Valley View

weekly menu

Week 2
November 2-8

	MON 11/2/26 11/30/26	TUE 11/3/26	WED 11/4/26	THU 11/5/26	FRI 11/6/26	SAT 11/7/26	SUN 11/8/26
Breakfast	Western Egg Scramble, Blueberry Muffin	Scrambled Eggs, Turkey Sausage Links, Fried Potatoes	Blueberry Pancake	Cheese Strata, Breakfast Ham, Biscuit	French Toast, Turkey Sausage Patty	Egg & Ham Bake, O'Brien Potatoes	Cheesy Scrambled Eggs, Bacon, Home Fries
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Turkey Shepherd Pie, Baby Lima Beans * Herb Crusted Whiting, Rice Pilaf	Liver & Onions, Whipped Potatoes, Sliced Carrots * Pork Loin w/Mushroom Fricassee	Cheese Lasagna, Seasoned Green Beans * Chicken Coq Au Vin	Lemon Pepper Baked Fish, Buttered Orzo, Pepper, Tomato Blend Vegetables * Lemon Oregano Baked Chicken	Meatloaf, Scalloped Potatoes, Garlic Broccoli * Chicken Fried Rice	Cheese Ravioli, Zucchini & Tomatoes * Turkey Pot Roast, Barley Risotto	Southern Fried Chicken, Cheesy Grits, Herb Roasted Carrots * Pork Stew w/Parsnips and Bacon
Dessert	Iced Chocolate Cake	Chocolate Marshmallow Brownie Parfait	Carrot Cake	Brownie	Applesauce Cake	Lemon Bar	Frosted Banana Cake
DINNER							
Soup	Beef Noodle Soup	Chicken Noodle Soup	Lentil & Kale Soup	Navy Bean Soup	Vegetable Soup	Garden Vegetable Soup	Split Pea Soup
Entrées	Cranberry Chicken Sandwich, Rosemary Roasted Potato Wedges * Spinach & Tomato Frittata, Cauliflower, Pea and Onion Salad	Turkey & Swiss Melt, Chow Chow * Cottage Cheese and Fruit Plate	Beef Chili, Southern Succotash, Cornbread * Cheese & Pork Quesadilla, Brown Rice	Turkey Burger on a Bun, Roasted Sweet Potato Wedges, Pineapple Coleslaw * Vegetable Quiche	Bacon Grilled Cheese, Seasoned Peas * Baked Pollock Sandwich	Salisbury Steak, Garlic Smashed Red Bliss Potatoes, Sauteed Onions and Peppers * Spinach & Swiss Quiche	Tuna Melt on Wheat, Oven Roasted Brussels Sprouts * Baked Ziti

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Week 3
November 9-15

	MON 11/9/26	TUE 11/10/26	WED 11/11/16	THU 11/12/26	FRI 11/13/26	SAT 11/14/26	SUN 11/15/26
Breakfast	Western Egg Scramble, Hashbrowns w/Onion	Scrambled Eggs, Turkey Sausage Links, Blueberry Muffin	Blueberry Pancake, Sausage Link	Cheese Strata, Biscuit	Pancake, Turkey Sausage Patty	Egg & Ham Bake, O'Brien Potatoes, Apple Muffin	Cheesy Scrambled Eggs, Bacon
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Salisbury Steak, Roasted Potato Wedges, Peas & Carrots * Smothered Chicken Thigh	Beef Top Round w/Garlic Sauce, Fried Rice, Sauteed Cabbage * BBQ Pork	Open Face Turkey Sandwich, Sauteed Spinach * Tortellini Primavera	Ginger Apple Pork Roast, Baked Sweet Potato, Steamed Corn * Baked Fish Vera Cruz	Pork Burgundy, Seasoned Green Beans, * Linguine w/Clam Sauce	Fish Provencal, Brown Rice Pilaf, Sauteed Broccoli * Beef Stuffed Pepper	Herb Baked Chicken Quarter, Red Potatoes, Roasted Beets * Crab Cake
Dessert	Blueberry Buckle	Lemon Poppyseed Cake	Chocolate Chip Cookie	Peach Cobbler Cake	Iced Brownie	Banana & Oranges	Iced Chocolate Cake
DINNER							
Soup	Tomato Florentine	Navy Bean Soup	Garden Vegetable Soup	Ham & Black Bean Soup	Tortilla Soup	Pinto Bean Soup	Split Pea Soup
Entrées	Roasted Pork Loin, Spanish Rice, Stewed Pinto Beans * Tortellini Primavera	Seafood Salad, French Fries * Chicken Pot Pie w/Biscuit, Lemon Broccoli	Chicken Cheesesteak, Sauteed Mushroom & Onion * Tuna & White Bean Casserole	Roast Beef & Cheddar Melt, Potato Salad, Cilantro Coleslaw * Shrimp Quesadilla	Beef Macaroni Casserole, Buttered Carrots * Chicken Fajita, Refried Beans	Pork and Rice Casserole, Corn Salad * Black Bean Burger on a Bun, Marinated Cucumber	Turkey Sloppy Joe, Sweet Potato Fries, Creamy Coleslaw * Vegetable Frittata
Dessert	Sliced Pears	Scalloped Apples	Mandarin Oranges	Pineapple Chunks	Winter Fruit Salad	Spice Cake	Cantaloupe

