



Luther Home Fall/Winter 2020/21 Menu

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

November 2 – 8, 2020	Cycle One
November 9 - 15, 2020	Cycle Two
November 16 - 22, 2020	Cycle Three
November 23 - 29, 2020	Cycle Four
November 30 – December 6, 2020	Cycle Five
December 7 - 13, 2020	Cycle One
December 14 - 20, 2020	Cycle Two
December 21 - 27, 2020	Cycle Three
December 28 – January 3, 2021	Cycle Four
January 4 - 10, 2021	Cycle Five
January 11 - 17, 2021	Cycle One
January 18 - 24, 2021	Cycle Two

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January 25 – 31, 2021	Cycle Three
February 1 - 7, 2021	Cycle Four
February 8 - 14, 2021	Cycle Five
February 15 - 21, 2021	Cycle One
February 22 - 28, 2021	Cycle Two
March 1 - 7, 2021	Cycle Three
March 8 - 14, 2021	Cycle Four
March 15 - 21, 2021	Cycle Five
March 22 - 28, 2021	Cycle One
March 29 – April 4, 2021	Cycle Two
April 5 - 11, 2021	Cycle Three
April 12 - 18, 2021	Cycle Four
April 19 - 25, 2021	Cycle Five

Updated November 2020

Cycle One

Monday

Breakfast – 8:00am

Cream of Wheat, Rye Toast, Cheese Slice

Lunch – 12:00pm

Tomato Soup, Shaved Ham on Whole Wheat, Tossed Salad, Pickled Beets, Tapioca/Raisin Pudding

Alternate: Roast Chicken Sandwich

Dinner – 5:00pm

Lasagna, Dinner Roll, Caesar Salad, Apricots

Tuesday

Breakfast – 8:00am

Oatmeal, Brown Toast, Boiled Egg

Lunch – 12:00pm

Chicken Barley Chowder, Pancit, Spring Rolls, Broccoli, Vanilla Ice Cream/Berries

Dinner – 5:00pm

Sweet & Sour Chicken Balls, Fried Rice, Oriental Vegetables, Carrot Muffins

Wednesday

Breakfast – 8:00am

Cream of Wheat, Pancakes/Apricots, Bacon/Yogurt

Lunch – 12:00pm

Summer Squash Soup, Chicken Fingers, French Fries, Carrot Coins, Apple Pie with Crumble Top

Dinner – 5:00pm

Sweedish Meatballs (Mushroom Cream Sauce), Boiled Parslied Potatoes, California Mixed Vegetables, Banana

Thursday

Breakfast – 8:00am

Oatmeal, White Toast, Fried Egg, Tomato Slices

Lunch – 12:00pm

Vegetable Soup, Assorted Meat Sub Sandwiches, Tossed Salad Orange Jelly with Tropical Fruit

Dinner – 5:00pm

Cranberry Dijon Chicken Breast, Whipped Sweet Potato, Peas, Chocolate Cream Pie

Friday

Breakfast – 8:00am

Juice, Cream of Wheat, Brown Toast, Scrambled Eggs

Lunch – 12:00pm

Carrot Soup, Pizza, Cucumber/Onion Salad, Fruit Cocktail

Dinner – 5:00pm

Tuna and Tomato Pasta, Kalebanzo Mixed Vegetables, Fruit Cocktail

Alternate: Chicken Fingers
Peach Cobbler

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, Mandarin Oranges

Sunday

Breakfast – 8:00am

Cream of Wheat, Raisin Toast, Bacon/Yogurt, Orange Slices

Lunch – 12:00pm

Chicken Vegetable Rice Soup, Tuna Sandwich, Potato Salad with Egg, Sliced Tomato, Pears

Alternate: Salami Sandwich

Dinner – 5:00pm

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

Cycle Two

Monday

Breakfast – 8:00am

Oatmeal, Rye Toast, Cheese slice

Lunch – 12:00pm

Beef Barley with Vegetable Soup,
Captain Burger (Fish), Lettuce and
Tomato, Seasoned Wedges, Coleslaw,
Graham Wafer Square

