

**INGLEMOOR CENTER #56040 (HSG)**

**Week-At-A-Glance**

**hcsq2northern2022-23 Week 1**

<b>Regular</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Scrambled Eggs Apple Cinnamon Muffin	French Toast Bacon	Scrambled Eggs Ginger Pear Coffee Cake	Scrambled Eggs w/Cheese Biscuit	Buttermilk Pancakes Sausage Patty	Western Scrambled Eggs Toast	Scrambled Eggs Breakfast Ham English Muffin
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Country Fried Steak w/Mushroom Gravy Honey Roasted Carrots Mashed Potatoes Cornbread Honey Glazed Pears	Kielbasa Sausage Capri Vegetable Blend Brown Sugar Baked Beans Dinner Roll/Bread Carrot Cake w/Cream Cheese Frosting	Baked Macaroni & Cheese Stewed Tomatoes Rosemary Dinner Roll Fruit Cocktail	Apple Glazed Sliced Ham Sauteed Spinach Candied Sweet Potatoes Dinner Roll/Bread Marble Cake w/White Frosting	Rotisserie Chicken Broccoli Florets Cheesy Mashed Potatoes Dinner Roll/Bread Banana Pudding Parfait	Shrimp Alfredo w/ Roasted Green Beans Italian Herbed Dinner Roll Tropical Fruit Salad	Grilled Turkey & Swiss Cheese Sandwich on Wheat Creamy Cucumber & Onion Salad French Fries Vanilla Ice Cream
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Maple Dijon Chicken Breast Roasted Brussels Sprouts Sage Bread Dressing Dinner Roll/Bread Cinnamon Brown Sugar Blondie	Cornflake Crusted Tilapia Fillet Buttered Green Peas Potato Wedges Dinner Roll/Bread Chilled Peach Parfait	Chicken Salad Sandwich Broccoli Salad Potato Chips Hearty Vegetable Soup Chocolate Chip Cookie	Lasagna w/Meatsauce Balsamic & Parmesan Roasted Cauliflower Garlic Bread Scalloped Apples	Sweet & Sour Meatballs Capri Vegetable Blend Steamed Rice Dinner Roll/Bread Mandarin Oranges	Savory Pork Roast. Harvard Beets Au Gratin Potatoes Dinner Roll/Bread Peanut Butter Brownie	Cheese Ravioli w/Marinara Sauce Sauteed Spinach w/Garlic Garlic Bread Peach Crisp

**INGLEMOOR CENTER #56040 (HSG)**

**Week-At-A-Glance**

**hcsg2northern2022-23 Week 2**

<b>Regular</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Baked Cheese Omelet Toast	Apple Cinnamon French Toast Bake Bacon	Scrambled Eggs w/Cheese Toast	Biscuit Hashbrown	Scrambled Eggs Glazed Cinnamon Roll	Egg & Cheese Bake Toast	Buttermilk Pancakes Breakfast Ham
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Rosemary Roast Beef Au Jus Sliced Parsley Carrots Baked Potato Dinner Roll/Bread Harvest Baked Apples	Dijon Pork Loin Capri Vegetable Blend Rice Pilaf Dinner Roll/Bread Citrus Glazed Angel Food Cake	Chicken Soft Taco w/Flour Tortilla Mexican Corn (veg) Green Chili Rice Sliced Pears	Homestyle Meatloaf w/Ketchup Glaze Seasoned Green Peas Au Gratin Potatoes Dinner Roll/Bread Pumpkin Cheesecake Bar	Smothered Chicken Thigh Roasted Brussels Sprouts Sweet Potato Souffle Cornbread Caramel Apple Upside Down Cake	Lemon Dill Tilapia Fillet Broccoli Florets Roasted Red Skin Potatoes Dinner Roll/Bread Pineapple Tidbits	BBQ Pork on a Bun Country Vegetable Blend Baked Beans Butterscotch Pudding Parfait
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Chicken Tenders Roasted Green Beans Macaroni & Cheese Herbed Dinner Roll Oatmeal Raisin Cookie	Breaded Fish on a Bun Broccoli Florets Tater Tots Deluxe Fruit Salad	Classic Baked Ziti Parmesan & Herb Roasted Cauliflower Italian Herbed Dinner Roll Double Chocolate Brownie	Italian Sausage Sub w/Pepper & Onion Capri Vegetable Blend French Fries Tropical Fruit Salad	Thin Crust Cheese Pizza Garlic Green Beans Dinner Roll/Bread Chilled Peaches	Chicken Parmesan w/ Tossed Salad w/Dressing Garlic Bread Chocolate Ice Cream	Salisbury Steak Creamed Spinach Mashed Potatoes Dinner Roll/Bread Fruit Cocktail

