

Complete Care @ Orange Park
Week-At-A-Glance
Master Fall Winter 22-2023 Week 1

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hot Oatmeal Hash Brown Potatoes Ham & Cheese Egg Bake Scrambled Eggs Wheat Toast	Cream of Wheat Cereal Breakfast Sausage. French Toast Scrambled Eggs White Toast	Hot Oatmeal Scrambled Eggs Raisin Toast Pancakes White Toast	Hot Oatmeal Cheddar Scrambled Eggs Wheat Toast Scrambled Eggs	Cream of Wheat Cereal Crispy Bacon Pancakes Scrambled Eggs White Toast	Hot Oatmeal Scrambled Egg w/ Cheese White Toast Scrambled Eggs	Cream of Wheat Cereal Breakfast Sausage. Pancakes Scrambled Eggs White Toast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Herb Baked Chicken Baked Potato Sauteed Zucchini Tropical Fruit Beef Chopped Steak Bowtie Pasta Steamed Carrots Vanilla Pudding	Swedish Meatballs w/ Creamy Mushroom Gravy Egg Noodles Seasoned Cauliflower Chilled Peaches Beer Battered Fish Mashed Potatoes Steamed Green Beans Vanilla Pudding	Oven Roasted Turkey Candied Yams Steamed Green Beans Mandarin Oranges Stuffed Beef Steak Roll Bread Stuffing Seasoned Cauliflower Vanilla Pudding	Polish Sausage Mashed Potatoes Apple Fennel Sauerkraut Chilled Pears Cornflake Chicken Bowtie Pasta Sauteed Zucchini Vanilla Pudding	Cheesy Chicken Parmesan w/ Sauce Spaghetti Broccoli Florets Pineapple Tidbits Salisbury Steak Steamed Rice Sweet Green Peas Vanilla Pudding	Baked Crab Cake Rice Pilaf Capri Blend Vegetables Fruit Mix Lemon Chicken Mashed Potatoes Steamed Carrots Vanilla Pudding	Home Style Meatloaf Mashed Potatoes Corn O'Brien Apple Cobbler Baked Herb Fish Orzo Pasta Seasoned Cauliflower Vanilla Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Breaded Fish Sticks Mac-N-Cheese Stewed Tomatoes Ice Cream Baked Chicken Tenders Steamed Rice Sweet Green Peas Applesauce	Beef Chili Con Carne w/ Beans Over a Biscuit Broccoli Florets Cinnamon Rice Pudding Breaded Chicken Cutlet Steamed Rice Steamed Green Beans Applesauce	Beef Soft Taco Black Beans & Rice Jello w/ Non-Dairy Whip Topping Shake n' Bake Pork Chop Mashed Potatoes Steamed Carrots Applesauce	Hearty Vegetable Soup (GF) Beef (3oz) Philly Cheesesteak on a Roll Crinkle-Cut Fries Spice Cake Beer Battered Fish Egg Noodles Steamed Carrots Applesauce	Sloppy Joe (3oz) On a Bun Macaroni Salad Creamy Coleslaw Chocolate Chip Cookies Crispy Chicken Patty on a Bun Mashed Potatoes Steamed Carrots Applesauce	Split Pea Soup (vegetarian) (GF) Chicken Tenders Baked Tater Tots Chocolate Brownie Hamburger on a Bun Egg Noodles Steamed Carrots Applesauce	Cheesy Tomato Beef -A-Roni Casserole French Green Beans Banana Pudding Breaded Chicken Cutlet Mashed Potatoes Broccoli Florets Applesauce

