

10/6/2019		Plattsburgh Rehab and Nursing - Evergreen					Week 3
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Orange Juice Maypo French Toast Maple Syrup Breakfast Sausage Link	Orange Juice Cream Of Wheat Scrambled Egg Wheat Toast	Orange Juice Oatmeal Crepes Maple Syrup	Orange Juice Maypo Breakfast Casserole Wheat Toast	Orange Juice Cream Of Wheat Pancakes Maple Syrup	Orange Juice Cream Of Wheat Scrambled Egg Wheat Toast	Orange Juice Maypo Quiche Hash Browns Wheat Toast
Alt	Scrambled Egg Wheat Toast	Blueberry Muffin	Scrambled Egg Wheat Toast Danish	Scrambled Egg Bran Muffin	Scrambled Egg Wheat Toast	Corn Muffin	Coffee Cake
Lunch	Roast Beef Beef Gravy Mashed Potatoes Green Peas Dinner Roll Margarine Cheesecake	Baked Chicken Breast Fruit Sauce Mashed Potatoes Carrots Blueberries Lunch	Cheese Pizza 3 Bean Salad Orange Pineapple Bundt Cake	Veal Steak Parsley Boiled Pot Fresh Yellow Squash Assorted Pie	Michigan Hot Dog Onions Potato Chips Creamy Coleslaw Sugar Cookie	Crab Salad Platter Cantaloupe Pineapple	Steak Sandwich Sauteed Peppers & Onions Battered Onion Rings Creamy Coleslaw Raspberry Sherbert
Alt	Cook's Choice	Chicken Loaf Cube Steak Gravy	Pizza Strata Omelet	Hamburger On A Bun	Baked Chicken Carrots	Beef Pepper Steak Baked Potato Green Beans	Turkey Burger On Bun Cabbage
Supper	Orange Drink Pastrami Deli Plate Potato Salad Rye Bread Pickled Beets Pears	Tomato Juice Cold Pork Roast Sandwich Carrot Raisin Salad Oatmeal Raisin Cookie	Fruit Punch Turkey Burger On Bun Tomato Slices Macaroni Salad Wax Beans Fruit Cocktail	Cranberry Juice Cottage Cheese & Fruit Plate Peaches Pears Blueberry Muffin Apple Crisp	Iced Tea Egg Salad Sandwich Tortellini Salad Broccoli Fresh Watermelon	Grape Drink Hamburger On A Bun Baked Beans Corn On The Cob Vanilla Ice Cream	Lemonade Tuna Macaroni Salad Potato Chips Dinner Roll Celery And Olives Strawberries W/ Topping
Alt	Turkey Salad Sandwich	Cheese Sandwich Mixed Vegetables	Chicken Salad Sandwich	Peanut Butter & Jelly	Cheese Pizza	Bologna Sandwich Corn	Turkey Sandwich Sliced Carrots

31

MEAL calendar showing options.
 * Attn: please notify a staff member if you choose to schedule a private Dining Apt. *

#31

Wednesday 10/9/19

ADULT DAY	LUNCH	ORDERS
Denise Aubin	—	—
Lorraine Auger	X	2nd
James Baker	—	—
Deb Beecher	X	2nd
Gary Belrose	X	#2
Jose Bolanois	—	—
Mark Clark	X	#2
Jerry Cork	—	—
Laurie Couture	X	2nd
Wayne Deno	X	1st
Gerard Ducharme	—	—
Joyce Facteau	X	#1
Wendy Farina	X	Turkey / Cheese Corndole wheat
Larnie Gonya	X	#2
Marvin Guynup	—	—
Carol Hart	X	#2
Karl Johr	—	—
Bradley LaDuke	—	—
Randy Lucey	X	#2
Janet-Lee Murray	X	Grill cheese
Douglas Pilon	X	2nd
Joseph Piserchia	X	#1
Brian Pray	X	#2 like 2
Brock Reed	X	2nd
Marie Rougeau	X (Early lunch)	#1. Ice Cream Early lunch
Joseph Rowe	X	Turkey Ice Cream
Elizabeth Semidey	X	#2
Maggie St.Fort	X	2nd
Jennifer Scott	X	2nd
William Snyder	—	—
Keith Taylor	X	2nd
Mary Toohey	—	—

- 1) Veal Steak
- Parsley boil pot
- yellow squash
- Pie

2) hamburger on a bun

- Sand.
- Ham
- Turkey
- Grill Cheese