Valley View

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Week 4
November 16-22

	MON 11/16/26	TUE 11/17/26	WED 11/18/26	THU 11/19/26	FRI 11/20/26	SAT 11/21/26	SUN 11/22/26
Breakfast	Western Egg Scramble, Hashbrowns w/Onion	Scrambled Eggs, Turkey Sausage Links, Blueberry Muffin	Blueberry Pancake, Sausage Link	Poached Egg, Breakfast Ham, O'Brien Potatoes	French Toast, Turkey Sausage Patty	Egg & Ham Bake, Sausage Patty	Cheesy Scrambled Eggs, Bacon
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Swedish Meatballs, Whipped Potatoes, Parmesan Lima Beans * Glazed Ham	Sesame Chicken, White Rice, Sauteed Cabbage * Rosemary Pork Loin	Stuffed Shells, Garlic Bread, Steamed Broccoli * Turkey Fricassee, Orzo	Brunswick Stew, Vegetable Brown Rice, Roasted Turnips * Crab Cake, Creamy Coleslaw	Smother Chicken Thigh, Baked Sweet Potato, Roasted Cauliflower * Pepper Steak, Brown Rice	Sausage Kielbasa, Pierogies w/Onion, Cabbage & Carrot Stew * White Bean, Broccoli Pasta	Turkey a la King, Sauteed Spinach * Leek & Swiss Quiche
Dessert	Snickerdoodle Cookie	Frosted Coconut Cake	Brownie	Pineapple Chunks	Oatmeal Raisin Cookie	Iced Yellow Cake	Cherry Cake
DINNER							
Soup	Vegetable Garden Soup	Ginger Carrot Soup	Vegetable Garden Soup	Black Bean Soup	Tomato Basil Soup	Chicken & Rice Soup	Split Pea Soup
Entrées	Chicken & Dumplings, Roasted Herb Carrots * Cheese & Vegetable Quesadilla, Garden Vegetable Mix	Tuna Noodle Casserole, Steamed Peas * Vegetable Paella	Turkey Sloppy Joe, Potato Chip * Seafood Salad Plate	Manicotti w/Mushroom Spinach Sauce, Sauteed Onions & Peppers * Chef Salad	Grilled Cheese, Broiled Tomato * Braised Pork Shoulder, White Rice, Seasoned Green Beans	Italian Beef Sandwich, Broccoli Salad * Antipasto Salad	BBQ Pulled Chicken on a Bun, Creamy Coleslaw * Beef Shepherd Pie
Dessert	Apricots	Blushing Pears	Mandarin Oranges	Peanut Butter Icebox Pie	Winter Fruit Salad	Peaches	Scalloped Apples

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Week 1
November 23-29

	MON 11/23/26	TUE 11/24/26	WED 11/25/26	THU 11/26/26	FRI 11/27/26	SAT 11/28/26	SUN 11/29/26
Breakfast	Western Egg Scramble Hashbrown Potato with Onion, Toast	Scrambled Eggs, Turkey Sausage Links, Fried Potatoes, Blueberry Muffin	Blueberry Pancake, Sausage Links	Cheese Strata, O'Brien Potatoes	French Toast, Turkey Sausage Patty	Egg & Ham Bake, Baked Oatmeal	Cheesy Scrambled Eggs, Bacon, Home Fries
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Southern Kettle Beef, Whipped Potatoes, Steamed Baby Carrots * Turkey Meatballs	Rosemary Pork Loin, Red Potatoes, Yellow Squash w/Thyme * Broccoli Cheese Quiche	Rosemary Chicken Thigh, Cornbread Stuffing, Butternut Squash * Cheese Quiche	Roasted Turkey, Mashed Sweet Potatoes, Stuffing Creamed Corn * Glazed Ham, Mashed Potatoes, Green Beans	Baked Ziti, Roasted Sweet Potatoes, Braised Greens and Breadstick * Braised Chicken Thigh	Herb Baked Chicken, Rice Pilaf, Green Peas * Tomato, Spinach, Mozzarella Tortellini	Roast Beef w/Gravy, Whipped Potatoes, Steamed Broccoli * Parmesan Crusted Tilapia
Dessert	Frosted Marble Cake	Peanut Butter Brownie	Frosted Pumpkin Cake	Pumpkin Pie	Frosted Banana Cupcake	Blueberry Buckle	Starburst Gelatin Cake
DINNER							
Soup	Chicken Noodle Soup	Cabbage Soup	Beef Vegetable Soup	Bacon Corn Chowder	Garden Vegetable Soup	Tomato Rice Soup	Minestrone Soup
Entrées	Ham & Swiss Melt, Tater Tots, Marinated Tomato Salad * Tuna Noodle Casserole	Fireman BBQ Chicken, Macaroni & Cheese, Roasted Mixed Vegetables * Vegetable Lasagna	Turkey Reuben, Roasted Sweet Potato Wedges, Confetti Coleslaw * Tuna Pasta Salad	Spaghetti w/Meatballs, Steamed Broccoli * Chicken Santa Fe, Rosemary Oven Roasted Potatoes	Beef & Pork Chili, Cornbread, Carrot Raisin Salad * Egg Salad on Wheat	Hamburger, Potato Salad, Beets * Chef Salad w/ Turkey& Egg	Roasted Pork Loin, White Rice, Pepper Tomato Blend Vegetables * Chicken Fettuccine Alfredo
Dessert	Mandarin Oranges	Spiced Peaches	Blushing Pineapple Tidbits	Chocolate Chip Cookies	Scalloped Apples	Fruit Salad	Pear Slices