



CAPITAL HEALTH

SHILOH SPRINGS CARE CENTER

Week-At-A-Glance

SHILOH WINTER 2015-16 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Gravy	Cheesy Scrambled Egg	Biscuit	Crispy Bacon	Western Scrambled Egg	Sausage Patty	Omelet
Biscuit	Egg	Margarine	Scrambled Egg	Egg	Wheat Toast	White Toast
Margarine	White Toast	Jelly	White Toast	Coffee Cake	Jelly	Margarine
Jelly	Margarine	Grits	Margarine	Margarine	Margarine	Jelly
Oatmeal Cereal	Jelly	Sugar Packet	Jelly	Cream Of Wheat	Toasty O's	Cream Of Wheat
Sugar Packet	Corn Flakes Cereal	Orange Juice	Rice Krispies Cereal	Cereal	Sugar Packet	Cereal
Apple Juice	Sugar Packet		Sugar Packet	Sugar Packet	Hash Brown Potatoes	Sugar Packet
	Cranberry Juice		Orange Juice	Cran-apple Juice	Orange Juice	Apple Juice
Lunch:Regular						
Roast Beef	Grilled Chicken Breast	Polish Sausage on bun	Roast Turkey	hot dog	Bbq Chicken	Cabbage Rolls
Brown Gravy	Bread		Gravy	Ketchup	Dinner Roll	Wheat Bread
Dinner Roll	Margarine	Sauerkraut	Bread	Cole Slaw	Margarine	Margarine
Margarine	German Blend	Bread	Margarine	Tater Tots	Corn	Carrots
5-Way Vegetable	Vegetable	Margarine	Spinach	Ketchup	Baked Beans	Mashed Potatoes
New Red Potatoes	mashed Potatoes	Peas	Corn Bread Stuffing	Lemon Bar	Cherry Tart	Pineapple Chunks
Banana Pudding	Fresh Grapes	Mashed Potatoes	Gravy			
	Gravy	Seasoned Apples	Mandarin Oranges			
Dinner:Regular						
Chicken Fried Steak	Baked Spaghetti	mushroom burger	Fried Chicken Livers	Salisbury Steak	Pier 17 Fish	Chicken Nuggets
Bread	Garlic Bread	Carrots	Wheat Bread	Brown Gravy	Tartar Sauce	Bbq
Margarine	Tossed Salad	Potato Salad	Margarine	Bread	White Bread	Dinner Roll
Broccoli	Salad Dressing	Ketchup	Green Beans	Margarine	Peas	Margarine
Buttered Noodles	Cookie	Iced Chocolate Cake	Mashed Potatoes	Spring Blend	Macaroni& Cheese	Mixed Vegetables
Spiced Peaches			Pie	Vegetables	Fruit Cocktail	French Fries
			Gravy	Rice Pilaf		Ketchup
				Pears		Carrot Cake



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SHILOH WINTER 2015-16 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Gravy Biscuit Margarine Oatmeal Cereal Sugar Packet Orange Juice	Scrambled Egg Danish Corn Flakes Cereal Sugar Packet Cranberry Juice	Crispy Bacon French Toast Syrup Margarine Cream Of Wheat Cereal Sugar Packet Apple Juice	Cheese Omelet White Toast Margarine Jelly Grits Sugar Packet Orange Juice	Sausage Patty Pancakes Syrup Margarine Rice Krispies Cereal Sugar Packet Cran-apple Juice	Scrambled Egg Muffin Margarine Toasty O's Sugar Packet Orange Juice	Cheesy Scrambled Egg White Toast Margarine Jelly Cream Of Wheat Cereal Sugar Packet Apple Juice
Lunch:Regular						
Baked Ham /w Pineapples Bread Margarine Collard Greens Sweet Potatoes Lemon Pie	Pier 17 Fish Tartar Sauce Wheat Bread Margarine Green Beans Rice Pilaf Yellow Cake	Beef Pot Roast Dinner Roll Margarine Peas Mashed Potatoes Blushing Pears	Bbq Pork Riblet Sandwich Capri Mix Tater Tots Tapioca Pudding	Oven Fried Chicken Bread Margarine Mixed Vegetables Macaroni& Cheese Pineapple Chunks	Meatloaf Gravy Wheat Bread Margarine Cabbage Mashed Potatoes Fruit Cocktail	Green Pepper Steak Dinner Roll Margarine Green Beans Buttered Rice Cookie
Dinner:Regular						
Sloppy Joe Sandwich Broccoli Tater Tots Fruited Gelatin	Chicken Wings Bread Margarine Carrots Potato Salad Fruit For Salads	Turkey& Cheese Sandwi Mayo Mustard Tossed Salad Salad Dressing Cream Of Broccoli Soup Saltine Crackers Brownie	Salisbury Steak Gravy Wheat Bread Margarine Whole Baby Carrots Noodles Peaches	Chili Cheese Saltine Crackers Cole Slaw Apple Cobbler	Navy Beans& Ham Cornbread Margarine Turnip Greens Peanut Butter Pie onion & tomato	Chicken Salad on Mini Bun Pickled Beets Potato Chips Fresh Grapes



