

INGLEMOOR CENTER #56040 (HSG)

Week-At-A-Glance

hcsq1northern2025 Week 1

New menu

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
French Toast w/Blueberry Topping 2 Sl Sausage Patty 1 Ea	Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea	Scrambled Eggs w/Cheese 1/4 Cup Hashbrown 1/2 Cup Toast 1 Sl	Western Scrambled Eggs 1/4 Cup Biscuit 1 Ea	Buttermilk Pancakes 2 Ea Bacon 2 Sl	Eggs Florentine Bake 1 Square Toast 1 Sl	Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz English Muffin 1 Ea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
BBQ Pork Loin 3 Oz Hamburger Steak w/Grilled Onions 3 Oz Country Vegetable Blend 1/2 Cup Seasoned Spinach 1/2 Cup Baked Beans 1/2 Cup Mashed Potatoes 1/2 Cup Cornbread 1 Square Vanilla Ice Cream 1 Ea	Turkey Club Sandwich 1 Sandwich Breaded Fish on a Bun 1 Sandwich Dixie Coleslaw 1/2 Cup Marinated Cucumber Salad 1/2 Cup Macaroni Salad 1/2 Cup Potato Wedges 1/2 Cup Summer Fresh Fruit Cup 1/2 Cup	Marinated Chicken Thigh 1 Ea Meatballs w/Gravy 3 Ea Whole Kernel Corn (veg) 1/2 Cup Broccoli Florets 1/2 Cup Oven Browned Potatoes 1/2 Cup Egg Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Chocolate Chip Cookie 1 Ea	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Thyme Chicken Breast 3 Oz Roasted Zucchini 1/2 Cup Peas & Carrots 1/2 Cup Duchess Mashed Potatoes 1/2 Cup Buttered Rice 1/2 Cup Poppy Seed Dinner Roll 1 Ea Cherry Cheesecake Bar 1 Bar	Cheese Lasagna 1 Square Egg Salad Sandwich 1 Sandwich Caesar Salad 1 Cup Marinated Green Bean Salad 1/2 Cup Potato Salad 1/2 Cup Garlic Bread 1 Ea Fruit Cocktail 1/2 Cup	Parmesan Crusted Tilapia Fillet 3 Oz Smothered Steak 3 Oz Buttered Green Peas 1/2 Cup Seasoned Spinach 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea Marble Cake w/White Frosting 1 Square	Roast Turkey 3 Oz BBQ Pork Chop 3 Oz Steamed Broccoli Florets w/Lemon 1/2 Cup Zucchini 1/2 Cup Bread Dressing 1/2 Cup Oven Roasted Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Banana Pudding Parfait 1/2 Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders 2 Ea Cheese Ravioli w/Marinara Sauce 1 Cup Broccoli Florets 1/2 Cup Tossed Salad w/Dressing 1 Cup Tater Tots 1/2 Cup Dinner Roll/Bread 1 Ea Pear Crisp 1/2 Cup	Country Fried Steak w/Mushroom Gravy 1 Ea Garlic Baked Pork Chop 3 Oz Honey Roasted Carrots 1/2 Cup Sautéed Asparagus Cuts 1/2 Cup Mashed Potatoes 1/2 Cup Parsley Rice 1/2 Cup Dinner Roll/Bread 1 Ea Strawberry Shortcake 1 Square	Sweet & Sour Shrimp 3/8 Cup Thin Crust Cheese Pizza 1 Pc Sugar Snap Peas 1/2 Cup Sautéed Green Beans 1/2 Cup Italian Pasta Salad 1/2 Cup Dinner Roll/Bread 1 Ea Seedless Watermelon Cubes 1/2 Cup	Ham & Swiss Sandwich on Wheat 1 Sandwich Tuna Salad Sandwich 1 Sandwich Creamy Cucumber & Onion Salad 1/2 Cup Marinated Mixed Vegetable Salad 1/2 Cup Potato Chips 1 Oz Macaroni Salad 1/2 Cup Chilled Peach Parfait 1/2 Cup	Lemon Herbed Chicken Breast 3 Oz Kielbasa Sausage 1 Ea Sautéed Asparagus Cuts 1/2 Cup Braised Cabbage 1/2 Cup Rice Pilaf 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea S'more Brownie 1 Square	Hot Dog on a Bun 1 Sandwich Grilled Cheese Sandwich 1 Sandwich Confetti Coleslaw 1/2 Cup Sugar Snap Peas 1/2 Cup French Fries 1/2 Cup Chilled Pears 1/2 Cup	Meatball Sub Sandwich 1 Sandwich Breaded Chicken on a Bun 1 Sandwich Seasoned Green Beans 1/2 Cup Sliced Carrots 1/2 Cup Potato Wedges 1/2 Cup Buttered Noodles 1/2 Cup Tropical Fruit Salad 1/2 Cup

