



# CAPITAL HEALTH

## SUNNYSLOPE CARE CENTER

### Week-At-A-Glance sunny Winter 2015-2016 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Egg 2 Oz White Toast 1 Sl Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Patty 2 Oz Pancakes 2 Ind Syrup 2 Pkt Margarine1 1 Pkg 2% Milk 8 Oz Cereal, Hot 4 Oz	Scrambled Egg 2 Oz White Toast 1 Sl Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Patty 2 Oz French Toast 1 Sl Syrup 2 Pkt Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz White Toast 1 Sl Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Patty 2 Oz French Toast 2 Sl Syrup 2 Pkt Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz	Cheese Omelet 1 Ind Biscuit 1 Ind Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz
Lunch:Regular						
Salisbury Steak 3 Oz Brown Gravy 1 Oz Baked Potato 1 Smal Sour Cream 1 Oz Buttered Corn 1/2 Cup Bread 1 Sl Margarine 1 Ind Chilled Pears 1/2 Cup	Italian Sausage 3 Oz Peppers And Onions 2 Oz Macaroni& Cheese 1/2 Cup Green Beans 1/2 Cup Bread 1 Sl Margarine 1 Ind German Chocolate Cake 1 Srv	Grilled Cheese Sandwich 4 Oz Tomato Soup 6 Oz Saltine Crackers 2 Pkg Cucumber Onion Salad 1/2 Cup Fruited Gelatin 1/2 Cup	Glazed Ham 3 Oz Scalloped Potatoes 4 Oz Brussel Sprouts 1/2 Cup Bread 1 Sl Margarine 1 Ind Whipped Gelatin 1/2 Cup	Roast Beef& Swiss Sandwich 3 Oz Onion Rings 5 Ind Ketchup 1 Pkg Relish Plate 1 Ind Fruit Pie 1 Srv Bun 1 Ind	Pork Roast 3 Oz Gravy 1 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Sauerkraut 1/2 Cup Bread 1 Sl Margarine 1 Ind Diced Peaches 4 Oz Cottage Cheese 2 Oz	Country Fried Steak 3 Oz Country Gravy 1 Oz French Fries 4 Oz Mixed Vegetables 4 Oz Bread 1 Sl Margarine 1 Ind Crushed Pineapple 1/2 Cup
Dinner:Regular						
Bbq Chicken 3 Oz French Fries 4 Oz Cole Slaw 4 Oz Bread 1 Sl Margarine 1 Ind Ice Cream 4 Oz 2% Milk 8 Oz	Tuna Noodle Casserole 8 Oz Mixed Vegetables 4 Oz Bread 1 Sl Margarine 1 Ind Peaches 4 Oz 2% Milk 8 Oz	Sloppy Joe 3 Oz Tator Tots 4 Oz Italian 3-bean Salad 4 Oz Bun 1 Ind Pudding 4 Oz 2% Milk 8 Oz	Chicken Patty 3 Oz Mayo 1 Pkg Parsley Noodles 4 Oz Fried Cabbage 1/2 Cup Bun 1 Ind Yogurt 4 Oz 2% Milk 8 Oz	Swedish Meatballs 3 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Buttered Green Beans 1/2 Cup Bread 1 Sl Margarine 1 Ind Fruit 1/2 Oz 2% Milk 8 Oz	Lasagna 8 Oz Tossed Salad 1 Cup Dressing 1 Pc Garlic Breadstick 1 Ind Strawberry shortcake cake 1 Sl 2% Milk 8 Oz	Ham Salad 3 Oz Navy Bean Soup 6 Oz Saltine Crackers 3 Pkg Tomato Juice 4 Oz Croissant 1 Ind Margarine 1 Pkg Fruit Cup 1/2 Cup 2% Milk 8 Oz



