

Army
Spring + Summer
2023

Gordon Food Service, Inc.

Senior Living S/S Midwest 2023

Regular/NAS/Consistent CHO

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Choice of Cereal French Toast Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Peach Biscuit Danish Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg & Sausage Strata Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Buttered Waffles Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Breakfast Ham Slice Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
BBQ Chicken Thighs Baked Beans Corn on the Cob Corn Muffin Key Lime Cake Margarine Coffee/Tea	Grilled Pork Chop Company Potatoes Broccoli Choice of Roll Brownie Mousse Bar Margarine Coffee/Tea	Baked Crunchy Ranch Chicken Thigh Chs-Toppd Baked Potato Green Beans Choice of Roll Oatmeal Raisin Cookie Margarine Coffee/Tea	Korean BBQ Beef w/Vegetables White Rice Choice of Roll Pudding & Cookie Parfait Margarine Coffee/Tea	Panko Chicken Parmesan Spaghetti Noodles California Vegetable Blend Blueberry Shortbread Margarine Coffee/Tea	Breaded Fish Potato Wedges Creamy Cole Slaw Wheat Bread Coconut Cake Margarine Coffee/Tea	Red Wine Beef Tips & Mushrooms Mashed Potatoes Carrots Choice of Roll Pineapple Upside Down Cake Margarine Coffee/Tea
Dinner						
Oven Baked Fish Angel Hair Pasta Whole Baby Carrots Choice of Roll Cinnamon Applesauce Margarine 2% Milk Coffee/Tea	Chunky Vegetable Soup Saltines Reuben Sandwich Mixed Melon Salad Margarine 2% Milk Coffee/Tea	Baked Ziti Cauliflower Red Grapes Margarine 2% Milk Coffee/Tea	Baked Glazed Ham Au Gratin Potatoes Green Peas Choice of Roll Banana Margarine 2% Milk Coffee/Tea	Hearty Cabbage Soup Saltines Philly Cheese Steak Sandwich French Fries Cantaloupe Ketchup Margarine 2% Milk Coffee/Tea	Three Meat Calzone Tossed Salad Pineapple Chunks Choice of Dressing Margarine 2% Milk Coffee/Tea	Turkey and Swiss Sandwich Potato Salad Marinated Cucumbers & Tomatoes Chilled Peaches Margarine 2% Milk Coffee/Tea
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Choice of Cereal Eggs of Choice Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Pancakes Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Apple Cinnamon Muffin Square Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal French Toast Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Breakfast Ham Slice Cinnamon Biscuit Pull-Apart Bread Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Roasted Pork Tenderloin Au Gratin Potatoes Green Peas Choice of Roll Rocky Road Mud Pie Margarine Coffee/Tea	Bourbon Fish Long Grain & Wild Rice California Vegetable Blend Wheat Bread Lemon Poke Cake Margarine Coffee/Tea	Braised Turkey w/ Egg Noodles Green Beans & Mushrooms Choice of Roll Sponge Cake w/Whipped Topping Margarine Coffee/Tea	Roast Beef Red Bliss Potatoes Zucchini & Summer Squash Wheat Bread Blueberry Cheesecake Delight Margarine Coffee/Tea	Fried Fish French Fries Creamy Cole Slaw Cornbread Black Forest Parfait Ketchup Margarine Coffee/Tea	Citrus-Glazed Turkey Breast Roasted Red Potatoes Italian Green Beans Choice of Roll Rhubarb Crumble Pie Margarine Coffee/Tea	Honey Glazed Pork Chop Baked Sweet Potato Half Cauliflower Choice of Roll Gingersnap Cookie Margarine Coffee/Tea
Dinner						
Macaroni & Cheese Stewed Tomatoes Garlic Parm Biscuit Bread Red Grapes Margarine 2% Milk Coffee/Tea	Potato Leek Soup Saltines Deli Sandwich Lettuce / Tomato / Onion Cucumber Slices Apple Slices 2% Milk Coffee/Tea	Ham Slice Roasted Sweet Potato Wedges Corn on the Cob Wheat Bread Fruit Cocktail Margarine 2% Milk Coffee/Tea	Cornflake Chicken Breast Bread Stuffing Roasted Carrots Biscuit Honeydew Margarine 2% Milk Coffee/Tea	Creamy Swiss Beef Egg Noodles Peas & Carrots Choice of Roll Banana Margarine 2% Milk Coffee/Tea	Cheese Enchiladas Seasoned Black Beans Sautéed Peppers & Onions Choice of Roll Cantaloupe Margarine 2% Milk Coffee/Tea	Beef with Broccoli White Rice Wheat Bread Pineapple Chunks Margarine 2% Milk Coffee/Tea
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Choice of Cereal Buttered Waffles Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg Patty Canadian Bacon Toasted English Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Turkey Links Peach Biscuit Danish Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg & Sausage Strata Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Honey Mustard Chicken Breast Red Bliss Potatoes Broccoli Choice of Roll Applesauce Cake Margarine Coffee/Tea	Beef Pepper Patty Mashed Potatoes Sauteed Peppers & Onions Wheat Bread Turtle Squares Brown Gravy Margarine Coffee/Tea	Tropical Pork Black Beans and Rice Carrots Choice of Roll Chocolate Chip Cookie Margarine Coffee/Tea	Beef Brisket Onion Roasted Potatoes Italian Green Beans Wheat Bread Blueberry Cobbler Margarine Coffee/Tea	Chicken Cornbread Bake Roasted Broccoli Choice of Roll Raspberry Chocolate Cookie Margarine Coffee/Tea	Beef Mostaccioli Parslied Cauliflower Choice of Roll Frosted Chocolate Cake Margarine Coffee/Tea	Fried Chicken Mashed Potatoes Roasted Carrots Choice of Roll Coconut Cream Pie Gravy Margarine Coffee/Tea
