

Harrogate's Health Center Weekly Menu

2020 Autumn ~ Week 2 ~ October 4th through October 10th, 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Juice of Choice Banana / Orange Danish Oatmeal Frosted Flakes Pancakes Sausage	Juice of Choice Banana / Orange Bagel Cream of Rice Total Cereal Ham & Cheese Omelet Home Fries	Juice of Choice Banana / Orange Donut Warm Farina Cereal Cheerios Cinn French Toast Bacon	Juice of Choice Banana / Orange Raisin Bread Apple & Cinn Oatmeal Corn Flakes Scrambled Eggs Ham	Juice of Choice Banana / Orange Coffee Cake Cream of Wheat Raisin Bran Waffles Corned Beef Hash	Juice of Choice Banana / Orange Whole Wheat Toast Oatmeal Rice Krispies Western Scramble Hash Browns	Juice of Choice Banana / Orange English Muffin Farina Cereal Frosted Mini Wheats Fried Egg & Cheese (on a croissant)
L U N C H	Raspberry Cream Muffin Pumpkin Bisque Garden Salad Dijon Chicken or Baked Cod Creamy Orzo Sugar Snap Peas Cherry Pie Peaches	Plain Roll Dill Creamy Chicken Garden Salad Hot Dog or Baked Pangasius Baked Beans Corn Brownie Sliced Apples	Semolina Roll Beef Noodle Soup Garden Salad Pot Roast or Seafood Newburgh Mashed Potatoes Green Beans Cookie & Cream Pie Mandarin Oranges	Scone Mushroom Onion Soup Garden Salad Ham Steak or Fried Clams Potatoes O'Brien Mixed Vegetables Flavored Ice Cream Pears	Biscuit Escarole & Sausage Soup Garden Salad Roast Turkey or Baked Salmon Herbed Stuffing Spinach Lemon Cake Diced Peaches	Garlic Bread Shrimp Bisque Garden Salad Stuffed Shells & Meatballs or Baked Tilapia Broccoli Rabe Xango Tropical Fruit	Peach Muffin Split Pea Soup Garden Salad Teres Major Steak or Broiled Sole Cous Cous Asparagus Carrot Cake Watermelon
D I N N E R	Rye Roll Fruit Salad Sirloin Steak Potatoes au Gratin Yellow Squash or Turkey Cobb Salad Platter Peach Cake Honey Dew Melon	Blueberry Muffin Fruit Salad Gen. Tso's Chicken or Chili con Carne Jasmine Rice Bok Choy Apple Pie Watermelon	Red Velvet Muffin Fruit Salad Gnocchi & Sausage or Cottage Cheese & Fruit w/cheddar cheese Whipped Turnips Hummingbird Cake Sliced Strawberries	Croissant Fruit Salad Chicken Fingers or Medit. Turkey Wrap French Fries Cauliflower French Silk Pie Diced Cantaloupe	Morning Glory Muffin Fruit Salad Chicken Livers or French Dip Sweet Potatoes Wax Beans Rice Pudding Diced Pineapple	Banana Br. Sugar Muffin Fruit Salad Lamb Stew Egg Noodles Vegetable Medley or Liverwurst & Onion Sandwich w/ coleslaw Pineapple Cake Sliced Oranges	Wheat Roll Fruit Salad Shake n Bake Pork or Gr. Chicken Caesar Salad Platter Rst Red Potatoes Sliced Apples Blueberry Pie Fruit Cocktail

Need More Choices for Breakfast, Lunch & Dinner...

Please See Our "Always Available Menu"

Please note this menu is subject to change.