

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcs2northern2021-22 Week 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<b>Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Apple Cinnamon Muffin 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Buttermilk Pancakes 2 Ea</b> <b>Bacon 2 Sl</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs w/Cheese 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Biscuit 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Western Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>French Toast 2 Sl</b> <b>Sausage Patty 1 Ea</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Ginger Pear Coffee</b> <b>Cake 1 Square</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Baked Cheese Omelet 1 Ea</b> <b>Breakfast Ham 1 Oz</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>
Lunch:Regular						
<b>Maple Sage Turkey 3 Oz</b> Garlic Baked Pork Chop 3 Oz <b>Roasted Brussels Sprouts 1/2 Cup</b> Sliced Carrots 1/2 Cup <b>Bread Dressing 1/2 Cup</b> Mashed Potatoes 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Honey Glazed Pears 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Italian Sausage 1 Ea</b> Lemon Pepper Chicken Breast 3 Oz <b>Parsley Cauliflower 1/2 Cup</b> Seasoned Whole Kernel Corn (veg) 1/2 Cup <b>Garlic &amp; Rosemary Roasted Red Skin Potatoes 1/2 Cup</b> Buttered Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Pineapple Upside Down Cake 1 Square</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Baked Macaroni &amp; Cheese 1 Cup</b> Smothered Turkey Patty 3 Oz <b>Stewed Tomatoes 1/2 Cup</b> Sauteed Green Beans 1/2 Cup Mashed Potatoes 1/2 Cup <b>Rosemary Dinner Roll 1 Ea</b> <b>Cinnamon Brown Sugar Blondie 1 Square</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Apple Glazed Sliced Ham 3 Oz</b> Marinated Chicken Thigh 1 Ea <b>Seasoned Beets 1/2 Cup</b> Capri Vegetable Blend 1/2 Cup <b>Candied Sweet Potatoes 1/2 Cup</b> Parsley Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Scalloped Apples 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Chicken Salad Sandwich 1 Sandwich</b> Cheeseburger on a Bun 1 Sandwich <b>Confetti Coleslaw 1/2 Cup</b> Broccoli Salad 1/2 Cup <b>Potato Chips 1 Oz</b> Baked Beans 1/2 Cup <b>Hearty Vegetable Soup 6 Oz</b> <b>Banana Cream Pie 1 Sl</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Shrimp Alfredo w/ 3 Oz</b> Kielbasa Sausage 1 Ea <b>Winter Vegetable Blend 1/2 Cup</b> Brussels Sprouts 1/2 Cup Oven Browned Potatoes 1/2 Cup <b>Garlic Bread 1 Ea</b> <b>Tropical Fruit Salad 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Breaded Chicken on a Bun 1 Sandwich</b> Herb & Lemon Fish Fillet 3 Oz <b>Country Vegetable Blend 1/2 Cup</b> Sauteed Spinach 1/2 Cup <b>Potato Wedges 1/2 Cup</b> Egg Noodles 1/2 Cup <b>Chocolate Cake w/ Peanut Butter Frosting 1 Square</b> <b>Coffee or Hot Tea 6 Oz</b>