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### Week-At-A-Glance sunny Winter 2015-2016 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Gravy 3 Oz Biscuit 1 Ind Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz White Toast 1 Sl Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Patty 2 Oz Cinnamon French Toast 1 Sl Syrup 2 Ea Margarine 1 Tsp 2% Milk 8 Oz Hot Cereal 4 Oz	Baked Omelet 1 Ind Toast 1 Sl Jelly 1 Ea 2% Milk 8 Oz Hot Cereal 4 Oz Margarine 1 Tsp	Crispy Bacon 3 Sl Pancakes 2 Ind Syrup 2 Pkt Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz White Toast 1 Sl Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Link 2 Oz French Toast 2 Sl Syrup 2 Pkt Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz
Lunch:Regular						
Grilled Chicken Breast 3 Oz Pasta/ Alfredo Sauce 1/2 Cup Buttered Beets 1/2 Cup Garlic Bread 1 Sl Orange Cake/icing 1 Srv	Cheeseburger On Bun 1 Ind Ketchup/mustard 1 Ea Macaroni Salad 4 Oz Relish Plate 1 Ind Hamburger Bun 1 Ea Fruit Cup 1/2 Cup	Fried Chicken 3 Oz Sweet Potato Fries 4 Oz Coleslaw 4 Oz Bread 1 Sl Margarine 1 Ind Cherry Pie 1 Pc	Roast Turkey W/ Gravy 3 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Buttered Corn 1/2 Cup Bread 1 Sl Margarine 1 Ind Applesauce 1/2 Cup	Pork Chop 3 Oz Baked Potato 1 Ind Sour Cream 1 Pc Margarine 1 Ind Fried Cabbage 1/2 Cup Bread 1 Sl Margarine 1 Ind Cookie 1 Ind	Sweet&Sour Meatballs 3 Oz Rice Pilaf 1/2 Cup Oriental Mixed Vegetables 4 Oz Bread 1 Sl Margarine 1 Ind Cheesecake 1 Pc Topping 1 Srv	Polish Sausage 3 Oz Mashed Potatoes 4 Oz Sauerkraut 1/2 Cup Dinner Roll 1 Ind Margarine1 1 Pkg Fruited Gelatin 1/2 Cup
Dinner:Regular						
Hot Dog 2 Oz Chili 6 Oz Crackers 3 Pkt Cheese 1 Sl Cole Slaw 1/2 Cup Hot Dog Roll 1 Ind Chocolate Chip Cookie 1 Ind 2% Milk 8 Oz	Meat Sauce 4 Oz Spaghetti 1/2 Cup Tossed Salad 1 Cup Dressing 1 Pc Garlic Bread Stick 1 Ind Blushing Pears 1/2 Cup 2% Milk 8 Oz	Ham And Cheese Sandwich 3 Oz Cream Of Broccoli Soup 6 Oz Crackers 3 Pkt Italian 3-bean Salad 4 Oz Bun 1 Ind Bananas And Mandarin Oranges 1/2 Cup 2% Milk 8 Oz	Vegetable Lasagna 8 Oz Buttered Carrots 1/2 Cup Bread 1 Sl Margarine 1 Ind Sherbet 1/2 Cup 2% Milk 8 Oz	Bologna Cheese on bun 3 Oz Chicken Noodle Soup 6 Oz Relish Plate 1 Ind Bun 1 Ind Strawberry Shortcake 1 Srv 2% Milk 8 Oz Crackers 3 Pkt	Ham Loaf 3 Oz Mashed Potatoes 4 Oz Cauliflower 4 Oz Bread 1 Sl Margarine 1 Ind Apricots 1/2 Cup 2% Milk 8 Oz	Chicken Tenderloins 3 Oz Hash Brown Patty 1 Ind Green Beans 1/2 Cup Bread 1 Sl Margarine 1 Ind Ice Cream 4 Oz 2% Milk 8 Oz Bbq Sauce 1 Oz



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## SUNNYSLOPE CARE CENTER

### Week-At-A-Glance sunny Winter 2015-2016 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Egg 2 Oz Donut 1 Ind 2% Milk 8 Oz Oatmeal 4 Oz	Sausage Gravy 3 Oz Biscuit 1 Ind 2% Milk 8 Oz Hot Cereal 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Syrup 2 Pkt Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz Toast 1 Sl Jelly 1 Ea Margarine 1 Ind 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz Toast 1 Sl Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz White Toast 1 Sl Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Patty 2 Oz Toast 1 Sl Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz
Lunch:Regular						
Roast Pork 3 Oz Pork Gravy 1 Oz Roasted Potatoes 3 Ind Succotash 4 Oz Dinner Roll 1 Ind Margarine1 1 Pkg Winter Fruit Compote 1/2 Cup	Chicken Salad 3 Oz Potato Chips 1 Oz Coleslaw 4 Oz Bun 1 Ind Peaches With Whipped Topping 4 Oz Broccoli Cheese Soup 6 Oz Saltine Crackers 3 Pkg	Meatloaf 3 Oz Gravy 1 Oz Augratin Potatoes 4 Oz Butter Corn 1/2 Cup Bread 1 Sl Margarine 1 Ind Sherbet 1/2 Cup	Macaroni& Cheese 1 Cup Buttered Green Peas 4 Oz Garlic Bread 1 Sl Banana Pudding 4 Oz	Salisbury Steak 3 Oz Brown Gravy 1 Oz Scalloped Potatoes 4 Oz Buttered Carrots 1/2 Cup Bread 1 Sl Margarine 1 Ind Rosy Pears 1/2 Cup	Hot Dog On A Bun 2 Oz Chili 6 Oz Tossed Salad 1 Cup Fruit Cocktail 4 Oz Crackers 3 Pkt	Roast Beef 3 Oz Brown Gravy 2 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Green Beans W/bac.&onions 1/2 Cup Bread 1 Sl Margarine 1 Ind Whipped Gelatin 1/2 Cup
Dinner:Regular						
Cheese Ravioli/sauce 4 Oz Meat Sauce 4 Oz Broccoli 1/2 Cup Garlic Bread 1 Sl Orange Sherbet 1/2 Cup 2% Milk 8 Oz	Swedish Meatballs 3 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Peas& Carrots 4 Oz Bread 1 Sl Margarine 1 Ind Yellow Cake W/frosting 1 Pc 2% Milk 8 Oz	Baked Rosemary Chicken 3 Oz Bread Dressing 1/2 Cup Spinach 1/2 Cup Bread 1 Sl Margarine 1 Ind Mandarin Oranges 4 Oz 2% Milk 8 Oz	Tuna Salad 3 Oz Cream Of Tomato Soup 6 Oz Crackers 3 Pkt Pickled Beets 4 Oz Bun 1 Ind Chilled Fruit Cup 1/2 Cup 2% Milk 8 Oz	Cabbage Roll with sauce 5 Oz Mashed Potatoes 4 Oz Mixed Vegetables 4 Oz Bread 1 Sl Margarine 1 Ind Fruited Yogurt 4 Oz 2% Milk 8 Oz	Fish Sandwich 3 Oz French Fries 4 Oz 3 Bean Salad 1/2 Cup Pudding 4 Oz 2% Milk 8 Oz	Bbq Pork Rib 3 Oz Bun 1 Ind Onion Rings 5 Ind Italian Blend Vegetable 4 Oz Banana Pineapple Cup 1/2 Cup 2% Milk 8 Oz