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Week-At-A-Glance

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Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Scrambled Eggs 1/4 Cup Blueberry Muffin 1 Ea</i>	<i>French Toast Casserole 1 Square Sausage Patty 1 Ea</i>	<i>Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea</i>	<i>Egg & Hashbrown Bake 1 Square Toast 1 Sl</i>	<i>Scrambled Eggs 1/4 Cup Streusel Coffee Cake 1 Square</i>	<i>Buttermilk Pancakes 2 Ea Bacon 2 Sl</i>	<i>Baked Cheese Omelet 1 Ea Breakfast Ham 1 Oz Toast 1 Sl</i>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Encrusted Pork Loin 3 Oz Herb & Lemon Tilapia Fillet 3 Oz Braised Cabbage 1/2 Cup Roasted Garlic Squash 1/2 Cup Whipped Sweet Potatoes 1/2 Cup Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea Chocolate Ice Cream 1 Ea</i>	<i>Cornflake Chicken Breast 3 Oz Hamburger Steak w/Grilled Onions 3 Oz Peas & Carrots 1/2 Cup Sauteed Asparagus Cuts 1/2 Cup Cheesy Rice 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Peach Pie w/Crumb Topping 1 Sl</i>	<i>Beef Soft Taco w/Flour Tortilla 2 Ea Garlic Baked Pork Chop 3 Oz Sauteed Peppers & Onions 1/2 Cup Sliced Parsley Carrots 1/2 Cup Mexican Corn 1/2 Cup Potato Wedges 1/2 Cup Dinner Roll/Bread 1 Ea Pineapple Tidbits 1/2 Cup</i>	<i>Chicken Parmesan w/ 3 Oz Meatballs w/Gravy 3 Ea Roasted Zucchini 1/2 Cup Broccoli Florets 1/2 Cup Buttered Rice 1/2 Cup Garlic Bread 1 Ea Butterscotch Pudding Parfait 1/2 Cup</i>	<i>Cheesy Ham & Macaroni Casserole 1 Cup Smothered Turkey Patty 3 Oz Sauteed Spinach w/Garlic 1/2 Cup Capri Vegetable Blend 1/2 Cup Oven Roasted Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Oatmeal Raisin Cookie 1 Ea</i>	<i>Lemon Pepper Tilapia Fillet 3 Oz Chicken Tenders 2 Ea Roasted Green Beans 1/2 Cup Green Peas 1/2 Cup Rice Pilaf 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Cinnamon Brown Sugar Blondie 1 Square</i>	<i>Classic Baked Ziti 1 Cup Rancher's Pork Chop 3 Oz Tossed Salad w/Dressing 1 Cup Seasoned Spinach 1/2 Cup Mashed Potatoes 1/2 Cup Garlic Bread 1 Ea Lemon Glazed Angel Food Cake 1 Sl</i>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<i>BBQ Cheeseburger on a Bun 1 Sandwich Marinated Chicken Thigh 1 Ea Broccoli Salad 1/2 Cup Seasoned Spinach 1/2 Cup Tater Tots 1/2 Cup Parmesan Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Mandarin Oranges 1/2 Cup</i>	<i>Egg Salad Sandwich on Croissant 1 Sandwich Turkey Sandwich 1 Sandwich Tomato Basil Salad 1/2 Cup Creamy Cucumber & Onion Salad 1/2 Cup Potato Chips 1 Oz Macaroni Salad 1/2 Cup Hearty Vegetable Soup 6 Oz Summer Fresh Fruit Cup 1/2 Cup</i>	<i>Turkey Rice Casserole 1 Cup Cheese Ravioli w/Marinara Sauce 1 Cup Sugar Snap Peas 1/2 Cup Tossed Salad w/Dressing 1 Cup Dinner Roll/Bread 1 Ea Chocolate Cake w/ Peanut Butter Frosting 1 Square</i>	<i>Breaded Fish on a Bun 1 Sandwich Italian Sausage 1 Ea Creamy Coleslaw 1/2 Cup Green Peas 1/2 Cup Potato Wedges 1/2 Cup Parsley Rice 1/2 Cup Dinner Roll/Bread 1 Ea Fruit Cocktail 1/2 Cup</i>	<i>Salisbury Steak 3 Oz Cheese Quiche 1 Sl Sliced Glazed Carrots 1/2 Cup Braised Cabbage 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Seedless Watermelon Cubes 1/2 Cup</i>	<i>Grilled Turkey & Cheese Sandwich 1 Sandwich Parsley Pork Chop 3 Oz Broccoli Florets 1/2 Cup Steamed Asparagus Cuts 1/2 Cup French Fries 1/2 Cup Herbed Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Tropical Fruit Salad 1/2 Cup</i>	<i>Rotisserie Chicken Thigh 1 Ea Cheese Quesadilla 1 Ea Squash Medley 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Oven Browned Potatoes 1/2 Cup Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea Chilled Peaches 1/2 Cup</i>

