

MULTICARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE1

PIONEER FOOD SERVICE

1-Dec		2-Dec		3-Dec		4-Dec		5-Dec		6-Dec		7-Dec	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										Lentil Soup	8 oz		
T.Ham	3 oz	Meat Loaf W/	3 oz	Chicken Sausage	4 oz	Chili con carne	12 oz	Chicken Alfredo	8 oz	W/ Saltines	2 pak	Hamb Patty	3 oz
Cheese	2 sl	Swiss Cheese	2ea	in Marinara		Shredded cheese	1 oz	Casserol		Bologna	3 oz	W/Cheese,	1 ea
Mustard/Mayo	1 ea	Mustard/Mayo	1 ea	Pasta Salad	1/2 c					Cheese	2sl	Mayo/Must	1 ea
Potato Chips	1oz	Green Salad	1 c	Italian Veg Mix	1/2C	Capri Veg	1/2c	Brussel Sprouts	1/2 c	Mayo/Mustard	1pk ea	Macaroni &	1/2 c
		Ranch Dressing	1 oz							Baby Carrot**	1/2C	Cheese	
Bread	2 sl	Bread	2 sl	Hoagie Roll	1 ea	Cornbread/marg	1 ea	Bread Roll/marg	1ea	Wheat Bread	2 sl	Hamb Bun	1 ea
Mandarins*	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Tropical Mix	1/2c	Fresh Banana	1 ea	Fresh Orange*	1ea	Mixed Fruit	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Sloppy Joes	4 oz	Grilled Chicken	3 oz	Salisbury Steak	3.2 oz	Chix teriyaki	3 oz	Fried Steak	4 oz	Chick Cacciatore	4 oz	Breaded Fish	3.6 oz
Pasta Salad	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice	1 c	W/Country Grav	3 oz	Penne Pasta	1 c	Tater Tots	1 c
Green Beans	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz	Venetian Mix Veg	1/2 c	Mashed Potatoes	1 c	Green Beans	1/2 c	W/Tartar sauce	1 oz
Green Salad	1c	Green Salad	1 c	Carrots	1/2C	Green Salad	1 c	Broccoli Blend	1/2 c	Green Salad	1 c	Capri Veg	1/2 c
Salad Dressing	1oz	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c
Ham Bun	1 ea	Bread/ Marg	1 ea	Bread/marg	1ea	Bread/marg	1 ea	Bread/mar	1 ea	Bread Roll/marg	1ea	Bread/marg	1 ea
Pears	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1ea	Apricot	1/2C	Pudding	1/2C	Peaches	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain no pork products (except bacon)- turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.

MULTICARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE2

PIONEER FOOD SERVICE

8-Dec		9-Dec		10-Dec		11-Dec		12-Dec		13-Dec		14-Dec	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		Beef Taco						Chef's Salad				Soup of the day	8 oz
T.Salami	3 oz	Taco Meat w/		Turkey Hot Dog	4 oz	Bn&Cheez Burrito	2 ea	T.Ham&Shrd Chz	1oz ea	Sloppy Joes	4 oz	Bologna	3 oz
Cheese	2sl	Black Beans	4 oz	W/Mustard/Mayo	1 ea	Spanish Rice	1/2 c	Hard boiled egg	1 ea	Potato Salad	1/2 c	W/Cheese	2sl
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	1oz	Lettuce mix	2 c	Baby carrot**	1/2 c	Mayo/Mustard	
Potato Chips	1oz	Shred lettuce	1/2 c	Cheese	1/2C	Green Beans	1/2 c	Tomatoes	2 wdg			Potato Chips	1oz
		Salsa/sour crm	1oz ea	Coleslaw	1/2 c			Salad Dressing	2 oz			Bread	2ea
Wheat Bread	2 sl	Tortilla	2 ea	Hot dog buns	2 ea			Dinner Roll/mar	1 ea	Hamb Bun	1ea		
Fresh Orange*	1 ea	Fresh Apple	1 ea	Pears	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c	Mandarins*	1/2 c	Fresh Apple	1ea
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Beef Stroganoff	4 oz	Creamy Chicken	3 oz	T.Ham Steak	3 oz	Meat Lasagna	6 oz	Salisbury Steak	3.2 oz	Cheeseburger	3 oz	Brd Fish square	3.6 oz
		Rice	1C	Mashed Potatoes	1 c			Mashed Potatoes	1 c	Mayo/mustard	1 ea	W/Tartar Sauce	1 oz
Pasta	1 c	Broccoli Blend	1/2 c	W/Gravy	3 oz	Capri Veg Mix	1/2 c	W/Brown Gravy	3 oz	Tater tots	1 C	Tater Tots	1C
Scandiavian Veg	1/2 c			Carrots	1/2c	Green Salad	1 c	Brussel Sprouts	1/2 c	Corn	1/2 C	Peas & Carrots	1/2c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz					Salad Dressing	1 oz		
Bread/marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1ea	Ham Bun	1 ea	Bread/Marg	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pears	1/2 c	Tropical Salad	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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MULTICARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE3