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## SUNNYSLOPE CARE CENTER

**Week-At-A-Glance**  
**sunny Winter 2015-2016 Week 4**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Crispy Bacon 3 Sl Cinnamon French Toast 1 Sl Syrup 2 Ea Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz White Toast 1 Sl Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Cheese Omelet 1 Srv Biscuit 1 Ind Margarine1 1 Pkg Jelly 1 Pc 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz Toast 1 Sl Jelly 1 Ea Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Syrup 2 Pkt Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz	Scrambled Egg 2 Oz Toast 1 Sl Jelly 1 Ea Margarine 1 Ind 2% Milk 8 Oz Hot Cereal 4 Oz	Sausage Gravy 3 Oz Biscuit 1 Ind Margarine1 1 Pkg 2% Milk 8 Oz Hot Cereal 4 Oz
Lunch:Regular						
Lasagna 8 Oz Cauliflower 1/2 Cup Bread 1 Sl Margarine 1 Ind Fruit Pie 1 Srv	Beef& Pasta Casserole 8 Oz Buttered Corn 1/2 Cup Bread 1 Sl Margarine 1 Ind Yogurt 4 Oz	Breaded Pork Chop 3 Oz Au gratin Potatoes 1/2 Cup Peas 4 Oz Bread 1 Sl Margarine 1 Ind Ice Cream 4 Oz	Philly Steak Sandwich 1 Srv Potato Chips 2 Oz Pickled Beets 4 Oz Bun 1 Ind Lemon Pudding 1/2 Cup Peppers And Onions 2 Oz	Cheeseburger 3 Oz Tator Tots 4 Oz Mixed Vegetables 4 Oz Bun 1 Ind Fruited Gelatin 1/2 Cup Cheese 1 Sl	Hot Creamed Chicken Sandwich 4 Oz Rice Pilaf 4 Oz Broccoli 1/2 Cup Biscuit 1 Ind Margarine1 1 Pkg Pumpkin Pie 1 Pc	Meatloaf 3 Oz Gravy 1 Oz Candied Sweet Potato 4 Oz Buttered Spinach 1/2 Cup Dinner Roll 1 Ind Margarine1 1 Pkg Banana Cake 1 Pc
Dinner:Regular						
Pizza 1 Ind Tossed Salad 1 Cup Dressing 1 Pc Orange Smiles 4 Oz 2% Milk 8 Oz	Sausage Patty 3 Oz Pancakes 2 Ind Syrup 2 Pkt Margarine1 1 Pkg Tomato Juice 4 Oz Mixed Fruit Cup 4 Oz 2% Milk 8 Oz	Stuffed Pepper with sauce 5 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Oriental Mix Veg. 1/2 Cup White Bread 1 Sl Margarine1 1 Pkg Mandarin Oranges 4 Oz 2% Milk 8 Oz	Sloppy Joe On Bun 3 Oz French Fries 4 Oz Coleslaw 4 Oz Bun 1 Ind Fruit Ambrosia 1/2 Cup 2% Milk 8 Oz	Beef Stew 8 Oz Buttered Corn 1/2 Cup Cornbread 1 Pc Margarine 1 Ind Diced Peaches 4 Oz Cottage Cheese 2 Oz 2% Milk 8 Oz Crackers 3 Pkt	Deli Sandwich 3 Oz Wedding Soup 6 Oz Crackers 3 Pkt Tossed Salad 1 Cup Dressing 1 Pc Mixed Fruit Cup 4 Oz 2% Milk 8 Oz	Fried Chicken 3 Oz Tator Tots 4 Oz Winter Blend 4 Oz Bread 1 Sl Margarine 1 Ind Cheesecake 1 Pc Topping 1 Srv 2% Milk 8 Oz