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**Week-At-A-Glance**

**hcs2northern2022-23 Week 3**

<b>Regular</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Scrambled Eggs Apple Cinnamon Muffin	French Toast Bacon	Scrambled Eggs w/Cheese Biscuit	Western Scrambled Eggs Toast	Buttermilk Pancakes Sausage Patty	Scrambled Eggs English Muffin	Scrambled Eggs Breakfast Ham Toast
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Hawaiian Baked Ham Brussels Sprouts Whipped Sweet Potatoes Dinner Roll/Bread Pineapple Upside Down Cake	Chicken Pot Pie w/ Tossed Salad w/Dressing Deluxe Fruit Salad	Swedish Meatballs Harvard Beets Egg Noodles Rosemary Dinner Roll Spiced Peaches	Open-Faced Roast Pork Sandwich Herbed Green Beans Mashed Potatoes Lemon Cake w/Lemon Icing	Crispy Baked Chicken Sautéed Spinach Macaroni & Cheese Dinner Roll/Bread Pumpkin Pie	Honey Garlic Shrimp Tossed Salad w/Dressing Rice Pilaf Dinner Roll/Bread Vanilla Ice Cream	Sloppy Joe on a Bun Country Vegetable Blend French Fries Double Chocolate Brownie
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Grilled Two Cheese Sandwich Creamy Cucumber & Onion Salad French Fries Tomato Soup Chilled Pears	Butter Crumb Tilapia Fillet Green Peas Baked Potato Dinner Roll/Bread Blondie	Rancher's Chicken Thigh Country Style Tomatoes Oven Browned Potatoes Cornbread Peanut Butter Cookie	Baked Ziti w/Meatsauce Steamed Broccoli Florets w/Lemon Italian Herbed Dinner Roll Tropical Fruit Salad	Philly Cheesesteak Sandwich Marinated Mixed Vegetable Salad French Fries Pineapple Tidbits	Cheese Ravioli w/Marinara Sauce Seasoned Green Beans Garlic Bread Mandarin Oranges	Kielbasa Sausage Braised Cabbage Brown Sugar Baked Beans Dinner Roll/Bread Maple Apple Crisp

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**Week-At-A-Glance**

**hcsg2northern2022-23 Week 4**

<b>Regular</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Baked Cheese Omelet Toast	Apple Cinnamon French Toast Bake Bacon	Scrambled Eggs w/Cheese Toast	Biscuit Hashbrown	Scrambled Eggs Glazed Cinnamon Roll	Egg & Cheese Bake Toast	Buttermilk Pancakes Sausage Patty
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chicken Parmesan w/ Roasted Broccoli Florets Dinner Roll/Bread Chilled Peach Parfait	Breaded Fish on a Bun Seasoned Green Beans Potato Wedges Chocolate Cake w/ Peanut Butter Frosting	Encrusted Pork Loin Roasted Brussels Sprouts Au Gratin Potatoes Dinner Roll/Bread Butterscotch Pudding Parfait	Braised Beef Round Roast Honey Roasted Carrots Garlic Roasted Red Skin Potatoes Dinner Roll/Bread Brown Sugar Glazed Angel Food Cake	Thin Crust Cheese Pizza Tossed Salad w/Dressing Garlic Bread Fruit Cocktail	Baked Tilapia Florentine Tomatoes Delmonico Rice Pilaf Dinner Roll/Bread Dutch Apple Pie w/Crumb Topping	Chicken Bolognese Sauce w/ Herbed Green Beans Dinner Roll/Bread Chocolate Ice Cream
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Grilled Ham & Cheese Sandwich Creamy Coleslaw Tater Tots Chocolate Chip Cookie	Salisbury Steak Sliced Glazed Carrots Seasoned Rice Dinner Roll/Bread Pineapple Tidbits	Cheese Lasagna Parmesan & Herb Roasted Cauliflower Italian Herbed Dinner Roll Deluxe Fruit Salad	Shredded Pork on a Bun Braised Cabbage French Fries Sliced Pears	Chicken Tenders Winter Vegetable Blend Macaroni & Cheese Dinner Roll/Bread Snickerdoodle Cookie	Homestyle Meatloaf w/Ketchup Glaze Peas & Carrots Mashed Potatoes Dinner Roll/Bread Peach Crisp	Hot Dog on a Bun Confetti Coleslaw Tropical Fruit Salad