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Week-At-A-Glance

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Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea</i>	<i>French Toast 2 Sl Bacon 2 Sl</i>	<i>Biscuit 1 Ea Hashbrown 1/2 Cup</i>	<i>Garden Frittata Bake 1 Square English Muffin 1 Ea</i>	<i>Baked Cheese Omelet 1 Ea Toast 1 Sl</i>	<i>Buttermilk Pancakes w/Strawberry Topping 1 Srv Breakfast Ham 1 Oz</i>	<i>Western Scrambled Eggs 1/4 Cup Toast 1 Sl</i>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Herbed Turkey 3 Oz Salisbury Steak 3 Oz Honey Roasted Carrots 1/2 Cup Seasoned Green Peas 1/2 Cup Mashed Potatoes 1/2 Cup Rice Pilaf 1/2 Cup Parsley Dinner Roll 1 Ea S'more Pudding Parfait 1/2 Cup</i>	<i>Dijon Pork Loin 3 Oz Cheese Quesadilla 1 Ea Seasoned Spinach 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Fried Potatoes & Onions 1/2 Cup Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea Peach Shortcake 1 Square</i>	<i>Tuna Salad Hoagie 1 Sandwich Turkey Burger on a Bun 1 Sandwich Tomato Basil Salad 1/2 Cup Creamy Cucumber & Onion Salad 1/2 Cup Potato Chips 1 Oz Macaroni Salad 1/2 Cup Deluxe Fruit Salad 1/2 Cup</i>	<i>Chicken Piccata 1 Ea Hamburger Steak w/Grilled Onions 3 Oz Sautéed Asparagus Cuts 1/2 Cup Sugar Snap Peas 1/2 Cup Rice Pilaf 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Double Chocolate Brownie 1 Square</i>	<i>Country Fried Steak w/Cream Gravy 1 Ea Honey Dijon Chicken Breast 3 Oz Peas & Carrots 1/2 Cup Zucchini 1/2 Cup Herbed Mashed Potatoes 1/2 Cup Buttered Rice 1/2 Cup Cornbread 1 Square Peanut Butter Cookie 1 Ea</i>	<i>Shrimp Alfredo w/ 3 Oz Chicken Tenders 2 Ea Steamed Broccoli Florets w/Lemon 1/2 Cup Steamed Asparagus Cuts 1/2 Cup Mashed Potatoes 1/2 Cup Garlic Bread 1 Ea Lemon Blueberry Cake w/Icing 1 Square</i>	<i>Philly Cheesesteak Sandwich 1 Sandwich Glazed Baked Pork Chop 3 Oz Tossed Salad w/Dressing 1 Cup Sliced Carrots 1/2 Cup French Fries 1/2 Cup Seasoned Rice 1/2 Cup Dinner Roll/Bread 1 Ea Vanilla Ice Cream 1 Ea</i>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<i>Hot Dog on a Bun 1 Sandwich Breaded Fish on a Bun 1 Sandwich Calico Coleslaw 1/2 Cup Capri Vegetable Blend 1/2 Cup Tater Tots 1/2 Cup Seedless Watermelon Cubes 1/2 Cup</i>	<i>Thin Crust Cheese Pizza 1 Pc Marinated Chicken Thigh 1 Ea Roasted Broccoli Florets 1/2 Cup Sliced Carrots 1/2 Cup Italian Pasta Salad 1/2 Cup Garlic Potato Wedges 1/2 Cup Dinner Roll/Bread 1 Ea Mandarin Oranges 1/2 Cup</i>	<i>Meatsauce w/ 6 Oz Cornflake Crusted Tilapia Fillet 3 Oz Caesar Salad 1 Cup Green Beans 1/2 Cup Parsley Rice 1/2 Cup Garlic Bread 1 Ea Orange Sherbet 1 Ea</i>	<i>Kielbasa Sausage 1 Ea Cheese Quiche 1 Sl Braised Cabbage 1/2 Cup Tossed Salad w/Dressing 1 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Chilled Pears 1/2 Cup</i>	<i>BBQ Pulled Turkey Sandwich 1 Sandwich Garlic Baked Pork Chop 3 Oz Roasted Green Beans 1/2 Cup Sautéed Spinach w/Garlic 1/2 Cup Macaroni & Cheese 1/2 Cup Oven Roasted Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Fruit Cocktail 1/2 Cup</i>	<i>Grilled Cheese Sandwich 1 Sandwich Smothered Turkey Patty 3 Oz Capri Vegetable Blend 1/2 Cup Seasoned Green Peas 1/2 Cup Potato Wedges 1/2 Cup Parsley Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Tomato Soup 6 Oz Apple Crisp 1/2 Cup</i>	<i>Lemon Herbed Chicken Breast 3 Oz Cheese Ravioli w/Marinara Sauce 1 Cup Sugar Snap Peas 1/2 Cup Roasted Garlic Squash 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea Summer Fresh Fruit Cup 1/2 Cup</i>

