



Luther Home Summer 2020 Menu

Updated July 2020

*****Please note that menu may change without notice.**

July 20 - 26, 2020	Cycle Five
July 27 – Aug 2, 2020	Cycle One
August 3 - 9, 2020	Cycle Two
August 10 - 16, 2020	Cycle Three
August 17 - 23, 2020	Cycle Four
August 24 - 30, 2020	Cycle Five
August 31 – September 6, 2020	Cycle One
September 7 - 13, 2020	Cycle Two
September 14 - 20, 2020	Cycle Three
September 21 - 27, 2020	Cycle Four

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Updated June 2020

Cycle One

Monday

Breakfast – 8:00am

Cream of Wheat, Rye Toast, Cheese Slice

Lunch – 12:00pm

Tomato Soup, Tuna Melts,
Tossed Salad, Pickled Beets, Apple Pie/Crumble Top

Alternate: Roast Chicken Sandwich

Dinner – 5:00pm

Lasagna, Dinner Roll, Cauliflower, Canteloupe

Tuesday

Breakfast – 8:00am

Oatmeal, Brown Toast, Boiled Egg

Lunch – 12:00pm

Borscht, Perogies & Fried Onions,
Sour Cream, Garlic Sausage,
Sauerkraut, Vanilla Ice Cream/Berries

Dinner – 5:00pm

Sweet & Sour Chicken Balls, Fried Rice, Oriental Vegetables, Apricots

Wednesday

Breakfast – 8:00am

Cream of Wheat, Pancakes/Mandarin Oranges, Bacon/Yogurt

Lunch – 12:00pm

Summer Squash Soup, Pizza, Caesar Salad, Butterscotch Pudding

Dinner – 5:00pm

Cheese Burgers, Lettuce & Tomato, Onion Rings, 3 Bean Salad, Watermelon

Thursday

Breakfast – 8:00am

Oatmeal, Rye Toast, Peanut Butter & Banana

Lunch – 12:00pm

Carrot Soup, French Toast,
Pork Sausage, Mixed Berries
Orange Jelly with Tropical Fruit

Alt: Beef Sausage

Dinner – 5:00pm

Meatloaf with Spanish Sauce,
Mashed Potato, Green Beans,
Chocolate Cream Pie

Friday

Breakfast – 8:00am

Juice, Cream of Wheat,
Brown Toast, Scrambled Eggs

Lunch – 12:00pm

Chicken Vegetable Soup, Tomato Feta Pasta Salad, Rye Bread,
Sliced Cucumbers, Peach Cobbler

Dinner – 5:00pm

English Style Pollock, Tartar Sauce, Tater Tots, Mixed Vegetables, Fruit Cocktail

Alternate: Veal Cutlet

Fruit Cocktail

Saturday

Breakfast – 8:00am

Oatmeal with Bran,
14 Grain Toast, Poached Egg

Lunch – 12:00pm

Split Pea Soup, Grill Cheese Sandwich on Brown, Greek Salad, Pickles, Stewed Rhubarb

Dinner – 5:00pm

Chicken a La King, Steamed Rice, Brussel Sprouts, Carrot Muffin

Sunday

Breakfast – 8:00am

Cream of Wheat, Raisin Toast, Bacon, Orange Slices

Lunch – 12:00pm

Chicken Vegetable Rice Soup, Shaved Corned Beef on Rye, Potato Salad, Sliced Tomato, Pears

Dinner – 5:00pm

Roast Beef/Mushroom Gravy, Mashed Potato, Green Beans, Pumpkin Loaf

Cycle Two

Monday

Breakfast – 8:00am

Oatmeal, Rye Toast, Cheese slice,
Apple Slices

Lunch – 12:00pm

Squash Soup, Chicken Salad
Sandwiches, Coleslaw, Graham Wafer
Square

Dinner – 5:00pm

Baked Ham, Pineapple Slices, Warm
Potato Salad, Peas, Blueberry Tarts

Alternate: Chicken Breast

Tuesday

Breakfast – 8:00am

Cream of Wheat, Brown Toast, Boiled
Egg

Lunch – 12:00pm

Beef Barley Soup, Pancit, Spring
Rolls, Broccoli, Banana

Dinner – 5:00pm

Lemon Turkey Piccata, Rice, King
Edward Vegetables, Peaches

Wednesday

Breakfast – 8:00am

Oatmeal, Pancakes, Apricots, Bacon

Lunch – 12:00pm

Tomato Soup, Tuna Salad Sandwhich
on Brown Bread, Chickpea Salad,
Pears

Alternate Salami Sandwich

Dinner – 5:00pm

Salisbury Steak, Fried Onion,
Mushroom Gravy, Parsley Boiled
Potato, 4-Way Mix, Cranberry Square

Thursday

Breakfast – 8:00am

Cream of Wheat, Rye Toast,
Peanut Butter, ½ Banana,
Tomato Slices

Lunch – 12:00pm

Mushroom Soup, Chicken
Fingers, Honey Mustard
Sauce, Potato Wedges,
Carrot Coins, Peaches

