

Vision Winter Spring 2023-2024 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Scrambled Eggs	Vanilla Yogurt	Scrambled Eggs & Ham	Cheddar Cheese Slice	Poached Egg	Sausage Patty	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Bran Muffin	Whole Wheat Toast	French Toast	Bacon
Margarine	Margarine	Apple Jelly	Margarine	Margarine	Syrup	Whole Wheat Toast
Strawberry Jam	Grape Jelly	Margarine	Bran Flakes Cereal	Grape Jelly	Bran Flakes Cereal	Margarine
Corn Flakes Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Peanut Butter	Corn Flakes Cereal	Peanut Butter	Strawberry Jam
Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Whole Wheat Toast	Rice Krispies Cereal
White Toast	White Toast	Whole Wheat Toast		White Toast	Margarine	Peanut Butter
						White Toast
LUNCH						
Golden Lentil Soup	Beef Vegetable & Noodle Soup	Cream of Celery Soup	Tomato & Rice Soup	Turkey Noodle Soup	Vegetable Soup	Creamy Potato Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Mushroom & Swiss Quiche	Bologna Sandwich	Chicken Salad Sndw on WW	Egg Salad Sndw on Wheat	Tuna Salad Croissant	Turkey Pot Pie	Captain Burger on WW Bun
Mixed Salad with French Dressing	Sweet Potato Puff RTB	Cucumber Slices	Romaine & Onion Salad	Salad Pasta Sicilian W Feta	Poultry Gravy	Tartar Sauce
Chilled Diced Peaches	Blueberries	Strawberries & Topping	Pineapple Tidbits	Chilled Apricots	Peas & Pearl Onions	Tomato Slices & Lettuce
Macaroni & Beef Casserole	Whipped Topping	Spinach & Cheese Cannelloni	Weiners & Beans	Sloppy Joe on WW Bun	Hot Spiced Apples	Fruit Cocktail
Buttered Corn	Hearty Turkey Chili	5-Way Mixed Vegetables	Corn Muffin	Green & Yellow Beans	Sliced Ham Sndw on WW	Chicken Caesar Salad
Buttered White/WW Bread	Buttermilk Biscuit	Baked Custard	Margarine	Black Cherry Ice Cream	Mixed Greens w/Berry Vinaigrette	Whole Wheat Bread
Butterscotch Pudding	Margarine		Marble Pudding Cake		Sugar Cookies	Margarine
	Ice Cream Novelty					Strawberry Shortcake
DINNER						
BBQ Glazed Chicken	Beef Mushroom Ragout	Multigrain Tilapia	BBQ Sauce Glazed Turkey Meatloaf	LS Chicken & Dumplings	Breaded Chicken	Roast Beef
Mashed Potatoes	Bow Tie Pasta	Scalloped Potatoes	Whipped Potatoes	Cauliflower	Mashed Sweet Potatoes	Beef Gravy
Sunrise Vegetables	Wax Beans	Parsley Carrots	Bistro Vegetables	Multi Grain Roll	Montego Vegetables	Horseradish
Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Margarine	Buttertart Square	Yorkshire Pudding
Margarine	Margarine	Margarine	Margarine	Date Square	Braised Veal Tips	Mashed Potatoes
Dutch Brownie	Chocolate Cake Roll	Citrus Orange Cake	Mini Powdered Donuts	Rubbed Pork Loin	Oven-Browned Potatoes	Buttered Brussels Sprouts
Cod Fillet w/ Breaded Cheese Crumbs	Apple Maple Pork Chop	Beef Shepherd's Pie		Mashed Potatoes	Corn O'Brien	Cherry Pie
Lemon Wedge	Garlic Mashed Potatoes	Steamed Broccoli	Rosemary Lamb & Mint Sauce	Harvard Beets	Multi Grain Roll	Roasted Vegetable Lasagna
Rice Pilaf	Diced Squash	Peaches & Pears	Fluffy Rice	Chilled Diced Pears	Margarine	Sliced Carrots
Steamed Broccoli	Fruit Cocktail		Green Peas		Chilled Tropical Fruit	Multi Grain Roll
Mandarin Oranges			Bananas & Cream			Margarine
						Chilled Diced Peaches