Starts 10/31-21 to 11/6/21

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcsG2northern2021-22 Week 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dinner: Regular						
<b>Sweet &amp; Sour Meatballs 3 Ea</b> Herb Baked Fish Fillet 3 Oz <b>Seasoned Green Beans 1/2 Cup</b> Tossed Salad w/Dressing 1 Cup <b>Steamed Rice 1/2 Cup</b> Buttered Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Oatmeal Raisin Cookie 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Breaded Pollock Fish Fillet on a Bun 1 Sandwich</b> Salisbury Steak 3 Oz <b>Capri Vegetable Blend 1/2 Cup</b> <b>Herbed Potato Wedges 1/2 Cup</b> Yellow Rice 1/2 Cup Dinner Roll/Bread 1 Ea <b>Chilled Peach Parfait 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Crispy Breaded Chicken Thigh 1 Ea</b> Mushroom & Cheese Quiche 1 Sl <b>Broccoli Florets 1/2 Cup</b> Seasoned Spinach 1/2 Cup <b>Hashbrown Casserole 1 Square</b> <b>Dinner Roll/Bread 1 Ea</b> <b>Mandarin Oranges 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Baked Ziti w/Meatsauce 1 Cup</b> Egg Salad Sandwich 1 Sandwich <b>Caesar Salad 1 Cup</b> Marinated Cucumber Salad 1/2 Cup <b>Potato Salad 1/2 Cup</b> <b>Garlic Breadstick 1 Ea</b> <b>Butterscotch Pudding 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Beef Pepper Steak w/Gravy 3 Oz</b> BBQ Pork Chop 3 Oz <b>Peas &amp; Carrots 1/2 Cup</b> Seasoned Green Beans 1/2 Cup <b>Buttered Rice 1/2 Cup</b> Potato Wedges 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Fruit Cocktail 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Grilled Turkey &amp; Swiss Cheese Sandwich on Wheat 1 Sandwich</b> Smothered Steak 3 Oz <b>Creamy Cucumber &amp; Onion Salad 1/2 Cup</b> Whole Kernel Corn (veg) 1/2 Cup <b>French Fries 1/2 Cup</b> Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea <b>Vanilla Ice Cream 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Cheese Ravioli w/Marinara Sauce 1 Cup</b> Tuna Salad Sandwich 1 Sandwich <b>Tossed Salad w/Dressing 1 Cup</b> Marinated Mixed Vegetable Salad 1/2 Cup Potato Chips 1 Oz <b>Garlic Bread 1 Ea</b> <b>Peach Crisp 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcs2northern2021-22 Week 2**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<b>Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Glazed Cinnamon Roll 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Biscuit 1 Ea</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Hashbrown 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs w/Cheese 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Apple Cinnamon French Toast Bake 1 Srv</b> <b>Bacon 2 Sl</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs 1/4 Cup</b> <b>Breakfast Ham 1 Oz</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>English Muffin 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Egg &amp; Hashbrown Bake 1 Square</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Buttermilk Pancakes 2 Ea</b> <b>Sausage Patty 1 Ea</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>
Lunch:Regular						
<b>Rosemary Roast Beef Au Jus 3 Oz</b> Rancher's Pork Chop 3 Oz <b>Sliced Parsley Carrots 1/2 Cup</b> Sauteed Spinach 1/2 Cup <b>Baked Potato 1 Ea</b> Buttered Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Harvest Baked Apples 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Thin Crust Cheese Pizza 1 Pc</b> Hamburger Steak 3 Oz <b>Garlic Green Beans 1/2 Cup</b> Brussels Sprouts 1/2 Cup Seasoned Rice 1/2 Cup <b>Italian Herbed Dinner Roll 1 Ea</b> <b>Marble Cake w/White Frosting 1 Square</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Balsamic Glazed Pork Loin 3 Oz</b> Chicken Tenders 2 Ea <b>Capri Vegetable Blend 1/2 Cup</b> Broccoli Florets 1/2 Cup <b>Garlic &amp; Rosemary Roasted Red Skin Potatoes 1/2 Cup</b> Parsley Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Spiced Pears 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Roast Turkey 3 Oz</b> Salisbury Steak 3 Oz <b>Roasted Brussels Sprouts 1/2 Cup</b> Seasoned Spinach 1/2 Cup <b>Sweet Potato Souffle 1/2 Cup</b> Herbed Rice 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Pumpkin Cheesecake Bar 1 Bar</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Homestyle Meatloaf w/Ketchup Glaze 4 Oz</b> Grilled Cheese Sandwich 1 Sandwich <b>Seasoned Green Peas 1/2 Cup</b> Broccoli Florets 1/2 Cup <b>Au Gratin Potatoes 1/2 Cup</b> Buttered Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Sliced Peaches 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Baked Stuffed Fish Fillet 3 Oz</b> Rosemary Chicken Breast 3 Oz <b>Sauteed Spinach w/Garlic 1/2 Cup</b> Sliced Carrots 1/2 Cup <b>Rice Pilaf 1/2 Cup</b> Potato Wedges 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Pineapple Tidbits 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Baked Macaroni &amp; Cheese 1 Cup</b> Parsley Pork Chop 3 Oz <b>Winter Vegetable Blend 1/2 Cup</b> Roasted Beets 1/2 Cup Yellow Rice 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Dutch Apple Pie w/Crumb Topping 1 Sl</b> <b>Coffee or Hot Tea 6 Oz</b>

