

## MULTICARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE1

### PIONEER FOOD SERVICE

5-Jan		6-Jan		7-Jan		8-Jan		9-Jan		10-Jan		11-Jan	
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 Gravy	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

12-Jan		13-Jan		14-Jan		15-Jan		16-Jan		17-Jan		18-Jan	
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

19-Jan		20-Jan		21-Jan		22-Jan		23-Jan		24-Jan		25-Jan	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						Chop Chop Salad				Beef Taco			
Meat Loaf Sand	3 oz	Pastrami	3 oz	Beef Tator Tot	8 oz	Chicken, ham	1oz ea	BBQ Chicken	4 oz	Taco Meat W/		Chix teriyaki	3 oz
w/Cheese	2ea	Swiss Cheese	2ea	Casserole		Hard-boiled egg	1 ea	Tater Tots	1/2 c	Black Beans	4 oz	Rice	1/2 c
Mustard/Mayo	1 ea	Wh Grain Bread	2 sl	California Veg	1/2C	Tomatoes	2 wdg	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
Sweet and		Fried Steak	4 oz	Creamy Chicken	3 oz	Swedish Meatb	3 oz	Beef Chili	12 oz	Chicken Parmesan/	3 oz	Turkey Hot Dog	4oz-2ea
Sour Chicken	4 oz	W/Country Gravy	3 oz			in Country Gravy		Shred Cheese	1/2 oz	Marinara&Parmesan	1oza	W/Mustard/Mayo	2 ea
Rice	1 c	Scalloped Potatoes	1 c	Penne Pasta	1 c	Rice	1 c	Cornbread/ Marg	1 ea	Penne Pasta	1 c	Macaroni & Cheese	1 c
Stir Fry Veg	1/2 c	Zucchini	1/2 c	Italian Veg	1/2c	Scandiavian Veg.	1/2 c	Mixed Veg	1/2 c	Brussel Sprouts	1/2 c	Country Mix **	1/2 c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c			Green Salad	1 c	Coleslaw	1/2 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Ranch Dressing	1 oz			Green Salad	1 c	Salad Dressing	1 oz		
Bread/ Marg	1ea	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	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	1 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

CYCLE4

### PIONEER FOOD SERVICE

26-Jan		27-Jan		28-Jan		29-Jan		30-Jan		31-Jan		1-Feb	
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	1.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

2-Feb		3-Feb		4-Feb		5-Feb		6-Feb		7-Feb	
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		Rice	1/2 c	Lettuce Mix		Bologna		3 oz	
Rice Pilaf	1/2C	Shred cheese		Stir Fry Veg	1/2 c	Croutons/Parm		Cheese		2ea	
Peas & Carrots	1/2 c	Shred lettuce				Caesar Dressing		Mustard/Mayo		1 ea	
		Salsa/sour crm				Dinner Roll/marg		Baby Carrots**		1/2C	
Hamb Bun	1 ea	Tortilla		Bread/ Marg	1 ea			Bread		2 sl	
Tropical Salad	1/2 c	Apricot		Pear	1/2 c	Fresh Apple		Fresh Orange*		1ea	
2% MILK	8 oz	2% MILK		2% MILK	8 oz	2% MILK		2% MILK		8 oz	
Chicken Parmesar	3 oz	Chicken Stew		Breaded Fish	3.6 oz	Broccoli Beef		Chicken Patty w/		3 oz	
Marinara&Parmes	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		Coleslaw	1/2 c	Green Salad		Coleslaw		1/2 c	
Salad Dressing	1 oz	Salad Dressing				Salad Dressing				1/1 tsp	
bread/marg	1 ea	Biscuit/Marg		Hamb Bun	1 ea	Bread/Marg		Bread/ Marg		1/1 tsp	
Pudding	1/2 c	Mandarins*		Pineapple	1/2 c	Apricot		Peaches		1/2 c	
2% Milk	8 oz	2% Milk		2% Milk	8 oz	2% Milk		2% Milk		8 oz	

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8-Feb	
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	3 oz
W/Gravy	3 oz
Scalloped Potatoes	1 c
Mix Veggies	1/2c
Green Salad	1 c
Salad Dressing	1 oz
Bread/marg	1 ea
Tropical Salad	1/2 c
2% Milk	8 oz