Vision Winter Spring 2023-2024 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Creamy Yogurt	Western Omelette	Havarti Cheese	Poached Egg	Sausage Links	Cottage Cheese	Peameal Bacon
Whole Wheat Toast	Rye Toast	Blueberry Yogurt Loaf	Whole Wheat Toast	Pancakes	Blueberry Muffin	Scrambled Eggs
Margarine	Grape Jelly	Strawberry Jam	Apple Jelly	Syrup	Margarine	Whole Wheat Toast
Strawberry Jam	Margarine	Margarine	Margarine	Margarine	Corn Flakes Cereal	Strawberry Jam
Bran Flakes Cereal	Bran Flakes Cereal	Raisin Bran Cereal	Rice Krispies Cereal	Bran Flakes Cereal	Peanut Butter	Margarine
White Toast	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Bran Flakes Cereal
Peanut Butter	White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast		Peanut Butter
						White Toast
LUNCH						
Beef Barley & Vegetable Soup	Cream of Mushroom Soup	Creamy Squash & Sweet Potato Soup	Fall Harvest Soup	Chicken Vegetable Soup	Broccoli Cheese Soup	Minestrone Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Potato Leek Quiche	Sliced Beef Sndw on Wheat	Egg Salad Sndw on Wheat	Turkey & Swiss on Croissant	Cabbage Rolls	Chicken Fingers with Plum Sauce	Shaved Beef on Multigrain
Pearl Harvest Vegetables	Marinated Vegetables	Tomato Slices	Cheetos	Sunrise Vegetables	Potato Salad	Caesar Salad
Sliced Pears with Caramel Sauce	Applesauce	Pineapple Tidbits	Chilled Tropical Fruit	Mandarin Oranges	Chilled Diced Peaches	Pineapple Pear Cup
	Cottage Cheese Fresh Fruit		Battered Pollock	Ham & Cheese Sandwich on Wheat		Tempura Chick. Orange Ginger Sc
Salami on Wheat w/Pickles	Orange Cranberry Scone	Beef Pie	Lemon Wedge	Cucumber Slices	Salami on Wheat w/Pickles	Vegetable Fried Rice
Mixed Green Italian Salad	Margarine	Beef Gravy	Tartar Sauce	Maple Pudding Cake	Butterscotch Ice Cream	Asian Stir Fry Vegetables
Ice Cream Sandwich	Rice Pudding	Sliced Carrots	French Fries			Pound Cake
		Chocolate Ice Cream	Creamy Coleslaw			Whipped Topping
			Nanaimo Bar			
DINNER						
Iron Steak w/Red WineSauce	Lemon Dill Salmon	Lemon Herb Bkd Chicken Breast w/Onions	Honey Glazed Pork Chop	Baked Basa	Hungarian Goulash	Roast Turkey
Mashed Potatoes	Chive Whipped Potatoes	Roasted Red Skin Potatoes	Parslied Rice	Rice with Vegetables	Mashed Potatoes	Turkey Stuffing
Fall Medley Vegetables	Calico Corn	Steamed Broccoli	Butternut Squash	Green Beans	Steamed Carrots & Parsnips	Poultry Gravy
White Dinner Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Cranberry Sauce
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Whipped Potatoes
Raspberry White Choc Cake	Cherry Crisp	Lemon Buttermilk Cake	Lemon Meringue Pie	Vanilla Cake Roll	Lemonicious Bar	Sunrise Vegetables
Macaroni & Cheese	Turkey Tetrazzini		Italian Herb Beef Stew	Herb Baked Chicken Thigh	Spinach Cheese Ravioli w/ Rose Sauce	Pumpkin Pie
Baked Tomato au Gratin	Paradisio Vegetables	Liver & Onions	Wax Beans	Mashed Potatoes		Ham, Potato & Broccoli Bake
Mango	Stewed Strawberries & Rhubarb	Mashed Potatoes	Fresh Watermelon	Niagara Mix Vegetables	Cauliflower & Red Peppers	Multi Grain Roll
		Green Peas		Fruit Cocktail	Applesauce	Margarine
		Chilled Diced Pears				Chilled Apricots