11/7/21 - 11/13/21

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcsgr2northern2021-22 Week 2**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dinner:Regular						
<b>Chicken Noodle Casserole 1 Cup</b> Lemon Pepper Fish Fillet 3 Oz <b>Buttered Green Peas 1/2 Cup</b> Whole Kernel Corn (veg) 1/2 Cup Mashed Potatoes 1/2 Cup <b>Herbed Dinner Roll 1 Ea</b> <b>Snickerdoodle Cookie 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Breaded Pollock Fish Fillet 3 Oz</b> Breaded Chicken on a Bun 1 Sandwich <b>Calico Coleslaw 1/2 Cup</b> Winter Vegetable Blend 1/2 Cup <b>French Fries 1/2 Cup</b> Macaroni Salad 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Deluxe Fruit Salad 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Cheese Lasagna 1 Square</b> Smothered Turkey Patty 3 Oz <b>Parmesan &amp; Herb Roasted Cauliflower 1/2 Cup</b> Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup <b>Garlic Bread 1 Ea</b> <b>Butterscotch Pudding Parfait 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>BBQ Pork on a Bun 1 Sandwich</b> Rotisserie Chicken Thigh 1 Ea <b>Pickled Beets Salad 1/2 Cup</b> Seasoned Cabbage 1/2 Cup <b>Tater Tots 1/2 Cup</b> Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea <b>Tropical Fruit Salad 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Chicken Parmesan w/ 3 Oz</b> Garlic Baked Pork Chop 3 Oz <b>Sauteed Green Beans 1/2 Cup</b> Parsley Cauliflower 1/2 Cup Oven Brownd Potatoes 1/2 Cup <b>Breadstick 1 Ea</b> <b>Lemon Cake w/Lemon Icing 1 Square</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Turkey &amp; Cheese Hoagie 1 Sandwich</b> Vegetable Quiche 1 S <b>Creamy Cucumber &amp; Onion Salad 1/2 Cup</b> Tossed Salad w/Dressing 1 Cup <b>Potato Chips 1 Oz</b> Dinner Roll/Bread 1 Ea <b>Chocolate Ice Cream 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Salisbury Steak 3 Oz</b> Smothered Turkey Patty 3 Oz <b>Whole Kernel Corn (veg) 1/2 Cup</b> Capri Vegetable Blend 1/2 Cup <b>Mashed Potatoes 1/2 Cup</b> Herbed Rice 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Fruit Cocktail 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcsq2northern2021-22 Week 3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast: Regular						
<b>Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Apple Cinnamon Muffin 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Buttermilk Pancakes 2 Ea</b> <b>Bacon 2 Sl</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs w/Cheese 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Biscuit 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Western Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>French Toast 2 Sl</b> <b>Sausage Patty 1 Ea</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Cranberry Orange Coffee Cake 1 Square</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Baked Cheese Omelet 1 Ea</b> <b>Breakfast Ham 1 Oz</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>
Lunch: Regular						
<b>Hawaiian Baked Ham 3 Oz</b> Lemon Pepper Chicken Breast 3 Oz <b>Brussels Sprouts 1/2 Cup</b> Buttered Whole Kernel Corn (veg) 1/2 Cup <b>Whipped Sweet Potatoes 1/2 Cup</b> Parmesan Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Carrot Cake w/Cream Cheese Frosting 1 Square</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Chicken Alfredo w/ 1/2 Cup</b> Smothered Steak 3 Oz <b>Broccoli Florets 1/2 Cup</b> Spinach 1/2 Cup Mashed Potatoes 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Peanut Butter Cookie 1 Ea</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Shepherd's Pie 1 Cup</b> Garlic Baked Pork Chop 3 Oz <b>Sliced Parsley Carrots 1/2 Cup</b> Parsley Cauliflower 1/2 Cup Buttered Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Spiced Peaches 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Turkey w/Cranberry Glaze 3 Oz</b> Spinach & Cheese Quiche 1 Sl <b>Herbed Green Beans 1/2 Cup</b> Brussels Sprouts 1/2 Cup <b>Sage Bread Dressing 1/2 Cup</b> <b>Rosemary Dinner Roll 1 Ea</b> <b>Caramel Apple Upside Down Cake 1 Square</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Swedish Meatballs 3 Ea</b> Chicken Tenders 2 Ea <b>Roasted Beets 1/2 Cup</b> Seasoned Whole Kernel Corn (veg) 1/2 Cup <b>Duchess Mashed Potatoes 1/2 Cup</b> Buttered Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Pumpkin Pie 1 Sl</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Honey Garlic Shrimp 3/8 Cup</b> Salisbury Steak 3 Oz <b>Tossed Salad w/Dressing 1 Cup</b> Sliced Carrots 1/2 Cup <b>Rice Pilaf 1/2 Cup</b> Mashed Potatoes 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Vanilla Ice Cream 1 Ea</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Kielbasa Sausage 1 Ea</b> Seasoned Chicken Breast 3 Oz <b>Braised Cabbage 1/2 Cup</b> Broccoli Florets 1/2 Cup <b>Brown Sugar Baked Beans 1/2 Cup</b> Yellow Rice 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Maple Apple Crisp 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>