Dinner – 5:00pm

Honey Garlic Pork, Steamed
Rice, Winter Mixed
Vegetables, Peaches

Alternate: Veal Cutlet

Friday

Breakfast – 8:00am

Oatmeal, Whole Wheat Toast,
Scrambled Eggs, Orange
Slices

Lunch – 12:00pm

Borcht Soup, Fried Kubassa,
Southwestern Potato Salad,
Dinner Roll, Honeydew

Dinner – 5:00pm

Fish Sticks, Tartar sauce,
Tater Tots, Mixed Veg,
Pineapple

Alternate: Turkey Cutlet

Saturday

Breakfast – 8:00am

Cream of Wheat, 14 Grain
Toast, Poached Egg

Lunch – 12:00pm

Ham Vegetable Soup,
Cheeseburger Sliders, Sliced
Tomatoes, Macaroni Salad,
Cherry Tart

Alternate: Salami Sandwich

Dinner – 5:00pm

Chicken Rice Casserole,
Scandinavian Mixed
Vegetables, Ice
Cream/Strawberries

Sunday

Breakfast – 8:00am

Oatmeal, Raisin Toast,
Bacon/Yogurt

Lunch – 12:00pm

Chicken Vegetable Noodle
Soup, Egg Salad on Rye,
Greek Salad

Alternate: Ham Sandwich

Dinner – 5:00pm

Roast Turkey, Stuffing,
Cranberry, Gravy, Whipped
Potato, Kalebanzo Blend,
Stewed Rhubarb

Cycle Three

Monday

Breakfast – 8:00am

Cream of Wheat, Rye Toast, Cheese slice, Banana

Lunch – 12:00pm

Chicken Noodle Vegetable Soup, Pizza, Greek Salad, Fruit Cocktail

Dinner – 5:00pm

BBQ Chicken, Potato Salad with Egg, Pickled Beets, Dinnr Roll, Carrot Cake with Cream Cheese Icing

Tuesday

Breakfast – 8:00am

Oatmeal, White Toast, Boiled Egg

Lunch – 12:00pm

Minestrone Soup, Macaroni & Cheese, Steamed Broccoli, Yogurt with Strawberries

Dinner – 5:00pm

Turkey Joes on a Bun, Squash, Pumpkin Muffin

Wednesday

Breakfast – 8:00am

Cream of Wheat, Pancakes, Bacon, Apricots

Lunch – 12:00pm

Tomato Rice Soup, Chicken Nuggets, Cranberry Mandarin Spinach Salad, Cherry Cha Cha

Dinner – 5:00pm

Perogies, Cabbage Roll Casserole, Green Beans, Bananas

Thursday

Breakfast – 8:00am

Oatmeal, Rye Toast, Peanut Butter, 1/2 Bananas

Lunch – 12:00pm

Cream of Carrot Soup, Ham Salad Sandwich, Tossed Salad, Tropical Fruit

Dinner – 5:00pm

Beef Stroganoff, Noodles, Carrots, Pears

Friday

Breakfast – 8:00am

Cream of Wheat, Brown Toast, Scrambled Eggs, Orange Slices

Lunch – 12:00pm

Cream of Cauliflower Soup, Chicken Club Pasta Salad, Sliced Cucumbers, Canteloupe

Dinner – 5:00pm

Herb Baked Fish, Rice Pilaf, California Mixed Veggies, Lemon Tarts with Whipped Topping

Alternate: Chicken Fingers

Saturday

Breakfast – 8:00am

Oatmeal, 14 Grain Toast, Poached Egg

Lunch – 12:00pm

Lentil Vegetable Soup, Open Faced Chicken Burger, French Fries, Tomato Slice, Pickles, Pineapple

Dinner – 5:00pm

Spaghetti Meat Sauce, Garlic Toast, Ceaser Salad, Ice Cream/Berries

Sunday

Breakfast – 8:00am

Cream of Wheat, Raisin Toast, Bacon/Yogurt

Lunch – 12:00pm

Squash Soup, Tuna Salad Sandwich, Pineapple Slaw, Fruit Cocktail

Alternate: Cheese Sandwich

Dinner – 5:00pm

Spiced Rub Roast Pork with Applesauce, Oven Roast Potato, Peas, Cherry Cheesecake

Alternate: Chicken Breast

Cycle Four

Monday

Breakfast – 8:00am

Oatmeal, Rye Toast, Cheese slice,
Orange Slices

Lunch – 12:00pm

Tomato Rice Soup, Italian Pasta
Salad, Garlic Toast, Watermelon

Dinner – 5:00pm

Ranch Tater Tot Bake, Diced Carrots,
Blueberries with Yogurt

Tuesday

Breakfast – 8:00am

Cream of Wheat, Brown Toast, Boiled
Egg

Lunch – 12:00pm

Navy Bean & Tomato Soup, Fish
Burger, Cucs in Sour Cream, Tropical
Fruit Salad

Dinner – 5:00pm

Sweet & Sour Pork, Fried Rice,
Oriental Vegetable, Fruit Cocktail

Wednesday

Breakfast – 8:00am

Oatmeal, Pancakes, Bacon, Apricots

Lunch – 12:00pm

Split Pea Soup, Rueben Sandwich
Rye, Coleslaw, Pineapple
Upsidedown Cake

Alternate: Egg Salad Sandwich

Dinner – 5:00pm

Cold Roast Chicken, Marinated
Tomato Salad, Potato Salad, Dinner
Roll, Strawberry Shortcake

