

Autumn Lake Healthcare
Week-At-A-Glance
Oak Manor SS 2023 Week 1

HOUSE							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast Oatmeal 6 Oz Scrambled Egg 2 Oz English Muffin 1 Ind - Margarine 1 Pkt Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Cinnamon Oatmeal 6 Oz French Toast 2 Sl - Syrup 1 Pc - Margarine 1 Pc Breakfast Sausage 2 Oz Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Scrambled Egg 2 Oz Bacon 2 Oz Cinnamon Muffin 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Waffles 2 Ind - Syrup 1 Ea Bacon 2 Sl Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Egg Patty 1 Ea Hash Browns 1 Sv - Ketchup 1 Ea White Toast 1 Sl - Margarine & Jelly 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Eggs Florentine 2 Oz Banana Muffins 1 Ea - Margarine 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Cinnamon Oatmeal 6 Oz Buttermilk Pancakes 2 Ea - Syrup 1 Ea - Margarine 1 Ea Sausage Links 2 Oz Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	
Lunch Chicken Divan with Broccoli 8 Oz Alternate Entree 1 Sv Dinner Roll 1 Ea - Margarine 1 Ind Herbed Rice 4 Oz Cinnamon Applesauce 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Italian Meatsauce 6 Oz Alternate Entree 1 Sv Brussel Sprouts 4 Oz Garlic Bread 1 Pc Spaghetti 4 Oz Chocolate Cake 1 Pc Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Oven Fried Chicken 3 Oz Alternate Entree 1 Sv Harvard Beets 4 Oz Bread 1 Sl - Margarine 1 Pkg Mashed Potatoes 4 Oz Watermelon 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Honey Roasted Pork Cutlet 3 Oz Alternate Entree 1 Sv Buttered Corn 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Oven Browned Potatoes 4 Oz Fresh Fruit Cup 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Three Cheese Baked Lasagna 6 Oz Alternate Entree 1 Sv Italian Blend Vegetables 4 Oz Garlic Bread 1 Pc Mandarin Oranges 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Lemon & Dill Baked Fish 3 Oz Alternate Entree 1 Sv Mixed Vegetables 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Parsley Noodles 4 Oz Chilled Pears 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Crab Mac and Cheese 8 Oz Alternate Entree 1 Sv Vegetable Medley 4 Oz Fruit Cocktail 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	
Dinner Garden Vegetable Soup 6 Oz - Saline Crackers 1 Pkg Salsbury Steak 3 Oz - Gravy 2 Oz Alternate Entree 1 Sv Creamy Coleslaw 4 Oz Parsley Noodles 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Ice Cream 1 Sv Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Chicken Tenders 4 Oz - Dipping Sauce 1 Oz Alternate Entree 1 Sv Green Beans 4 Oz French Fries 4 Oz - Ketchup 1 Pkg Biscuit 1 Ind - Margarine 1 Ea Sliced Peaches 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Mexican Beef Casserole 6 Oz Alternate Entree 1 Sv Shredded Lettuce and Tomato 4 Oz Rice and Beans 4 Oz Cornbread 1 Ea - Margarine 1 Pkg Lemon Ice 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Tomato Soup 6 Oz - Saline Crackers 1 Pkg Grilled Cheese 1 White Alternate Entree 1 Sv Mixed Vegetables 4 Oz Ice Cream 1 Sv Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Hot Dog On A Bun 1 Sv Alternate Entree 1 Sv Tomato & Onion Marinaded Salad 4 Oz Baked Beans 4 Oz Apple Pie 1 Sv Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Chicken Adobo 3 Oz Alternate Entree 1 Sv Summer Vegetable Medley 4 Oz Rice and Beans 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Tapioca Pudding 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Hamburger 3 Oz - On a Bun 1 Ea - Ketchup 1 Pkg Alternate Entree 1 Sv Tator Tots 4 Oz - Ketchup 1 Pkg Garden Salad 4 Oz Sherbet 1 Ea Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	

Autumn Lake Healthcare
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Oak Manor SS 2023 Week 2