PIONEER FOOD SERVICE

15-Dec SUNDAY		16-Dec MONDAY		17-Dec TUESDAY		18-Dec WEDNESDAY		19-Dec THURSDAY		20-Dec FRIDAY		21-Dec SATURDAY					
						Chop Chop Salad				Beef Taco							
Meat Loaf Sand w/Cheese	3 oz 2ea	Pastrami	3 oz 2ea	Swiss Cheese	3 oz 2ea	Beef Tator Tot Casserole	8 oz	Chicken, ham	1oz ea 1 ea	Hard-boiled egg	1 ea	BBQ Chicken	4 oz	Taco Meat W/Black Beans	4 oz	Chix teriyaki	3 oz
Mustard/Mayo	1 ea	Wh Grain Bread	2 sl	California Veg	1/2C	Tomatoes	2 wdg	Shred Carrot	1/4C	Corn and Peppers	1/2C	Shred cheese	1 oz	Stir Fry Veg	1/2 c		
California veg blend	1/2 c	Mayo/Mustard	1pk ea			Shred Carrot	1/4C					Salsa/sour crm	1oz ea				
		Baby carrot**	1/2 c			Salad Mix/dres	2c/2z	Coleslaw	1/2 c	Shred lettuce	1/2 c						
Bread	2ea			Bread Roll/Marg	1ea	Bread/ Marg	1/1 tsp	Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1/1 tsp				
Mixed Fruit	1/2 c	Fresh Apple	1ea	Pear	1/2 c	Fresh Orange*	1ea	Tropical Mix	1/2 c	Pineapple	1 ea	Mandarins*	1ea				
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Sweet and Sour Chicken	4 oz	Fried Steak	4 oz	W/Country Gravy	3 oz	Creamy Chicken	3 oz	Swedish Meatb	3 oz	Beef Chili	12 oz	Chicken Parmesan/	3 oz	Turkey Hot Dog	4oz-2ea		
Rice	1 c	Scalloped Potatoes	1 c	Penne Pasta	1 c	Rice	1 c	in Country Gravy		Shred Cheese	1/2 oz	Marinara&Parmesan	1oz ea	W/Mustard/Mayo	2 ea		
Stir Fry Veg	1/2 c	Zucchini	1/2 c	Italian Veg	1/2c	Scandiavian Veg.	1/2 c	Mixed Veg	1/2 c	Cornbread/ Marg	1 ea	Penne Pasta	1 c	Macaroni & Cheese	1 c		
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c			Mixed Veg	1/2 c	Brussel Sprouts	1/2 c	Country Mix **	1/2 c		
Salad Dressing	1 oz	Green Salad	1 c	Ranch Dressing	1 oz			Green Salad	1 c	Green Salad	1 c	Salad Dressing	1 oz	Coleslaw	1/2 c		
Bread/ Marg	1ea	Salad Dressing	1 oz	Bread/ Marg	1ea	Bread/mar	1 ea	Bread/marg	1ea	Salad Dressing	1 oz	Bread/marg	1 ea	Hot dog buns	2 ea		
Pudding	1/2 c	Bread/ Marg	1ea	Bread/mar	1 ea	Bread/marg	1ea	Salad Dressing	1 oz	Salad Dressing	1 oz	Bread/marg	1 ea	Hot dog buns	2 ea		
2% Milk	1 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2C	Peaches	1/2 c	Pears	1/2 c	Mixed Fruit	1/2 c				
		2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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MULTICARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE4