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Week-At-A-Glance SHILOH WINTER 2015-16 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Gravy	Scrambled Egg	Omelet	Sausage Patty	Scrambled Egg	Crispy Bacon	Cheesy Scrambled
Biscuit	Muffin	White Toast	Pancakes	Donut	French Toast	Egg
Margarine	Margarine	Margarine	Syrup	Toasty O's	Syrup	White Toast
Jelly	Corn Flakes Cereal	Jelly	Margarine	Sugar Packet	Margarine	Margarine
Oatmeal Cereal	Sugar Packet	Grits	Cream Of Wheat	Cranberry Juice	Oatmeal Cereal	Jelly
Sugar Packet	Cranberry Juice	Sugar Packet	Cereal		Sugar Packet	Rice Krispies Cereal
Orange Juice		Hash Brown Potatoes	Sugar Packet		Orange Juice	Sugar Packet
		Apple Juice	Orange Juice			Apple Juice
Lunch:Regular						
Baked Chicken	Beef and Macaroni	PorkRoast	Tuna Noodle	Chicken Patty On Bun	Beef Stew	Open Faced Hot
Dinner Roll	Casserole	Pork Gravy	Casserole	Winter Blend	Biscuit	Turkey Sandwi
Margarine	Garlic Bread	Bread	Breadstick	Buttered Rice	Margarine	Gravy
Peas	Broccoli	Margarine	Corn	Cherry Pie	Green Beans	Capri Mix
Mashed Potatoes	Cream Puff	Peas& Carrots	Mandarin Oranges		Fresh Fruit Cup	Pineapple Chunks
angel food Cake w/ Strawberries		Spanish Rice				
		Blushing Pears				
Dinner:Regular						
Tilapia	Bbq Pulled Pork	Cheeseburger	Roast Beef	Spaghetti With Meat	Bologna Cheese	Pier 17 Fish
Wheat Bread	Sandwich	Ketchup	Brown Gravy	Sauce	Sandwich	Tartar Sauce
Margarine	California Blend	Mustard	Wheat Bread	Garlic Bread	Mustard	Wheat Bread
Green Beans	Vegetables	Cole Slaw	Margarine	Tossed Salad	Carrot Raisin Salad	Margarine
Buttered Parsley	Potato Salad	Onion Rings	Honey Glazed Carrots	Salad Dressing	Potato Chips	Broccoli
Noodles	Fruit Cocktail	Side By Side Pudding	Baked Potato	Warm Chunky	Brownie	Augratin Potatoes
Peaches		Tomato,lettuce,onion	Sour Cream	Applesauce		Cookie
			Margarine			
			Peach Cobbler			



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SHILOH WINTER 2015-16 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Gravy Biscuit Margarine Cream Of Wheat Cereal Sugar Packet Orange Juice	Scrambled Egg Danish Oatmeal Cereal Sugar Packet Apple Juice	Omelet White Toast Margarine Jelly Toasty O's Sugar Packet Cranberry Juice	Crispy Bacon Pancakes Margarine Syrup Grits Sugar Packet Orange Juice	Mcshiloh Sandwich Corn Flakes Cereal Sugar Packet Cran-apple Juice	Crispy Bacon Scrambled Egg White Toast Margarine Jelly Oatmeal Cereal Sugar Packet Apple Juice	Hard Boiled Egg Cinnamon Toast Margarine Rice Krispies Cereal Sugar Packet Orange Juice
Lunch:Regular						
PorkRoast Pork Gravy Dinner Roll Margarine Italian Green Beans Mashed Sweet Potatoes Gelatin Cake	Hamburger On Bun Ketchup Mustard Green Beans French Fries Ketchup chocolate tart	Meatloaf Gravy Wheat Bread Margarine Broccoli Mashed Potatoes Ice Cream	Chicken Pot Pie Bread Margarine Applesauce Tossed Salad Salad Dressing	Pier 17 Fish Tartar Sauce Dinner Roll Margarine Carrots Bowtie Pasta Alfredo Sauce Sugar Cookie	Chicken& Dumplings Italian Bread Margarine Mixed Vegetables Mixed Fruit Cup	Navy Beans& Ham Cornbread Margarine Collard Greens Mandarin Oranges
Dinner:Regular						
Deli Sandwich Mayo Tomato Soup Saltine Crackers Potato Chips Fruit Cocktail	Oven Fried Chicken Bread Margarine Carrots Oven Roasted Potatoes Chilled Fruit Cup	Coney Hot Dog Shredded Cheese Ketchup Mustard Cole Slaw Tater Tots Ketchup Peaches	Open Faced Roast Beef Hot Sh Lima Beans Orange Sherbet	Roast Turkey Bread Margarine Peas Augratin Potatoes Blushing Pears	Bbq Beef Sandwich Chuckwagon Corn Mashed Potatoes Frosted Cake	Chicken Strips Bbq Bread Margarine Green Beans Rosemary Potatoes Apple Crisp