Alternate: Chicken Burger

Dinner – 5:00pm

Tandori Chicken Breast, Basmati
Rice, Green Beans, Peaches

Tuesday

Breakfast – 8:00am

Cream of Wheat, Brown Toast, Boiled
Egg

Lunch – 12:00pm

Squash Soup, Potato Pancakes/Sour
Cream, Pork Sausages, Orange
Slices, Banana

Alternate: Beef Sausage

Dinner – 5:00pm

Baked Ham/Pineapple Slices,
Scalloped Potatoes, Peas, Lemon
Tarts with Whipped Topping

Wednesday

Breakfast – 8:00am

Oatmeal, Pancakes, Apricots, Bacon

Lunch – 12:00pm

Tomato Soup, Chicken Salad
Sandwich on Brown Bread, Tossed
Salad, Pickled Beets, Pumpkin Fluff

Dinner – 5:00pm

Salisbury Steak, Fried Onion,
Mushroom Gravy, Parsley Boiled
Potato, Broccoli, Tropical Fruit

Thursday

Breakfast – 8:00am

Cream of Wheat, White Toast,
Fried Eggs, Tomato Slices

Lunch – 12:00pm

Mushroom Soup, Cheese
Burger Pie, Green Beans,
Peaches

Dinner – 5:00pm

Honey Garlic Pork, Steamed
Rice, Winter Mixed
Vegetables, Peaches
Alternate: Veal Cutlet
Pineapple Dream Dessert

Friday

Breakfast – 8:00am

Oatmeal, Whole Wheat Toast,
Scrambled Eggs, Orange
Slices

Lunch – 12:00pm

Borcht Soup, Fried Kubassa,
Perogies/Fried Onions, Sour
Cream, Saurkraut, Apricots

Dinner – 5:00pm

Fish Sticks, Tartar sauce,
Tater Tots, Mixed Veg,
Pineapple
Alternate: Turkey Cutlet
Pineapple

Saturday

Breakfast – 8:00am

Cream of Wheat, 14 Grain
Toast, Poached Egg

Lunch – 12:00pm

Ham Vegetable Soup, Egg
Salad on Rye, Greek Salad,
Cherry Tart

Alternate: Salami Sandwich

Dinner – 5:00pm

Autumn Beef Stew, Tea
Biscuit, Boiled Red Potatoes,
Carrot Coins, Ice
Cream/Strawberries

Sunday

Breakfast – 8:00am

Oatmeal, Raisin Toast,
Bacon/Yogurt

Lunch – 12:00pm

Chicken Vegetable Noodle
Soup, Cheeseburger Sliders,
Tomato Slices, Macaroni
Salad

Dinner – 5:00pm

Roast Turkey, Stuffing,
Cranberry, Gravy, Whipped
Potato, Green Beans, 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

Perogies, Cabbage Roll Casserole, Carrot Cake with Cream Cheese Icing

Tuesday

Breakfast – 8:00am

Oatmeal, Whole Wheat Toast, Boiled Egg

Lunch – 12:00pm

Minestrone Soup, Chicken Nuggets, Kalebanzo Blend, Dinner Roll, Yogurt with Strawberries

Dinner – 5:00pm

Breaded Pork Cutlet with Gravy, Salt & Vinegar Potatoes, Creamed Corn, Pumpkin Muffin

Alternate: Turkey Cutlet

Wednesday

Breakfast – 8:00am

Cream of Wheat, Pancakes, Bacon/Yogurt, Apricots

Lunch – 12:00pm

Tomato Rice Soup, Macaroni & Cheese, Broccoli, Cherry Cha Cha

Dinner – 5:00pm

Meat Loaf with Spanish Sauce, Mashed Potatoes, Green Beans, Bananas

Thursday

Breakfast – 8:00am

Oatmeal, Whole Wheat Toast, Fried Egg, 1/2 Bananas

Lunch – 12:00pm

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

Dinner – 5:00pm

Lemon Turkey Piccata, Rice, Prince Edward Vegetables, Pears

Friday

Breakfast – 8:00am

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

Lunch – 12:00pm

Cream of Cauliflower Soup, Quiche, Carrot Coins, Apricots

Dinner – 5:00pm

English Style Pollock, Tator Tots, Mixed Veggies, Blueberry Pie

Alternate: Chicken Fingers

Saturday

Breakfast – 8:00am

Oatmeal, 14 Grain Toast, Poached Egg

Lunch – 12:00pm

Lentil Vegetable Soup, 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, Ham Salad Sandwich, Gingered Coleslaw, 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