Vision Winter Spring 2023-2024 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Raspberry Yogurt	Cheddar Cheese Slice	Poached Egg	Sausage Links	Scrambled Eggs	Creamy Yogurt	Scrambled Eggs
Whole Wheat Toast	Oatmeal Apple Muffin	Whole Wheat Toast	French Toast	Whole Wheat Toast	Banana Muffin	Bacon
Margarine	Margarine	Margarine	Syrup	Margarine	Margarine	White Toast
Blueberry Jam		Strawberry Jam		Raspberry Jam		Apple Jelly
	Bran Flakes Cereal		Bran Flakes Cereal		Bran Flakes Cereal	Margarine
Rice Krispies Cereal	Peanut Butter	Corn Flakes Cereal	Peanut Butter	Rice Krispies Cereal	Peanut Butter	
Peanut Butter	Whole Wheat Toast	Peanut Butter	Whole Wheat Toast	Peanut Butter	Whole Wheat Toast	Corn Flakes Cereal
White Toast		White Toast	Margarine	White Toast		Peanut Butter
						Whole Wheat Toast
LUNCH						
Turkey Rice Soup	Creamy Tomato Soup	Chicken Noodle Soup	Sweet Potato Soup	Beef, Bean & Vegetable Soup	Corn Chowder	French Onion Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Grilled Cheese on Wheat	Pulled Pork on WW Bun	Tuna Melt Sndw	Pork Chili	Macaroni & Cheese	Hot Turkey Sndw on WW w/Gravy	Beef Stuffed Pepper
Chopped Salad with Balsamic	Diced Squash	Creamy Pea & Pepper Salad	Tea Biscuit	Winter Vegetables		Spinach Onion Salad
Mandarin Oranges	Pineapple Tidbits	Chilled Diced Pears	Margarine	Whole Wheat Bread	Fancy Blend Vegetables	Fresh Pineapple
	Sliced Turkey on Wheat	Ginger Beef	Chilled Diced Peaches	Margarine	Chilled Apricots	
Hamburger w/Lettuce & Tomato	Sweet Pickle	Fluffy Rice	Egg Salad Sndw on Wheat	Strawberries & Topping	Four Cheese Pizza	Chicken Salad Sndw on White
Dill Pickle Chips	Banana Pudding	Asian Vegetables	Triple Bean Salad	Sliced Beef Sndw on Wheat	Mixed Lettuce Salad	Marinated Vegetables
Strawberry Ice Cream		Whole Wheat Bread	Peanut Butter Cookies	Sliced Tomato	Chocolate Pudding	Maple Pudding Cake
		Margarine		Maple Swirl Ice Cream		
		French Cream Cheesecake				
DINNER						
Baked Salmon Fillet	Swiss Steak in Sour Cream Sauce	Glazed Ham	Zesty Honey Dijon Baked Basa	Chicken Kiev	Beef Strips & Gravy	Honey Marinated Pork Loin
Lemon Wedge		Scalloped Potatoes		Rice Pilaf	Mashed Potatoes	Mashed Potatoes
Whipped Potatoes	Mashed Potatoes	Sliced Carrots	Mashed Potatoes	Yellow Squash	Green Beans	New England Vegetables
Creamy Spinach	Green Beans	Multi Grain Roll	Steamed Broccoli	Chocolate Cream Pie Slice	Multi Grain Roll	Multigrain Dinner Roll
Lemon Buttermilk Cake	Iced Brownie	Margarine	Buttered WW Bread		Margarine	Margarine
		Maple Chocolate Mania Cake	Margarine	Beef Burgundy	Margarine	Margarine
Spaghetti & Meat Sauce	Lamb & Vegetable Stew		Iced Banana Cake	Garlic Mashed Potatoes	Bar Cinnamon Roll	Strawberry Rhubarb Pie
Mixed Lettuce Salad	Tea Biscuit	Chicken a la King		Harvard Beets	Four Cheese Penne Pasta Casserole	Lemon Pepper Chicken Leg
Garlic Bread	Margarine	Puff Pastry Shell	Salisbury Steak	Multi Grain Roll		Roasted New Potatoes
Chilled Peach Slices	Diced Parsnips	Parslied Cauliflower	Baked Potato	Margarine	Kale Salad	Baked Tomato au Gratin
	Fresh Fruit Salad	Mango	Sour Cream	Bananas & Cream	Diced Fresh Melon	Mandarin Oranges
			5-Way Mixed Vegetables			
			Cinnamon Applesauce			