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Week-At-A-Glance

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Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs 1/4 Cup Blueberry Muffin 1 Ea	French Toast 2 Sl Sausage Patty 1 Ea	Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea	Buttermilk Pancakes 2 Ea Bacon 2 Sl	Egg & Hashbrown Bake 1 Square English Muffin 1 Ea	Scrambled Eggs 1/4 Cup Peach Streusel Coffee Cake 1 Square	Baked Cheese Omelet 1 Ea Breakfast Ham 1 Oz Toast 1 Sl
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Pot Roast 3 Oz BBQ Chicken Thigh 1 Ea Sliced Glazed Carrots 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Mashed Potatoes 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea Butterscotch Pudding 1/2 Cup	Bruschetta Chicken 3 Oz Rancher's Pork Chop 3 Oz Roasted Broccoli Florets 1/2 Cup Capri Vegetable Blend 1/2 Cup Parmesan Noodles 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea Sour Cream Orange Cake 1 Square	Hawaiian Baked Ham 3 Oz Salisbury Steak 3 Oz Seasoned Green Beans 1/2 Cup Green Peas 1/2 Cup Baked Sweet Potatoes 1/2 Cup Buttered Noodles 1/2 Cup Poppy Seed Dinner Roll 1 Ea Sliced Pears 1/2 Cup	Cheese Ravioli w/Marinara Sauce 1 Cup Ham Sandwich 1 Sandwich Caesar Salad 1 Cup Marinated Cucumber & Onion Salad 1/2 Cup Potato Salad 1/2 Cup Garlic Bread 1 Ea Mandarin Oranges 1/2 Cup	Garlic Herbed Pork Loin 3 Oz Smothered Turkey Patty 3 Oz Braised Cabbage 1/2 Cup Roasted Broccoli Florets 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup Parmesan Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Chocolate Cream Pie 1 Sl	Baked Tilapia Florentine 3 Oz Breaded Chicken on a Bun 1 Sandwich Steamed Asparagus Cuts 1/2 Cup Sliced Parsley Carrots 1/2 Cup Rice Pilaf 1/2 Cup Oven Roasted Potatoes 1/2 Cup Parsley Dinner Roll 1 Ea Snickerdoodle Cookie 1 Ea	Meatballs w/Marinara Sauce 3 Ea Cheese Quesadilla 1 Ea Parmesan Baked Zucchini 1/2 Cup Sugar Snap Peas 1/2 Cup Yellow Rice 1/2 Cup Garlic Bread 1 Ea Vanilla Glazed Angel Food Cake 1 Sl
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Egg Salad Sandwich on Croissant 1 Sandwich Tuna Salad Sandwich 1 Sandwich Marinated Cucumber Salad 1/2 Cup Broccoli Salad 1/2 Cup Creamy Dill Macaroni Salad 1/2 Cup Potato Chips 1 Oz Chilled Peach Parfait 1/2 Cup	Cheeseburger on a Bun 1 Sandwich Cornflake Crusted Tilapia Fillet 3 Oz Confetti Coleslaw 1/2 Cup Roasted Garlic Squash 1/2 Cup Tater Tots 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Tropical Fruit Salad 1/2 Cup	Chicken Stir Fry w/Vegetables 2/3 Cup Cheese Quiche 1 Sl Sugar Snap Peas 1/2 Cup Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea Campfire Blondie 1 Square	Breaded Fish on a Bun 1 Sandwich Honey Dijon Chicken Breast 3 Oz Squash Medley 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Oven Browned Potatoes 1/2 Cup Seasoned Rice 1/2 Cup Dinner Roll/Bread 1 Ea Chocolate Ice Cream 1 Ea	Rotisserie Chicken Thigh 1 Ea Hamburger Steak w/Grilled Onions 3 Oz Green Peas 1/2 Cup Garlic Green Beans 1/2 Cup Macaroni & Cheese 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea Apple Crisp 1/2 Cup	BBQ Pork Platter 1/2 Cup Thin Crust Cheese Pizza 1 Pc Creamed Spinach 1/2 Cup Tossed Salad w/Dressing 1 Cup Potato Wedges 1/2 Cup Italian Pasta Salad 1/2 Cup Cornbread 1 Square Summer Fresh Fruit Cup 1/2 Cup	Grilled Turkey & Cheese Sandwich 1 Sandwich Kielbasa Sausage 1 Ea Tomato Basil Salad 1/2 Cup Broccoli Florets 1/2 Cup French Fries 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Pineapple Tidbits 1/2 Cup