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Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hot Oatmeal Hash Brown Potatoes Ham & Cheese Egg Bake Scrambled Eggs Wheat Toast	Cream of Wheat Cereal Breakfast Sausage. French Toast Scrambled Eggs White Toast	Hot Oatmeal Scrambled Eggs Raisin Toast Pancakes White Toast	Hot Oatmeal Cheddar Scrambled Eggs Wheat Toast Scrambled Eggs	Cream of Wheat Cereal Crispy Bacon Pancakes Scrambled Eggs White Toast	Hot Oatmeal Scrambled Egg w/ Cheese White Toast Scrambled Eggs	Cream of Wheat Cereal Breakfast Sausage. Pancakes Scrambled Eggs White Toast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Glazed Baked Ham Baked Sweet Potato Broccoli Florets Chilled Peaches Beef & Rice Stuffed Pepper Casserole Steamed Rice Steamed Green Beans Vanilla Pudding	Fried Chicken Mac-N-Cheese Vegetarian Collard Greens Cinnamon Baked Apples Savory Pork Chop Steamed Rice Glazed Carrots Vanilla Pudding	Meatsauce over Sauteed Zucchini Garlic Bread Tropical Fruit Beer Battered Fish Mashed Potatoes Steamed Green Beans Vanilla Pudding	Chicken Cacciatore w/ Tom, Peppers & Mushrooms Steamed Rice Seasoned Cauliflower Mandarin Oranges Baked Crab Cake Egg Noodles Sweet Green Peas Vanilla Pudding	Oven Roasted Turkey Mashed Potatoes Green Bean Casserole Fruit Mix Baked Herb Fish Steamed Rice Yellow Squash Vanilla Pudding	Baked Crab Cake Orzo Pasta Corn O'Brien Pineapple Tidbits Beef Chopped Steak Mashed Potatoes Steamed Carrots Vanilla Pudding	Three Cheese Baked Ziti w/ Meatsauce French Green Beans Peach Cobbler Cornflake Chicken Mashed Potatoes Broccoli Florets Vanilla Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Italian Wedding Soup Egg Salad (3oz) on Wheat Pasta Salad Ice Cream Beef Patty Melt on Rye w/ Tomato French Fries Steamed Carrots Applesauce	Beef Hot Dog on a Bun Vegetarian Baked Beans Sauerkraut Sugar Cookies Turkey & Cheese Hoagie w/ Oil, Lettuce & Tomato Pasta Salad Steamed Carrots Applesauce	Cantonese Chicken Fried Rice Oriental Blend Vegetables Jello w/ Non-Dairy Whip Topping Cheesy Mushroom Quiche (1/6 pie) Orzo Pasta Seasoned Cauliflower Vanilla Pudding	Hamburger on a Bun Steak Fries Lettuce & Tomato Yellow Cake w/ Frosting Crispy Chicken Patty on a Bun Bowtie Pasta Seasoned Cauliflower Applesauce	Beef Chili Con Carne w/ Beans Over a Biscuit Broccoli Florets Pumpkin Pie Breaded Chicken Cutlet Steamed Rice Steamed Green Beans Vanilla Pudding	BBQ Pulled Pork (3oz) on a Bun Potato Salad w/ Egg Creamy Coleslaw Rocky Road Pudding Parfait Open Face Chicken Salad Melt w/ Tomato on Rye Egg Noodles Sauteed Zucchini Applesauce	Lentil Soup (vegetarian) (GF) Chicken Salad (3oz) on White Bread Macaroni Salad Butterscotch Pudding Breaded Fish On a Bun Mashed Potatoes Steamed Carrots Applesauce

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hot Oatmeal Hash Brown Potatoes Ham & Cheese Egg Bake Scrambled Eggs Wheat Toast	Cream of Wheat Cereal Breakfast Sausage. French Toast Scrambled Eggs White Toast	Hot Oatmeal Scrambled Eggs Raisin Toast Pancakes White Toast	Hot Oatmeal Cheddar Scrambled Eggs Wheat Toast Scrambled Eggs	Cream of Wheat Cereal Crispy Bacon Pancakes Scrambled Eggs White Toast	Hot Oatmeal Scrambled Egg w/ Cheese White Toast Scrambled Eggs	Cream of Wheat Cereal Breakfast Sausage. Pancakes Scrambled Eggs White Toast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Glazed Baked Ham Baked Sweet Potato Seasoned Cauliflower Tropical Fruit Herb Baked Chicken Steamed Rice Sweet Green Peas Vanilla Pudding	Country Meatloaf w/ Ketchup Glaze Mashed Potatoes Yellow Squash Chilled Pears Beer Battered Fish Egg Noodles Steamed Carrots Vanilla Pudding	Meatsauce over Capri Blend Vegetables Garlic Bread Mandarin Oranges Shake n' Bake Pork Chop Mashed Potatoes Seasoned Cauliflower Vanilla Pudding	Sweet & Sour Pork Fried Rice Oriental Blend Vegetables Fruit Mix Cornflake Chicken Orzo Pasta Yellow Squash Vanilla Pudding	Sweet Italian Sausage Bowtie Pasta Creamed Spinach Chilled Peaches Beef Chopped Steak Mashed Potatoes Sauteed Zucchini Vanilla Pudding	Shepherd's Pie w/ Peas, Carrots & Mashed Potatoes Broccoli Florets Pineapple Tidbits Orange Glazed Chicken Mashed Potatoes Steamed Green Beans Vanilla Pudding	Cheesy-Mac Turkey Tetrazzini Glazed Carrots Apple Cobbler Salisbury Steak Mashed Potatoes Steamed Green Beans Vanilla Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Breaded Fish Sticks Mac-N-Cheese Stewed Tomatoes Ice Cream Baked Chicken Tenders Steamed Rice Steamed Green Beans Applesauce	Chicken Stew w/ Carrots & Potatoes California Blend Vegetables Apple Crisp w/ Non-Dairy Whip Topping Hamburger on a Bun Steamed Rice Sweet Green Peas Vanilla Pudding	Chicken Orzo Soup Beef (3oz) Philly Cheesesteak on a Roll Lettuce & Tomato Jello w/ Non-Dairy Whip Topping Crispy Chicken Patty on a Bun Mashed Potatoes Broccoli Florets Applesauce	Baked Chicken Tenders Cheesy Mashed Potatoes Mixed Vegetables Spice Cake Broccoli Cheddar Quiche (1/6 Pie) Egg Noodles Seasoned Cauliflower Applesauce	Hamburger on a Bun Baked Tater Tots Glazed Carrots Chocolate Chip Cookies Breaded Fish Sticks Steamed Rice Steamed Green Beans Applesauce	Chicken Soft Taco Refried Beans (Vegetarian) Chocolate Brownie Salisbury Steak Mashed Potatoes Steamed Carrots Applesauce	Cream of Potato Soup (GF) Sloppy Joe (3oz) On a Bun Creamy Coleslaw Banana Pudding Breaded Fish On a Bun Bowtie Pasta Sauteed Zucchini Applesauce

