. 1/2 Cup Mashed Potatoes 4 Oz Mandarin Oranges 4 Oz	Baked Cod 3 Oz Bread 1 Sl Coleslaw 4 Oz French Fries 4 Oz Fruit Cup 1/2 Cup	Beef Stew 8 Oz Biscuit 1 Ind Carrots 4 Oz Diced Peaches 4 Oz	Deli Sandwich 3 Oz Tossed Salad 1 Cup Wedding Soup 6 Oz Mixed Fruit Cup 4 Oz	Fried Chicken 3 Oz Bread 1 Sl Winter Blend 4 Oz Tator Tots 4 Oz Cheesecake 1 Pc