Turkey Vegetable Soup, Cheese
Tortellini, French Green Beans, Baked
Caramel Bread Pudding

Dinner – 5:00pm

Shepherd's Pie, Brown Gravy, Peas &
Carrots, Blueberries with Yogurt

Tuesday

Breakfast – 8:00am

Cream of Wheat, Brown Toast, Boiled
Egg

Lunch – 12:00pm

Navy Bean & Tomato Soup, Ham
Salad Sandwich, Tossed Salad,
Pickled Beets, Tropical Fruit Salad

Dinner – 5:00pm

Sweet & Sour Pork, Fried Rice,
Oriental Vegetable, Cranberry Square
Alternate: Turkey Cutlet

Wednesday

Breakfast – 8:00am

Oatmeal, Pancakes, Bacon/Yogurt,
Apricots

Lunch – 12:00pm

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

Alternate: Egg Salad Sandwich

Dinner – 5:00pm

Chicken in Basil Cream, Oven
Roasted Red Potatoes, Italian Mixed
Vegetables, Fruit Cocktail

Thursday

Breakfast – 8:00am

Cream of Wheat, Rye Toast,
Fried Eggs

Lunch – 12:00pm

Tomato Rice Soup, Assorted
Sandwiches on Brown, Greek
Salad, Strawberries

Dinner – 5:00pm

Beef Stroganoff, Noodles,
Carrots, Whole Wheat Bun,
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

Oven Baked Pollock, Rice
Pilaf, California Mixed
Vegetables, Bananas
Alternate: Chicken Fingers

Saturday

Breakfast – 8:00am

Cream of Wheat, 14 Grain Toast,
Poached Egg

Lunch – 12:00pm

Turkey Vegetable Soup, Hot
Dogs, 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, Tuna Salad Sandwich,
Shredded Lettuce, Macaroni
Salad, Peaches

Alternate: Salami Sandwich

Dinner – 5:00pm

Baked Ham, Pineapple,
Scalloped Potato, Peas &
Carrots, Pumpkin Pie

Cycle Five

Monday

Breakfast – 8:00am

Cream of Wheat, Rye Toast, Cheese slice

Lunch – 12:00pm

Squash Soup, Chili, Cornmeal Muffin, Wax Beans, Peaches

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 Corned Beef Sandwich on Rye, Greek Salad, Pickles, Chocolate Cupcakes

Alternate: Cheese Sandwich

Dinner – 5:00pm

Pork Picadillo, Cauliflower, Banana
Alternate: Turkey Cutlet

Wednesday

Breakfast – 8:00am

Cream of Wheat, Pancakes, Apricots, Bacon/Yogurt

Lunch – 12:00pm

Cream of Carrot Soup, Fish Burger, Chickpea Salad, Tropical Fruit

Alternate: Chicken Burger

Dinner – 5:00pm

Veal Scallopini, Noodles, Green Beans, Pears

Thursday

Breakfast – 8:00am

Oatmeal, Rye Toast, Fried Eggs, ½ Banana

Lunch – 12:00pm

Cream of Broccoli Soup, French Toast, Pork Sausages, Mixed Berries, Peach Jello with Apricots

Alternate: Beef Sausage

Dinner – 5:00pm

Cheeseburgers, French Fries, Coleslaw, Applesauce with Cinnamon

Friday

Breakfast – 8:00am

Cream of Wheat, Brown Toast, Scrambled Eggs

Lunch – 12:00pm

Vegetable Soup, Chicken Caesar Salad, Tomato Slices, Garlic Toast, Blueberry Tarts

Dinner – 5:00pm

English Battered Cod, Scalloped Potatoes, 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, Egg Salad Sandwich, Cranberry Mandarin Spinach Salad, Ice Cream with Berry Topping

Alternate: Cheese Sandwich

Dinner – 5:00pm

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

Sunday

Breakfast – 8:00am

Cream of Wheat, Raisin Toast, Bacon/Yogurt

Lunch – 12:00pm

Turkey Vegetable Soup, Macaroni & Cheese, Stewed Tomatoes, Mandarin Oranges

Dinner – 5:00pm

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

Alternate: Veal Cutlet