

March 2024



Monday

Tuesday

Wednesday

Thursday

Friday



Gilcrest Center

Care Delivered with Love and Respect



<div><div><h1>Gilcrest Center</h1><p>Care Delivered with Love and Respect</p></div></div>						<div>Breakfast 1</div> <div>Waffles, banana & toast (wg)</div> <div>Lunch</div> <div>Salisbury steak, mashed potatoes, fruit & roll</div> <div>Snack</div> <div>Yogurt & fruit</div>
<div>Breakfast 4</div> <div>Pancakes, fruit & toast (wg)</div> <div>Lunch</div> <div>Chicken salad sandwich, potato salad, fruit & pickles</div> <div>Snack</div> <div>Bagel & cream cheese</div>	<div>Breakfast 5</div> <div>Egg frittata & toast (wg)</div> <div>Lunch</div> <div>Beef tips & noodles, mixed vegetables & fruit</div> <div>Snack</div> <div>Cereal bar & milk</div>	<div>Breakfast 6</div> <div>Cereal (wg) & banana</div> <div>Lunch</div> <div>Chicken stir-fry with vegetables, fruit & roll</div> <div>Snack</div> <div>Rice cake & peanut butter</div>	<div>Breakfast 7</div> <div>French toast, banana & toast (wg)</div> <div>Lunch</div> <div>Italian sub sandwich, french fries, fruit</div> <div>Snack</div> <div>Carrots, ranch & milk</div>	<div>Breakfast 8</div> <div>Sausage gravy, biscuit, fruit & toast (wg)</div> <div>Lunch</div> <div>Salad-ham, peperoni, eggs, tomatoes, onion & fruit</div> <div>Snack</div> <div>Yogurt & granola</div>		
<div>Breakfast 11</div> <div>Waffles, banana & toast (wg)</div> <div>Lunch</div> <div>Chicken patty sandwich, tater tots & fruit</div> <div>Snack</div> <div>Yogurt & fruit</div>	<div>Breakfast 12</div> <div>Pancakes, fruit & toast (wg)</div> <div>Lunch</div> <div>Sloppy joe, potato wedges & fruit</div> <div>Snack</div> <div>Cheese & crackers</div>	<div>Breakfast 13</div> <div>Egg frittata & toast (wg)</div> <div>Lunch</div> <div>Chicken & gravy biscuit, mashed potatoes & fruit</div> <div>Snack</div> <div>Cottage cheese & fruit</div>	<div>Breakfast 14</div> <div>Cereal (wg) & banana</div> <div>Lunch</div> <div>Kielbasa & vegetables medley, fruit & roll</div> <div>Snack</div> <div>Apples & peanut butter</div>	<div>Breakfast 15</div> <div>French toast, banana & toast (wg)</div> <div>Lunch</div> <div>Johnny Marzetti, green beans, fruit & garlic bread</div> <div>Snack</div> <div>Cucumbers, ranch & milk</div>		
<div>Breakfast 18</div> <div>Sausage gravy, biscuit, fruit & toast (wg)</div> <div>Lunch</div> <div>Ham, green bean & potato casserole & bread (wg)</div> <div>Snack</div> <div>Yogurt & granola</div>	<div>Breakfast 19</div> <div>Waffles, banana & toast (wg)</div> <div>Lunch</div> <div>Chicken paprikash, biscuit & fruit</div> <div>Snack</div> <div>Bagel & cream cheese</div>	<div>Breakfast 21</div> <div>Pancakes, fruit & toast (wg)</div> <div>Lunch</div> <div>Lasagna, garlic bread & fruit</div> <div>Snack</div> <div>Cereal bar & milk</div>	<div>Breakfast 21</div> <div>Egg frittata & toast (wg)</div> <div>Lunch</div> <div>Chicken noodle soup, crackers, roll & fruit</div> <div>Snack</div> <div>Rice cake & peanut butter</div>	<div>Breakfast 22</div> <div>Cereal (wg) & banana</div> <div>Lunch</div> <div>Hotdog, french fries & fruit</div> <div>Snack</div> <div>Carrots, ranch & milk</div>		
<div>Breakfast 25</div> <div>French toast, banana & toast (wg)</div> <div>Lunch</div> <div>Chicken parmesan, green beans & fruit</div> <div>Snack</div> <div>Cucumbers, ranch & milk</div>	<div>Breakfast 26</div> <div>Sausage gravy, biscuit, fruit & toast (wg)</div> <div>Lunch</div> <div>Meatball sub, potato wedges & fruit</div> <div>Snack</div> <div>Yogurt & fruit</div>	<div>Breakfast 27</div> <div>Waffles, banana & toast (wg)</div> <div>Lunch</div> <div>Chicken alfredo, broccoli, fruit & roll</div> <div>Snack</div> <div>Cheese & crackers</div>	<div>Breakfast 28</div> <div>Pancakes, fruit & toast (wg)</div> <div>Lunch</div> <div>beef enchiladas, spanish rice & vegetables</div> <div>Snack</div> <div>Cottage cheese & fruit</div>	<div>Breakfast 29</div> <div>Egg frittata & toast (wg)</div> <div>Lunch</div> <div>Pizza, salad & fruit</div> <div>Snack</div> <div>Apples & peanut butter</div>		

Breakfast 7:00-10:00

Lunch 12:00-1:00

Snack 1:30

If a client misses a meal due to Gilcrest Transportation running behind, we will still serve the meal.

Measurements

BREAKFAST
Milk: 1 cup Fruit/Vegetables: 1/2 cup Grains or Meat/Meat Alternates: 2 oz. eq
LUNCH
Milk: 1 cup Meat/Meat Alternates: 2 oz. Vegetables: 1/2 cup Fruit: 1/2 cup Grains: 2 oz.
SNACK
Milk: 1 cup Meat/Meat Alternates: 1 oz. Vegetables: 1/2 cup Fruit: 1/2 cup Grains: 1 oz.
1. Meat alternates may be used to substitute the entire grains component a maximum of three times per week at breakfast.
2. oz eq = ounce equivalents (Once equivalencies for processed/combo and grain items are not to be mistaken for serving instructions.)
NOTE: 3/4 cup or 6 ounces of yogurt can be substituted for 8 ounces of milk once per day when it is not served as a meat alternate in the same meal.
Snacks: Select two from the following five components: milk; meat/meat alternative; vegetables; fruit; grains

Breakfast options - Scheduled meal, cereal & banana, oatmeal & banana, or toast & banana.

Lunch options - scheduled meal or peanutbutter and jelly sandwich. Side items will remain the same.

If you would like a substitute to any meal, please tell the kitchen staff when you arrive as soon as you arrive.