HOUSE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Oatmeal 6 Oz Scrambled Egg 2 Oz English Muffin 1 Ind - Margarine 1 Pkg Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Cinnamon Oatmeal 6 Oz French Toast 2 Sl - Syrup 1 Pc - Margarine 1 Pc Breakfast Sausage 2 Oz Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Scrambled Egg 2 Oz Bacon 2 Oz Apple Cinnamon Muffin 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Waffles 2 Ind Bacon 2 Ea Syrup 2 Sl Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Egg Patty 1 Ea Hash Browns 1 Srv - Ketchup 1 Ea White Toast 1 Sl - Margarine & Jelly 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Eggs Florentine 2 Oz Banana Muffins 1 Ea - Margarine 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Cinnamon Oatmeal 6 Oz Buttermilk Pancakes 2 Ea - Syrup 1 Ea - Margarine 1 Ea Sausage Links 2 Oz Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg
Lunch Roasted Chicken 4 Oz Alternate Entree 1 Srv Capri Vegetable Blend 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Roasted Red Potatoes 4 Oz Bread Pudding 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Lemon Pepper Fish 3 Oz Alternate Entree 1 Srv Broccoli Florets 4 Oz Bread 1 Sl - Margarine 1 Pkg Rice Pilaf 4 Oz Marble Cake 1 Pc Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Beef Macaroni Casserole 8 Oz Alternate Entree 1 Srv Summer Vegetable Medley 4 Oz Dinner Roll 1 Ea - Margarine 1 Ind Peaches 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch BBQ Chicken 3 Oz Alternate Entree 1 Srv Oriental Blend Vegetables 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Steamed Rice 4 Oz Fruit Cocktail 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Turkey Meatloaf 4 Oz Alternate Entree 1 Srv Brussel Sprouts 4 Oz Bread 1 Sl - Margarine 1 Pkg Baked Sweet Potato 4 Oz Spice Cake 1 Srv Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Parmesan Baked Fish 3 Oz Alternate Entree 1 Srv Vegetable Blend 4 Oz Dinner Roll 1 Ea - Margarine 1 Ind Au Gratin Potatoes 4 Oz Fresh Baked Cookies 2 Ea Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Meatsauce 6 Oz Alternate Entree 1 Srv Garlic Bread 1 Pc Spaghetti 4 Oz Garden Salad 4 Oz Tropical Fruit Cup 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg
Dinner Pulled Pork Sandwich 3 Oz Alternate Entree 1 Srv Roasted Carrots 4 Oz Fruit Cup 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Creamy Vegetable Soup 6 Oz Stippy Joe 1 Ea Alternate Entree 1 Srv Chuckwagon Corn 4 Oz Mandarin Oranges 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Minestrone Soup 6 Oz - Saline Crackers 1 Pkg Cheese Pizza 1 Sl Alternate Entree 1 Srv French Cut Green Beans 4 Oz Sherbet 1 Srv Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Battered Fish 3 Oz Alternate Entree 1 Srv Sweet Green Peas 4 Oz Lyonnaise Potatoes 4 Oz Dinner Roll 1 Ea - Margarine 1 Ind Peach Crisp 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Cheeseburger 1 Ea - Ketchup, Mustard 1 Ea Alternate Entree 1 Srv Steak Fries 4 Oz - Ketchup 1 Pkg Creamy Coleslaw 4 Oz Chilled Peas 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Grilled Ham & Cheese Sandwich 1 Ind Alternate Entree 1 Srv Peas and Carrots 4 Oz Sliced Apples 4 Oz Chicken Noodle Soup 6 Oz - Saline Crackers 1 Pkg Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner BBQ Riblet on Bun 1 Sandwich Alternate Entree 1 Srv Broccoli Cuts 4 Oz French Fries 4 Oz - Ketchup 1 Pkg Ice Cream 1 Srv Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Autumn Lake Healthcare
 Week-At-A-Glance
 Oak Manor SS 2023 Week 3