Thursday

Breakfast – 8:00am

Cream of Wheat, Rye Toast,
Peanut Butter, ½ Bananas

Lunch – 12:00pm

Minestrone Soup, Assorted
Sandwiches on Brown,
Tossed Salad/Thousand
Island, Cantaloupe

Dinner – 5:00pm

Cheeseburger Sliders,
French Fries, Coleslaw, Rice
Raisin Pudding

Friday

Breakfast – 8:00am

Oatmeal, Brown Toast,
Scrambled Eggs

Lunch – 12:00pm

Mushroom Soup, Perogies,
Sautéed Onion, and Sour
Cream, Sauerkraut, Garlic
Sausage, Mandarin Oranges

Dinner – 5:00pm

Tuna Casserole, California
Mixed Vegetables
Alternate: Chicken Fingers

Saturday

Breakfast – 8:00am

Cream of Wheat, 14 Grain Toast,
Poached Egg, Apple Slices

Lunch – 12:00pm

Turkey Vegetable Soup, Hot Dog
on a Bun, Sautéed Onions,
Cucumber Salad, Blueberry
Cobbler

Dinner – 5:00pm

Swedish Meatballs, Mushroom
Cream Sauce, Oven Roast Sweet
Potato, Four Mix Vegetables,
Orange Jelly with Tropical Fruit

Sunday

Breakfast – 8:00am

Juice, Oatmeal, Raisin Toast,
Bacon/Yogurt

Lunch – 12:00pm

Chicken Noodle & Vegetable
Soup, Chicken Salad
Sandwich, Shredded Lettuce,
Macaroni Salad, Peaches

Alternate: Salami Sandwich

Dinner – 5:00pm

Roast Beef, Gravy, Whipped
Potato, Peas & Carrots,
Pumpkin Pie

Cycle Five

Monday

Breakfast – 8:00am

Cream of Wheat, Rye Toast, Cheese slice, Mandarin Oranges

Lunch – 12:00pm

Squash Soup, Quiche, Tossed Salad, Chocolate Cupcakes

Dinner – 5:00pm

Hot Turkey Sandwich, Gravy, Mashed Potato, Italian Mix Vegetables, Stewed Strawberry/Rhubarb

Tuesday

Breakfast – 8:00am

Oatmeal, White Toast, Boiled Egg

Lunch – 12:00pm

Cream of Carrot Soup, Shaved Ham Sandwich on Whole Wheat Bread, Greek Salad, Pickles, Peaches

Alternate: Cheese Sandwich

Dinner – 5:00pm

Balsamic Chicken, Savory Rice, Cauliflower, Banana

Wednesday

Breakfast – 8:00am

Cream of Wheat, Pancakes, Apricots, Bacon

Lunch – 12:00pm

Minestrone Soup, Tuna Salad on Whole Wheat, Spinach with Bacon Salad, Tropical Fruit

Alternate: Chicken Burger

Dinner – 5:00pm

Veal Scallopini, Noodles, Green Beans, Pears

Thursday

Breakfast – 8:00am

Oatmeal, Rye Toast, Peanut Butter, ½ Banana

Lunch – 12:00pm

Cream of Broccoli Soup, Chicken Caesar Salad, Tomato Slices, Whole Wheat Dinner Roll, Blueberry Tarts/Whipped Topping

Dinner – 5:00pm

Pork Picadillo, Diced Carrots, Dinner Roll, Canteloupe

Alternate: Chicken Fingers

Friday

Breakfast – 8:00am

Cream of Wheat, Brown Toast, Scrambled Eggs, Orange Slices

Lunch – 12:00pm

Vegetable Soup, Pulled Pork on a Bun, French Fries, Coleslaw, Applesauce with Cinnamon

Alternate: Beef Sausage

Dinner – 5:00pm

Seafood Fettuccine, Broccoli with Garlic, Carrot Cake

Alternate: Chicken Breast

Saturday

Breakfast – 8:00am

Oatmeal, 14 Grain Toast, Poached Egg

Lunch – 12:00pm

Cream of Potato Soup, Macaroni & Cheese, Stewed Tomatoes, Ice Cream with Berry Topping

Dinner – 5:00pm

Baby Beef Liver, Fried Onion/Mushroom Gravy, Whipped Potato, Whipped Turnip, Pineapple

Alternate: Turkey Cutlet

Sunday

Breakfast – 8:00am

Cream of Wheat, Raisin Toast, Bacon/Yogurt

Lunch – 12:00pm

Turkey Vegetable Soup, Egg Salad Sandwich, Cranberry Mandarin Spinach Salad

Alternate: Cheese Sandwich

Dinner – 5:00pm

Spiced Rub Roast Pork with Applesauce, Oven Roast Red Potato, Peas, Banana Cream Pie

Alternate: Veal Cutlet