PIONEER FOOD SERVICE

22-Dec		23-Dec		24-Dec		25-Dec		26-Dec		27-Dec		28-Dec	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										Chef's Sal			
Chicken noodle		Bn&Cheez Burrito	2 ea	Turkey	3 oz	Tomato Soup	8 oz	Beef Chili	12 oz	T.Ham&Shrd Chz	1oz ea	Creamy Chicken	3 oz
Casserole	8 oz	Spanish Rice	1/2 c	W/Cheese	2ea	W/Saltines	2 pak	Shred Cheese	1/2 oz	Hard boiled egg	1 ea	Rice	1/2 c
		W/Salsa	1oz			Ham	3 oz	Mix Veggies**	1/2 c	Lettuce mix	2 c	Winter Blend	1/2 c
Green Beans	1/2 c	Zucchini	1/2c	Mayo/Mustard	1pk ea	Cheese	2ea			Tomatoes	2 wdg	Biscuit/Marg	1es
				Baby carrot**	1/2C	Mayo/Mustard	1 ea	Cornbread	1 sq	Salad Dressing	2 oz		
Dinner Roll/mar	1 ea			Hoagie Roll	1 ea	Wh Wheat Brd	2 sl			Dinner Roll/mar	1 ea		
Fresh Apple	1ea	Fresh Orange*	1ea	Pear	1/2 c	Tropical Mix		Fresh Apple	1ea	Banana	1 ea	Pears	1/2 c
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Breaded Fish	3.6 oz	Grilled Chicken	3 oz	Beef Stew	12 oz	Fried Steak	4 oz	Br.Chicken Patty	3 oz	Shepherds Pie	6 oz	T.Ham Steak	3 oz
W/Tartar Sauce	1 oz	W/Gravy	3oz	W/Potatoe and		W/Country Gravy	3 oz	Rice	1 c			w/ Contry Gravy	3oz
Tater Tots	1C	Penne Pasta	1 c	Veg.in stew		Tater Tots	1 c	W/Chix Gravy	3 oz			Mashed Potato	1 c
Peas & Carrots	1/2c	Broccoli Blend	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Capri Veg	1/2 c	Baby Carrots**	1/2C
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz			Salad Dressing	1 oz
Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Biscuit/Marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1 ea
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c
2% Milk	2 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
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MULTICARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE5

PIONEER FOOD SERVICE

29-Dec		30-Dec		31-Dec		1-Jan		2-Jan		3-Jan	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Beef Taco				Caesar Salad w/		Soup of the day		8 oz	
Salmon Burger	3 oz	Taco Meat w/		Chix teriyaki	3 oz	Diced Chicken		W/ Saltines		2 pak	
W/Tartar Sauce	1 oz	Black Beans	4 oz	Rice	1/2 c	Lettuce Mix		Bologna		3 oz	
Rice Pilaf	1/2C	Shred cheese	1 oz	Stir Fry Veg	1/2 c	Croutons/Parm		Cheese		2ea	
Peas & Carrots	1/2 c	Shred lettuce	1/2 c			Caesar Dressing		Mustard/Mayo		1 ea	
		Salsa/sour crm	1oz ea			Dinner Roll/marg		Baby Carrots**		1/2C	
Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1 ea			Bread		2 sl	
Tropical Salad	1/2 c	Apricot	1/2 c	Pear	1/2 c	Fresh Apple		Fresh Orange*		1ea	
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk		2% Milk		8 oz	
Chicken Parmesan	3 oz	Chicken Stew	12 oz	Breaded Fish	3.6 oz	Broccoli Beef		Chicken Patty w/		3 oz	
Marinara&Parmesan	1oz ea	W/Potatoe and		W/Tartar Sauce	1 oz	Rice		Gravy		3oz	
Penne Pasta	1 c	Veg.in stew		Tater Tots	1C	Stir Fry Veg		Mashed Potatoes		1 c	
Zucchini	1/2 c			Peas				Peas & Carrots		1/2C	
Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad		Coleslaw		1/2 c	
Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing				1/1 tsp	
bread/marg	1 ea	Biscuit/Marg	1/1 tsp	Hamb Bun	1 ea	Bread/Marg		Bread/ Marg		1/1 tsp	
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot		Peaches		1/2 c	
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk		2% Milk		8 oz	

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4-Jan	
SATURDAY	

Turkey Noodle Casserole	8 oz
Italian Veg	1/2 c
Biscuit/Marg	1ea
Pudding	1/2 c
2% MILK	8 oz
T.Ham Steak W/Gravy	3 oz
Scalloped Potatoes	3 oz
Mix Veggies	1 c
Green Salad	1/2c
Salad Dressing	1 c
Bread/marg	1 oz
Tropical Salad	1 ea
2% Milk	1/2 c
	8 oz