

GHV HARSTON HALL #55178 (HSG)

Week-At-A-Glance

hcs1northern2023 Week 1

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs Glazed Cinnamon Roll	Bananas Foster French Toast - Margarine Sausage Patty	Baked Cheese Omelet English Muffin - Margarine - Jelly	Biscuit - Sausage Gravy Hashbrown	Scrambled Eggs Streusel Coffee Cake - Margarine	Western Scrambled Eggs Toast - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Bacon
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
BBQ Pork Loin Hamburger Steak w/Grilled Onions - Brown Gravy Country Vegetable Blend Seasoned Spinach Baked Beans Mashed Potatoes Cornbread - Margarine Strawberry Shortcake	Turkey & Cheese Hoagie - Lettuce & Tomato - Mayonnaise Cheese Quiche Marinated Cucumber & Tomato Salad Green Pea Salad Macaroni Salad Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup	Marinated Chicken Thigh Meatballs w/Gravy Sugar Snap Peas Broccoli Florets Oven Browned Potatoes Seasoned Rice Dinner Roll/Bread - Margarine Chocolate Chip Cookie	Homestyle Meatloaf w/Ketchup Glaze Thyme Chicken Breast Honey Roasted Carrots Squash Medley Duchess Mashed Potatoes Buttered Rice Poppy Seed Dinner Roll - Margarine Lemon Bar	Cheese Lasagna Egg Salad Sandwich - Lettuce & Tomato Caesar Salad Marinated Green Bean Salad Potato Salad Garlic Bread Fruit Cocktail	Cornflake Crusted Tilapia Fillet Smothered Steak Buttered Green Peas Seasoned Spinach Macaroni & Cheese Mashed Potatoes Dinner Roll/Bread - Margarine Sour Cream Orange Cake	Roast Turkey - Poultry Gravy BBQ Pork Chop Steamed Broccoli Florets w/Lemon Sliced Carrots Rice Pilaf Baked Sweet Potatoes Dinner Roll/Bread - Margarine Cherry Cheesecake Bar
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders - Honey Mustard Lemon Pepper Tilapia Fillet Tossed Salad w/Dressing Capri Vegetable Blend French Fries - Ketchup Parsley Rice Dinner Roll/Bread - Margarine Pear Crisp	Country Fried Steak w/Mushroom Gravy Garlic Baked Pork Chop Sauteed Green Beans Buttered Whole Kernel Corn (veg) Mashed Potatoes Parsley Noodles Dinner Roll/Bread - Margarine Vanilla Ice Cream	Shrimp Scampi Thin Crust Cheese Pizza Roasted Zucchini Sauteed Spinach w/Garlic Spaghetti Noodles Italian Herbed Dinner Roll - Margarine Chilled Peach Parfait	Ham & Swiss Sandwich on Wheat - Lettuce & Tomato - Mayonnaise Tuna Salad Sandwich - Lettuce & Tomato Green Pea Salad Marinated Tomato & Onion Salad Potato Chips Macaroni Salad Seedless Watermelon Cubes	Rancher's Chicken Breast Italian Sausage Sauteed Asparagus Cuts Broccoli Florets Baked Potato - Margarine - Sour Cream Parsley Noodles Dinner Roll/Bread - Margarine Double Chocolate Brownie	Hot Dog on a Bun - Baked Beans - Mustard Grilled Cheese Sandwich Confetti Coleslaw Sugar Snap Peas French Fries - Ketchup Chilled Pears	Meatball Sub Sandwich Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato Seasoned Green Beans Zucchini Potato Wedges - Ketchup Buttered Noodles Tropical Fruit Salad