Vision Winter Spring 2023-2024 - Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Cottage Cheese	Cheesy Scrambled Eggs	Cheddar Cheese Slice	Poached Egg	Vanilla Yogurt	Breakfast Ham	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Cranberry Orange Muffin	Mini Fruit Danish	Bacon
Strawberry Jam	Grape Jelly	Raspberry Jam	Orange Jam	Strawberry Jam	Apple Jelly	Whole Wheat Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Rice Krispies Cereal	Grape Jelly
Bran Flakes Cereal	Rice Krispies Cereal	Bran Flakes Cereal	Corn Flakes Cereal	Raisin Bran Cereal	Peanut Butter	Margarine
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Bran Flakes Cereal
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast		Peanut Butter
						White Toast
LUNCH						
Garden Vegetable Soup	Cream of Cauliflower Soup	Butternut Squash Soup	Turkey Vegetable Soup	Garden Veg Soup	Beef Vegetable Soup	Potato Leek Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Spinach and Feta Quiche	Sweet-N-Sour Pork Bites	Turkey Salad on Wheat	Sliced Ham Sndw on WW	Pastrami Sndw on Wheat	Spinach Cheese Penne	Chicken Stew & Dumplings
Green & Yellow Beans	Vegetable Fried Rice	Spinach Onion Salad	Dixie Coleslaw	Sweet Pickle	Italian Mixed Vegetables	Sliced Carrots
Blueberries	Asian Stir Fry Vegetables	Pineapple Tidbits	Mandarin Oranges	Diced Fresh Melon	Peach Compote	Bananas & Pineapple
Whipped Topping	Chilled Diced Pears	Egg Omelette	Hot Roast Beef on Wheat w/Gravy	Belgian Waffle	Chicken Salad Sndw on WW	Tuna Salad Sndw on WW
Sliced Ham Plate	Salmon Salad on WW	Hashbrown Casserole	Green Peas	Pancake Syrup	Caesar Salad	Cheesies
Macaroni Salad	Cucumber Spears & Ranch Dip	Sliced Tomato	Cherries in Snow LoCal	Whipped Topping	Frosted Eclair	Tripleberry Crumble Bar
Tomato Slices	Vanilla Pudding	Whole Wheat Bread		Strawberry Drizzle		
Whole Wheat Bread		Margarine		Sausage Links		
Margarine		Mint Chip Ice Cream		Ice Cream Sundae f/Bulk W/Toppings		
Bread Pudding						
DINNER						
Bread Dijon Parmesan Chicken	Meatloaf	Swiss Steak & Mushroom Sauce	Roasted Chicken & Prunes	Turkey Meatloaf	Beef Pot Roast	Pineapple Brown Sugar Carved Ham
Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Roasted Potatoes	Mashed Sweet Potatoes	Steamed Potato	Scalloped Potatoes
Prince Edward Vegetables	Steamed Baby Carrots	Steamed Broccoli	Parsley Carrots	Buttered Brussels Sprouts	Mashed Squash	Fancy Blend Vegetables
Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll
Margarine	Margarine	Multi Grain Roll	Margarine	Margarine	Margarine	Margarine
Cherry Cheesecake	Vanilla Bean Cake	Banana Cream Pie Slice	Peanut Butter Cookies	Strawberry Shortcake	Iced Chocolate Cake	Margarine
	Vegetarian Lasagna		Hard Boiled Egg	Beef Wellington	Garlic Shrimp	Apple Pie Slice
English-Style Fish	Mexican Corn	Seafood Newburg	Tea Biscuit	G-F Beef Gravy	Lemon Wedge	Beef Potato Casserole
Lemon Wedge	Garlic Bread	Rice Pilaf	Dill Potato Salad	Fluffy Rice	Fluffy Rice	Peas & Pearl Onions
Tartar Sauce	Chilled Apricots	Prince Edward Vegetables	Sliced Tomato	Wax Beans	Green Beans	Chilled Sweet Cherries
French Fries		Stewed Rhubarb	Sliced Pears with Caramel Sauce	Applesauce	Fruit Cocktail	
Dixie Coleslaw						
Chilled Tropical Fruit						