Dinner						
Creamy Baked Fish Angel Hair Pasta Green Peas Choice of Roll Banana Margarine 2% Milk Coffee/Tea	Spinach Lasagna Rolls Cauliflower Garlic Bread Knot Cinnamon Applesauce Margarine 2% Milk Coffee/Tea	Chicken Tenders Tater Tots Malibu Vegetable Blend Buttered Breadstick Cantaloupe Ketchup Margarine 2% Milk Coffee/Tea	Tuna Melt Sandwich Sweet Potato Fries Red Grapes Ketchup Margarine 2% Milk Coffee/Tea	Herbed Pork Loin Baked Potato Prince Charles Veggie Blend Choice of Roll Apple Slices Sour Cream and Chives Margarine 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled Cheese Sandwich Dilled Carrots Mixed Melon Salad Margarine 2% Milk Coffee/Tea	Swedish Meatballs Egg Noodles Green Beans Buttered Breadstick Chilled Peaches Margarine 2% Milk Coffee/Tea
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Choice of Cereal Ham & Cheese Breakfast Sandwich Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Buttermilk Pancakes Sausage Links Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg & Sausage Strata Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Sausage Patty Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Blueberry Swirl Coffee Cake Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Ham & Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Smothered Pork Mashed Potatoes Green Peas Wheat Bread Princess Bars Margarine Coffee/Tea	Lemon Baked Fish Red Bliss Potatoes Green Beans Wheat Bread Raspberry Pie Margarine Coffee/Tea	Tahitian Chicken White Rice Oriental Vegetable Blend Choice of Roll Confetti Angel Cake Margarine Coffee/Tea	Meatloaf Mashed Potatoes Cauliflower & Peas Choice of Roll Lemon Cheesecake Bar Brown Gravy Margarine Coffee/Tea	Tuna Noodle Casserole Tossed Salad Capri Vegetable Blend Peach Crisp Choice of Dressing Margarine Coffee/Tea	Cheese Ravioli w/Sauce Cauliflower Garlic Parm Biscuit Bread Red Velvet Cookie Margarine Coffee/Tea	Mandarin Pork Roast White Rice Green Beans & Mushrooms Wheat Bread German Chocolate Cake Margarine Coffee/Tea
Dinner						
Chicken & Broccoli Casserole Corn Buttered Breadstick Orange Wedges Margarine 2% Milk Coffee/Tea	Beef Enchilada Spanish Rice Seasoned Black Beans Choice of Roll Red Grapes Margarine 2% Milk Coffee/Tea	Roast Pork Baked Potato Roasted Carrots Wheat Bread Banana Sour Cream and Chives Margarine 2% Milk Coffee/Tea	Navy Bean Soup Saltines Chicken Salad Sandwich Marinated Cucumbers Cantaloupe Margarine 2% Milk Coffee/Tea	Veal Piccata Egg Noodles Carrots Wheat Bread Cinnamon Applesauce Margarine 2% Milk Coffee/Tea	Baked Chicken Baked Sweet Potato Half Broccoli and Cheese Choice of Roll Fruit Cocktail Margarine 2% Milk Coffee/Tea	Beef Tater Tot Bake Brussels Sprouts Buttered Breadstick Pineapple Chunks Margarine 2% Milk Coffee/Tea
Eve. Snack						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Choice of Cereal Egg & Sausage Strata Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal French Toast Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Bacon Cinnamon Biscuit Pull-Apart Bread Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Sausage Links Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Buttered Waffles Turkey Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg Patty Canadian Bacon Toasted English Muffin Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Chicken Marsala Mashed Potatoes Broccoli Choice of Roll Cherry Chocolate Bar Gravy Margarine Coffee/Tea	Pork Loin w/Dijon-Apple Relish Baked Potato Carrots Choice of Roll Ginger Spiced Blondie Bar Sour Cream and Chives Margarine Coffee/Tea	Zesty Lemon Pepper Turkey Red Bliss Potatoes Green Peas Choice of Roll Blueberry Crisp Margarine Coffee/Tea	Veal Parmesan Spaghetti Noodles Italian Blend Mixed Vegetables Garlic Bread Knot Banana Parfait Margarine Coffee/Tea	Apple-Raisin Stuffed Chicken Cheesy Mashed Potatoes Cauliflower Wheat Bread White Frosted Cake Margarine Coffee/Tea	Philly Cheesesteak Bowl Tossed Salad Buttered Breadstick M&M Cookie Choice of Dressing Margarine Coffee/Tea	Ham & Potato Au Gratin Green Beans Choice of Roll Brownie Crinkle Cookie Margarine Coffee/Tea
Dinner						
Green Bean Casserole Soup Saltines Fish Sandwich Lettuce / Tomato / Onion Watermelon Margarine 2% Milk Coffee/Tea	Mexican Lasagna Tossed Salad Cinnamon Applesauce Choice of Dressing Margarine 2% Milk Coffee/Tea	Italian Veg & Bean Soup Saltines Cold Roast Beef Sandwich Lettuce / Tomato / Onion Red Grapes Margarine 2% Milk Coffee/Tea	Breaded Fish French Fries Creamy Cole Slaw Choice of Roll Mixed Melon Salad Ketchup Margarine 2% Milk Coffee/Tea	Sweet and Sour Pork White Rice Oriental Vegetable Blend Choice of Roll Apple Slices Margarine 2% Milk Coffee/Tea	Egg Salad Sandwich Lettuce / Tomato / Onion Pickled Beets Cottage Cheese Pineapple Chunks Margarine 2% Milk Coffee/Tea	Citrus Glazed Chicken Wings White Rice Green Peas Banana Margarine 2% Milk Coffee/Tea
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages