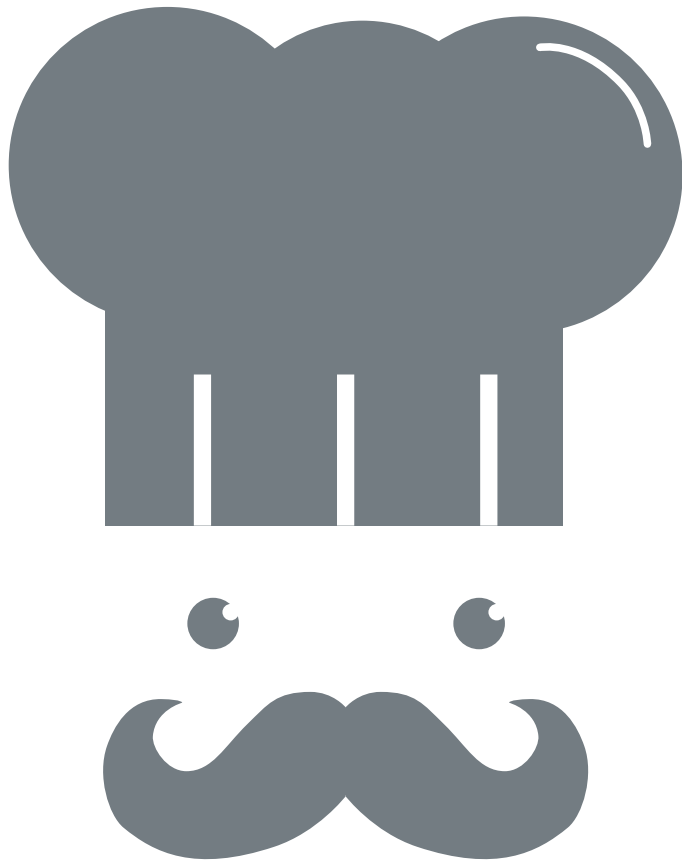


Weekly Menu



*Questions contact: Rontae Rainey, Ext: 242

Or feel free to leave a message with the receptionist at Ext. 221

Alternative Menu

*Menu subject to change upon availability of items

Breakfast

Scrambled Egg

Boiled Egg

White/Wheat Toast

Bacon/Sausage Links

Oatmeal

Grits

Cream of Wheat

Assorted Cold Cereal

Sandwiches

Hamburger

Hot Dog

Grilled Chicken Breast

Cheeseburger

Peanut Butter & Jelly

Grilled Cheese

Soup/Salads

Soup of the Day

Chicken Noodle

Chef Salad

House Salad

Sides

Baked Potato

Cottage Cheese

Fruit Bowl

Yogurt

Desserts

Pudding / Ice Cream / Dessert of the Day

Beverages

Milk / Coffee / Tea / Hot Chocolate / Assorted Juices

THE OAKS OF WEST KETTERING

Week-at-a-Glance: **Week 1**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast: Regular						
Sausage Links Pancakes Syrup Margarine 2% Milk Cream of Wheat Cereal Sugar Packet Grape Juice	Scrambled Egg White Toast Margarine Jelly 2% Milk Oatmeal Cereal Apple Juice	Biscuit Margarine Jelly 2% Milk Grits Sugar Packet Breakfast Gravy Orange Juice	Cheese Omelet White Toast Margarine Jelly 2% Milk Cream of Wheat Cereal Sugar Packet Cran-Apple Juice	Crispy Bacon Scrambled Egg White Toast Margarine Jelly 2% Milk Oatmeal Cereal Sugar Packet Cranberry Juice	Confetti Eggs Cinnamon Toast Margarine 2% Milk Grits Sugar Packet Grape Juice	Sausage Link Scrambled Egg 2% Milk Cream of Wheat Cereal Sugar Packet Apple Juice
Lunch: Regular						
Beef Stew Biscuit Margarine Jelly Carrot Cake	Glazed Ham Baked Sweet Potato Mixed Vegetables Ice Cream	Lemon Chicken Garden Rice Parslied Cauliflower Dinner Roll Margarine Baked Apples	Roast Turkey Gravy Augratin Potatoes Buttered Green Peas Bread Margarine Chilled Peaches	Oven Fried Fish Tarter Sauce Sweet Potato Fries Coleslaw Bread Margarine Jello	Chicken and Dumplings Mashed Potatoes Gravy Buttered Carrots Brownie	Baked Pork Loin Green Beans White Bread Margarine Blushing Pears
Dinner: Regular						
Turkey Sandwich Baked Potato Sour Cream Margarine Relish Plate Mandarin Oranges Mayo/Mustard 2% Milk	Cabbage Rolls Italian Blend Vegetable Bread Margarine Mixed Fruit Cup 2% Milk	BBQ Pork on Bun Potato Wedges Buttered Corn Fruit Ambrosia 2% Milk	Chicken Pot Pie Garlic Mashed Potatoes Iced Cookies 2% Milk	French Fries Ketchup Garden Vegetable Soup Crackers Cinnamon Pears 2% Milk	Cream of Potato Soup Crackers Cheeseburgeron a Bun Ketchup Mustard Relish Plate Baked Peaches 2% Milk	Baked Chicken Scalloped Potatoes Brussel Sprouts Pineapple Chunks 2% Milk

Menu Subject to Change

THE OAKS OF WEST KETTERING

Week-at-a-Glance: **Week 2**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast: Regular						
Breakfast Casserole White Toast Margarine Jelly 2% Milk Oatmeal Cereal Orange Juice	Biscuit Margarine Jelly 2% Milk Cream of Wheat Cereal Sugar Packet Breakfast Gravy Apple Juice	Scrambled Egg Toast Jelly 2% Milk Grits Sugar Packet Cranberry Juice	Veggie Omelet White Toast Margarine Jelly 2% Milk Cream of Wheat Cereal Sugar Packet Orange Juice	Sausage Link Waffles Syrup Margarine 2% Milk Oatmeal Cran-apple Juice	Scrambled Egg White Toast Margarine Jelly 2% Milk Grits Sugar Packet Hashbrown Patty Apple Juice	Toast Jelly Scrambled Egg 2% Milk Cream of Wheat Cereal Sugar Packet Grape Juice
Lunch: Regular						
Pizza Tossed Salad Dressing Croutons Garlic Bread Chocolate Chip Cookie	Chicken Dijon Red Bliss Potatoes Seasoned Spinach Peach Cobbler	Spaghetti w/ Meatsauce Italian Green Beans Garlic Bread Cinnamon Apples	Oven Fried Fish Tarter Sauce Parsley Noodles Buttered Green Beans Coconut Cream Pie	Sweet and Sour Chicken Buttered Rice Chocolate Cream Pie	Hamburger on Bun Potato Salad Baked Beans Ketchup/Mustard Cheesecake	Baked Pork Loin Seasoned Broccoli Bread Margarine Angel Food Cake Strawberries Scalloped Potatoes
Dinner: Regular						
Polish Sausage on Bun Mashed Potatoes Gravy Sauerkraut Emerald Pears 2% Milk	Open Faced Roast Beef Hot Shot Bread Mashed Potatoes Gravy Mixed Vegetables Tropical Fruit Cup 2% Milk	Baked Ham Herbed Rice Carrots Dinner Roll Margarine Orange Sherbet 2% Milk	Ham and Beans Collard Greens Cornbread Margarine Fruit Cup 2% Milk	Sloppy Joe on Bun American Fried Potatoes Baked Beans Ice Cream 2% Milk	Salmon Patty Buttered Parsley Noodles Dill Carrots Bread Margarine Cinnamon Pears 2% Milk	Baked Ziti w/Italian Sausage Italian Vegetables Garlic Bread Stick Fruit Cocktail 2% Milk