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hcsG1northern2023 Week 2

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs Blueberry Muffin - Margarine	French Toast Casserole - Margarine - Syrup Sausage Patty	Scrambled Eggs w/Cheese Biscuit - Margarine - Jelly	Egg & Hashbrown Bake Toast - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Bacon	Scrambled Eggs English Muffin - Margarine - Jelly	Baked Cheese Omelet Breakfast Ham Toast - Margarine - Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken Herb & Lemon Tilapia Fillet Country Vegetable Blend Green Peas Ranch Style Potato Wedges Egg Noodles Cornbread - Margarine Banana Cream Pie	Hawaiian Baked Ham Herbed Chicken Breast Sauteed Spinach w/Garlic Sliced Carrots Whipped Sweet Potatoes Parsley Noodles Dinner Roll/Bread - Margarine Pineapple Tidbits	Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Tuna Salad Sandwich - Lettuce & Tomato Confetti Coleslaw Broccoli Salad French Fries - Ketchup Garden Pasta Salad Oatmeal Raisin Cookie	Encrusted Pork Loin Smothered Turkey Patty Braised Cabbage Zucchini & Onions Oven Browned Potatoes Parmesan Noodles Dinner Roll/Bread - Margarine Mandarin Oranges	Chicken Soft Taco w/Flour Tortilla - Shredded Lettuce & Diced Tomato Topping - Shredded Cheddar Cheese (tbl) Garlic Baked Pork Chop Mexican Corn (veg) Sugar Snap Peas Cilantro Rice Oven Roasted Potatoes Dinner Roll/Bread - Margarine Seedless Watermelon Cubes	Lemon Butter Baked Tilapia Fillet Chicken Tenders - Honey Mustard Roasted Green Beans Seasoned Spinach Rice Pilaf Mashed Potatoes Dinner Roll/Bread - Margarine Lemon Glazed Angel Food Cake	Classic Baked Ziti Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Tossed Salad w/Dressing Green Pea Salad French Fries - Ketchup Italian Herbed Dinner Roll - Margarine Cinnamon Brown Sugar Blondie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Stir Fry w/Vegetables Cheese Ravioli w/Marinara Sauce Tossed Salad w/Dressing Steamed Rice Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup	Egg Salad Sandwich on Croissant - Lettuce & Tomato Hamburger Steak w/Grilled Onions - Brown Gravy Marinated Tomato & Onion Salad Squash Medley Creamy Dill Macaroni Salad Seasoned Rice Dinner Roll/Bread - Margarine Savory Summer Soup - Saltine Crackers Chocolate Cake w/ Peanut Butter Frosting	Chicken Parmesan w/ - Spaghetti Noodles Parsley Pork Chop Herbed Green Beans Sugar Snap Peas Mashed Potatoes Garlic Bread Fruit Cocktail	Breaded Fish on a Bun - Tartar Sauce Marinated Chicken Thigh Peas & Carrots Seasoned Spinach Tater Tots - Ketchup Herbed Rice Dinner Roll/Bread - Margarine Chocolate Ice Cream	Salisbury Steak - Brown Gravy Cheese Quiche Squash Medley Country Vegetable Blend Au Gratin Potatoes Dinner Roll/Bread - Margarine Butterscotch Pudding Parfait	Grilled Turkey & Cheese Sandwich Rancher's Pork Chop Broccoli Florets Steamed Asparagus Cuts Potato Wedges - Ketchup Herbed Noodles Dinner Roll/Bread - Margarine Tropical Fruit Salad	Rotisserie Chicken Thigh Cheese Quesadilla - Sour Cream Sliced Glazed Carrots Whole Kernel Corn (veg) Oven Browned Potatoes Steamed Rice Dinner Roll/Bread - Margarine Chilled Peaches

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Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
French Toast - Margarine - Syrup Bacon	Scrambled Eggs Glazed Cinnamon Roll	Biscuit - Sausage Gravy Hashbrown	Scrambled Eggs English Muffin - Margarine - Jelly	Baked Cheese Omelet Toast - Jelly - Margarine	Buttermilk Pancakes w/Strawberry Topping - Margarine - Syrup Breakfast Ham	Western Scrambled Eggs Toast - Jelly - Margarine
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Country Fried Steak w/Cream Gravy Marinated Chicken Thigh Seasoned Spinach Green Peas Herbed Mashed Potatoes Buttered Rice Cornbread - Margarine S'more Pudding Parfait	Dijon Pork Loin Salisbury Steak - Brown Gravy Broccoli Florets Sliced Carrots Scalloped Potatoes Buttered Noodles Dinner Roll/Bread - Margarine Black Forest Cake	Meatsauce w/ - Spaghetti Noodles Honey Dijon Chicken Breast Caesar Salad Green Beans Mashed Potatoes Garlic Bread Deluxe Fruit Salad	Herbed Turkey - Poultry Gravy Cornflake Crusted Tilapia Fillet Country Vegetable Blend Sugar Snap Peas Mashed Potatoes Rice Pilaf Parsley Dinner Roll - Margarine Double Chocolate Brownie	Deluxe Macaroni & Cheese Hamburger Steak w/Grilled Onions - Brown Gravy Tomato Basil Salad Green Peas Mashed Potatoes Dinner Roll/Bread - Margarine Sugar Cookie	Shrimp Alfredo w/ - Spaghetti Noodles Chicken Tenders - Honey Mustard Roasted Green Beans Zucchini & Onions Buttered Rice Garlic Bread Peach Shortcake	Sweet & Sour Chicken Glazed Baked Pork Chop Sugar Snap Peas Sliced Carrots Fried Rice Mashed Potatoes Dinner Roll/Bread - Margarine Vanilla Ice Cream
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Thin Crust Cheese Pizza Turkey Burger on a Bun - Lettuce & Tomato - Pickle Spear - Mayonnaise Parmesan Baked Zucchini Green Beans Potato Wedges - Ketchup Dinner Roll/Bread - Margarine Apple Crisp	BBQ Pulled Chicken Sandwich Cheese Quesadilla - Sour Cream Confetti Coleslaw Sauteed Asparagus Cuts Tater Tots - Ketchup Steamed Rice Seedless Watermelon Cubes	Tuna Melt Sandwich Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Buttered Green Peas Squash Medley Potato Wedges - Ketchup Parsley Noodles Orange Sherbet	Italian Sausage Cheese Quiche Broccoli Florets Sauteed Spinach w/Garlic Parmesan Noodles Dinner Roll/Bread - Margarine Chilled Pears	Rancher's Chicken Thigh Garlic Baked Pork Chop Sliced Carrots Sauteed Asparagus Cuts Oven Browned Potatoes Rice Pilaf Dinner Roll/Bread - Margarine Fruit Cocktail	Hot Dog on a Bun - Baked Beans - Mustard Egg Salad Sandwich - Lettuce & Tomato Calico Coleslaw Marinated Mixed Vegetable Salad Potato Chips Mandarin Oranges	Philly Cheesesteak Sandwich - Sauteed Peppers & Onions. Smothered Turkey Patty Tossed Salad w/Dressing Capri Vegetable Blend French Fries - Ketchup Parsley Noodles Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup