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hot Oatmeal Hash Brown Potatoes Ham & Cheese Egg Bake Scrambled Eggs Wheat Toast	Cream of Wheat Cereal Breakfast Sausage. French Toast Scrambled Eggs White Toast	Hot Oatmeal Scrambled Eggs Raisin Toast Pancakes White Toast	Hot Oatmeal Cheddar Scrambled Eggs Wheat Toast Scrambled Eggs	Cream of Wheat Cereal Crispy Bacon Pancakes Scrambled Eggs White Toast	Hot Oatmeal Scrambled Egg w/ Cheese White Toast Scrambled Eggs	Cream of Wheat Cereal Breakfast Sausage. Pancakes Scrambled Eggs White Toast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roasted Pork Loin Boiled New Potatoes Braised Cabbage Tropical Fruit Baked Crab Cake Bowtie Pasta Yellow Squash Vanilla Pudding	Baked Herb Fish Rice Pilaf Corn O'Brien Mandarin Oranges Fried Chicken Mashed Potatoes Steamed Carrots Vanilla Pudding	Meatballs w/Marinara Sauce Spaghetti Winter Blend Vegetables Fruit Mix Beer Battered Fish Herb Buttered Rice Steamed Green Beans Vanilla Pudding	Oven Roasted Turkey Bread Stuffing Glazed Carrots Cinnamon Baked Apples Stuffed Beef Steak Roll Mashed Potatoes Yellow Squash Vanilla Pudding	Beef & Rice Stuffed Pepper Casserole Seasoned Cauliflower Pineapple Tidbits Herb Baked Chicken Steamed Rice Steamed Green Beans Vanilla Pudding	Breaded Chicken Cutlet Mashed Potatoes Seasoned Brussels Sprouts Chilled Peaches Beef Chopped Steak Steamed Rice Sauteed Zucchini Vanilla Pudding	Meatsauce over Broccoli Florets Garlic Bread Peach Cobbler Lemon Pepper Chicken Mashed Potatoes Sweet Green Peas Vanilla Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Chili Con Carne w/ Beans Over a Biscuit Broccoli Florets Ice Cream Breaded Chicken Cutlet Steamed Rice Sweet Green Peas Applesauce	Cheesy Tomato Beef -A-Roni Casserole French Green Beans Chocolate Cream Pie Crispy Chicken Patty on a Bun Mashed Potatoes Sauteed Zucchini Applesauce	Tomato Basil Soup (GF) Crispy Chicken Patty on a Bun Macaroni Salad Jello w/ Non-Dairy Whip Topping Hamburger on a Bun Steamed Rice Steamed Carrots Applesauce	Beef (3oz) Philly Cheesesteak on a Roll Baked Tater Tots Lettuce & Tomato Yellow Cake w/ Frosting Breaded Fish On a Bun Macaroni Salad Broccoli Florets Applesauce	Beef Hot Dog on a Bun Vegetarian Baked Beans Sauerkraut Sugar Cookies Shake n' Bake Pork Chop Orzo Pasta Glazed Carrots Applesauce	BBQ Pulled Pork (3oz) on a Bun Potato Salad w/ Egg Creamy Coleslaw Rocky Road Pudding Parfait Baked Chicken Tenders Steamed Rice Yellow Squash Applesauce	Minestrone Soup (Vegetarian) Breaded Fish On a Bun French Fries Butterscotch Pudding Hamburger on a Bun Bowtie Pasta Steamed Carrots Applesauce