HOUSE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Oatmeal 6 Oz Scrambled Egg 2 Oz English Muffin 1 Ind - Margarine 1 Pkt Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Cinnamon Oatmeal 6 Oz French Toast 2 Sl - Syrup 1 Pc - Margarine 1 Pc Breakfast Sausage 2 Oz Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Scrambled Egg 2 Oz Bacon 2 Oz Apple Cinnamon Muffin 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Waffles 2 Ind - Syrup 1 Ea Bacon 2 Sl Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Egg Patty 1 Ea Hash Browns 1 Srv - Ketchup 1 Ea White Toast 1 Sl - Margarine & Jelly 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Oatmeal 6 Oz Eggs Florentine 2 Oz Banana Muffins 1 Ea - Margarine 1 Ea Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg	Breakfast Cinnamon Oatmeal 6 Oz Buttermilk Pancakes 1 Ea - Syrup 1 Ea - Margarine 1 Ea Sausage Links 2 Oz Orange Juice 4 Oz Coffee 6 Oz Whole Milk 8 Oz Sugar 2 Ea Salt 1 Pkg Pepper 1 Pkg
Lunch Swedish Meatballs 6 Ea - Brown gravy 2 Oz Alternate Entree 1 Srv California Blend Vegetables 4 Oz Garlic Bread 1 Sl Buttered Herbed Noodles 4 Oz Spiced Apple Slices 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Jerk Pork 3 Oz Alternate Entree 1 Srv Sweet Green Peas 4 Oz Wheat Bread 1 Sl - Margarine 1 Pkg Yellow Rice 4 Oz White Cake 1 Pc Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Kielbasa 3 Oz Alternate Entree 1 Srv Mixed Vegetables 4 Oz Garlic Bread 1 Pc Pierogies 3 Ea Chocolate Chip Cookie 1 Ind Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Seasoned Chicken 3 Oz Alternate Entree 1 Srv Italian Green Beans 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Cheesy Mashed Potatoes 4 Oz Spiced Peaches 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Beef Stroganoff 4 Oz Alternate Entree 1 Srv Roasted Carrots 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Buttered Noodles 4 Oz Poke Cake 1 Pc Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Cajun Fish Fillet 3 Oz Alternate Entree 1 Srv Green Bean 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Lyonnaise Potatoes 4 Oz Bread Pudding 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg	Lunch Meatloaf 3 Oz - Gravy 2 Oz Alternate Entree 1 Srv Mixed Vegetables 4 Oz Roasted Red Potatoes 4 Oz Applesauce 4 Oz Coffee 6 Oz Sugar 1 Ea Milk 8 Oz Pepper 1 Pkg Salt 1 Pkg
Dinner Rotisserie Chicken 3 Oz Alternate Entree 1 Srv Buttered Green Beans 4 Oz Mashed Potatoes 4 Oz Sherbet 1 Srv Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Sausage Sub w/ Peppers and Onions 1 Sandwich Alternate Entree 1 Srv Broccoli Cuts 4 Oz Watermelon 1 Pc Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Cream Of Spinach Soup 4 Oz - Saltine Crackers 1 Pkg Chicken Salad Sandwich 1 Ea Alternate Entree 1 Srv Tomato Cucumber Salad 4 Oz Chilled Fruit Cup 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Turkey Burger On A Bun 1 Srv - Lettuce And Tomato 1 Srv Alternate Entree 1 Srv Potato Chips 4 Oz Creamy Coleslaw 4 Oz Jello 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Tomato & Rice Soup 6 Oz - Saltine Crackers 1 Pkg Brown Sugar Glaze Ham 3 Oz Alternate Entree 1 Srv Buttered Corn 4 Oz Sweet Potato 4 Oz Assorted Bread 1 Sl - Margarine 1 Pkg Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Chicken Parmesan 4 Oz Alternate Entree 1 Srv Peas and Carrots 4 Oz Spaghetti 4 Oz Dinner Roll 1 Ea - Margarine 1 Ind Mandarin Oranges 4 Oz Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz	Dinner Navy Bean Soup 6 Oz - Saltine Crackers 1 Pkg Turkey Wrap 1 Whole Alternate Entree 1 Srv Garden Salad 4 Oz - Dressing 1 Ea Ice Cream 1 Ea Sugar 1 Ea Salt 1 Pkg Pepper 1 Pkg Coffee 6 Oz Milk 8 Oz