GHV HARSTON HALL #55178 (HSG)

Week-At-A-Glance

hcs91northern2023 Week 4

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs Blueberry Muffin - Margarine	French Toast - Margarine - Syrup Sausage Patty	Scrambled Eggs w/Cheese Biscuit - Margarine - Jelly	Buttermilk Pancakes - Margarine - Syrup Bacon	Egg & Hashbrown Bake Toast - Margarine - Jelly	Scrambled Eggs Peach Streusel Coffee Cake - Margarine	Baked Cheese Omelet Breakfast Ham Toast - Margarine - Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Egg Salad Sandwich - Lettuce & Tomato Tuna Salad Sandwich - Lettuce & Tomato Tomato Basil Salad Broccoli Salad Creamy Dill Macaroni Salad Potato Chips Hearty Vegetable Soup - Saltine Crackers Butterscotch Pudding	Chicken Cottage Pie Rancher's Pork Chop Sliced Glazed Carrots Seasoned Green Beans Buttered Rice Dinner Roll/Bread - Margarine Marble Cake w/White Frosting	Honey Glazed Sliced Ham Salisbury Steak - Brown Gravy Spinach Au Gratin Capri Vegetable Blend Baked Sweet Potatoes Parmesan Noodles Dinner Roll/Bread - Margarine Summer Fresh Fruit Cup	Cheese Ravioli w/Marinara Sauce Ham Sandwich - Lettuce & Tomato - Mayonnaise Caesar Salad Marinated Cucumber & Onion Salad Potato Salad Garlic Bread Mandarin Oranges	Beef Pepper Steak w/Gravy Grilled Cheese Sandwich Broccoli Florets Sugar Snap Peas Mashed Potatoes Parsley Rice Dinner Roll/Bread - Margarine Chocolate Cream Pie	Herb & Lemon Tilapia Fillet Hamburger Steak w/Grilled Onions - Brown Gravy Steamed Asparagus Cuts Sliced Parsley Carrots Rice Pilaf Roasted Red Skin Potatoes Parsley Dinner Roll - Margarine Snickerdoodle Cookie	Grilled Turkey & Cheese Sandwich Italian Sausage Creamy Cucumber & Onion Salad Broccoli Florets French Fries - Ketchup Egg Noodles Dinner Roll/Bread - Margarine Pineapple Tidbits
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Garlic Herbed Pork Loin BBQ Chicken Thigh Seasoned Cabbage Whole Kernel Corn (veg) Garlic Roasted Red Skin Potatoes Buttered Rice Dinner Roll/Bread - Margarine Apple Crisp	Cheeseburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear Breaded Fish on a Bun - Tartar Sauce Confetti Coleslaw Roasted Garlic Squash Tater Tots - Ketchup Buttered Noodles Tropical Fruit Salad	Rotisserie Chicken Thigh Cheese Quiche Green Peas Marinated Tomato & Onion Salad Garlic Potato Wedges Dinner Roll/Bread - Margarine Blondie	Breaded Fish on a Bun - Tartar Sauce Smothered Turkey Patty Squash Medley Whole Kernel Corn (veg) Oven Browned Potatoes Seasoned Rice Dinner Roll/Bread - Margarine Vanilla Glazed Angel Food Cake	BBQ Pork Platter Chicken Tenders - Honey Mustard Seasoned Green Beans Sauteed Spinach Baked Beans Buttered Noodles Cornbread - Margarine Sliced Pears	Chicken Salad Sandwich on a Croissant - Lettuce & Tomato Thin Crust Cheese Pizza Green Pea Salad Country Vegetable Blend Potato Chips Dinner Roll/Bread - Margarine Chilled Peach Parfait	Meatballs w/Marinara Sauce - Marinara Sauce (oz) - Spaghetti Noodles Cheese Quesadilla - Sour Cream Parmesan Baked Zucchini Sugar Snap Peas Yellow Rice Garlic Bread Chocolate Ice Cream