Menu Subject to Change

THE OAKS OF WEST KETTERING

Week-at-a-Glance: Week 3

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast: Regular						
Cheesy Scrambled Egg Biscuit Margarine Jelly 2% Milk Grits Sugar Packet Orange Juice	Crispy Bacon Scrambled Egg Toast Jelly 2% Milk Cream of Wheat Cereal Sugar Packet Cranberry Juice	Scrambled Egg Hashbrown Patty English Muffin Margarine Jelly 2% Milk Grits Apple Juice	Scrambled Egg Toast Jelly 2% Milk Oatmeal Cranberry Juice	Sausage Link French Toast Syrup Margarine 2% Milk Cream of Wheat Cereal Sugar Packet Orange Juice	Toast Jelly Confetti Eggs 2% Milk Oatmeal Cranberry Juice	Scrambled Egg Toast Jelly 2% Milk Grits Apple Juice
Lunch: Regular						
Roast Turkey Gravy Bread Stuffing Gravy Herbed Green Beans Dinner Roll Margarine Apple Pie	Sweet N Sour Meatballs Mashed Potatoes Gravy Mixed Vegetables Dinner Roll Margarine Applesauce	Chicken and Dumplings Mashed Potatoes Gravy Peas Dinner Roll Margarine Pudding	Cheese Ravioli/ meat sauce Broccoli Bread Stick Tropical Fruit	Beef Pot Roast Mashed Potatoes/Gravy Carrots Dinner Roll Margarine Pumpkin Pie	Herb Baked Fish O'brien Potatoes Capri Mix Bread Margarine Lemon Meringue Pie	Baked Pork Loin Buttered Noodles Broccoli Bread Margarine Fruited Gelatin
Dinner: Regular						
BBQ Pork Patty on Bun Macaroni Salad Minestrone Soup Saltine Crackers Mandarin Oranges 2% Milk	Crab Cakes Baked Sweet Potato Cinnamon Margarine Scandinavian Vegetables Dinner Roll Margarine Emerald Pears 2% Milk	Chili Coleslaw Cornbread Margarine Fruit Cup 2% Milk	Stuffed Pepper Garlic Mashed Potatoes Buttered Carrots Chilled Peaches 2% Milk	Chicken Salad Sandwich tom/let/onion/pickle Cookie 2% Milk	Beef Tips/Mushrooms Noodles Winter Blend Apple Slices 2% Milk	Hot Sub Sandwich Cheese Puffs Tomato Soup Saltine Crackers Vanilla Puddng 2% Milk

Menu Subject to Change

THE OAKS OF WEST KETTERING

Week-at-a-Glance: **Week 4**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast: Regular						
Sausage Gravy Biscuit Margarine Jelly 2% Milk Sugar Packet Orange Juice	Scrambled Egg Assorted Muffin 2% Milk Cream of Wheat Cereal Sugar Packet Apple Juice	Toast Jelly Scrambled Egg 2% Milk Grits Sugar Packet Cran-Apple Juice	Sausage Link Scrambled Egg Toast Jelly 2% Milk Cream of Wheat Cereal Sugar Packet Orange Juice	Toast Jelly Crispy Bacon Scrambled Egg 2% Milk Oatmeal Cereal Sugar Packet Cranberry Juice	Breakfast Ham Slice French Toast Syrup 2% Milk Grits Apple Juice	Scrambled Egg Donut 2% Milk Cream of Wheat Cereal Sugar Packet Cranberry Juice
Lunch: Regular						
Oven Fried Chicken Mashed Potatoes Gravy Dinner Roll Margarine Carrot Pumpkin Pie	Baked Ham/ Pineapples New Potatoes Brussell Sprouts Dinner Roll Margarine Fruit Cup	Chicken Paprika Whipped Potatoes Parslied Carrots Dinner Roll Margarine Apple Crisp	Tuna Noodle Casserole Broccoli Chocolate Cream Pie	Roast Turkey W/Gravy Baked Potato Sour Cream Capri Mix Bread Margarine Tropical Fruit Cup	Fish Sandwich Tarter Sauce French Fries Butter Corn Sherbet	Beef Stroganoff/ w noodles Buttered Green Peas Bread Margarine Chilled Pears
Dinner: Regular						
Baked Ziti W/ Meatsauce Cauliflower Garlic Bread Stick Apple Crisp 2% Milk	Corn Beef Sandwich on Rye Macaroni Salad Garden Vegetable Soup Crackers Frosted Cake 2% Milk	Turkey Club Sandwich Mayo Baby Baker Potatoes Relish Plate Vanilla Pudding 2% Milk	Ham Sandwich Mustard Navy Bean Soup Saltine Crackers Tomato Slices/Lettuce Rosy Pears 2% Milk	Beef and Macaroni Casserole Bread Margarine Stewed Tomatoes Spiced Peaches 2% Milk	Coney Hot Dog Shredded Cheese Tater Tots Ketcup Coleslaw Baked Apples 2% Milk	Bbq Chicken Breast Mashed Potatoes Gravy Butter Corn Mandarin Oranges 2% Milk

Menu Subject to Change

THE OAKS OF WEST KETTERING

Week-at-a-Glance: **Week 5**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast: Regular						
Western Omelet White Toast Margarine Jelly 2% Milk Oatmeal Cereal Grape Juice	Sausage Link Scrambled Egg Toast Jelly 2% Milk Grits Sugar Packet Orange Juice	Scrambled Egg Toast Jelly 2% Milk Cream of Wheat Cereal Sugar Packet Cranberry Juice	Assorted Muffin 2% Milk Oatmeal Cereal Sugar Packet Scrambled Egg Apple Juice	Scrambled Egg Waffles Syrup Margarine 2% Milk Grits Orange Juice	Toast Jelly Cheese Omelet 2% Milk Cream of Wheat Cereal Sugar Packet Grape Juice	Scrambled Egg Cinnamon Toast Margarine 2% Milk Oatmeal Cereal Sugar Packet Cranberry Juice
Lunch: Regular						
Meatloaf Gravy Macaroni & Cheese Turnip Greens Dinner Roll Margarine Sweet Potato Pie	Fried Chicken New Potatoes Winter Blend Bread Margarine Blonde Brownie	Sliced Turkey Garden Rice Green Peas Bread Margarine Spiced Peaches	Beef Tips/gravy Noodles Mixed Vegetables Dinner Roll Margarine Cookie	Fried Chicken Legs Mashed Potatoes Gravy Green Beans Biscuit Margarine Apple Pie	Oven Fried Fish Tarter Sauce Rice Pilaf Seasoned Broccoli Dinner Roll Margarine Chilled Pears	Polish Sausage on Bun Sauerkraut Fried Potatoes & Onions Buttered Green Beans Tropical Fruit
Dinner: Regular						
Pork Chop Fried Potatoes & Onions Sauerkraut Bread Margarine Pineapple Chunks 2% Milk	Salisbury Steak/Gravy Buttered Noodles Scandinavian Vegetables Bread Margarine Chilled Pears 2% Milk	Glazed Ham Whipped Sweet Potatoes Broccoli Dinner Roll Margarine 2% Milk	Fish Sandwich Tarter Sauce Tater Tots Ketchup Calico Coleslaw Strawberries w/Whipped topping	Baked Pork Loin Macaroni & Cheese Buttered Green Beans Bread Margarine Chocolate Chip Cookie 2% Milk	Beef Pot Roast Roasted Root Vegetables Pineapple Chunks 2% Milk	Tuna Noodle Casserole Green Beans Bread Cobbler 2% Milk

Menu Subject to Change