11/14/21 - 11/20/21

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcs2northern2021-22 Week 3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dinner: Regular						
<b>Grilled Two Cheese Sandwich 1 Sandwich</b> Hamburger Steak 3 Oz <b>Calico Coleslaw 1/2 Cup</b> Green Beans 1/2 Cup <b>Potato Wedges 1/2 Cup</b> Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea <b>Tomato Soup 6 Oz</b> <b>Chilled Pears 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Herb &amp; Lemon Fish Fillet 3 Oz</b> Meatballs w/Gravy 3 Ea <b>Country Vegetable Blend 1/2 Cup</b> Green Peas 1/2 Cup <b>Baked Potato 1 Ea</b> Parsley Rice 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Deluxe Fruit Salad 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Baked Ziti w/Italian Sausage 1 Cup</b> Egg Salad Sandwich 1 Sandwich <b>Caesar Salad 1 Cup</b> Pickled Beets & Onion Salad 1/2 Cup Potato Chips 1 Oz <b>Garlic Bread 1 Ea</b> <b>Lemon Bar 1 Bar</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Sweet &amp; Sour Pork 3/8 Cup</b> Marinated Chicken Thigh 1 Ea <b>Green Peas 1/2 Cup</b> Broccoli Florets 1/2 Cup <b>Yellow Rice 1/2 Cup</b> Buttered Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Mandarin Oranges 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Cheese Ravioli w/Marinara Sauce 1 Cup</b> Turkey Burger on a Bun 1 Sandwich <b>Balsamic &amp; Parmesan Roasted Cauliflower 1/2 Cup</b> Capri Vegetable Blend 1/2 Cup Potato Chips 1 Oz <b>Breadstick 1 Ea</b> <b>Pineapple Tidbits 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Chicken, Bacon &amp; Ranch Sandwich 1 Sandwich</b> Thin Crust Cheese Pizza 1 Pc <b>Confetti Coleslaw 1/2 Cup</b> Marinated Green Bean Salad 1/2 Cup <b>Tater Tots 1/2 Cup</b> Dinner Roll/Bread 1 Ea <b>Tropical Fruit Salad 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Philly Cheesesteak Sandwich 1 Sandwich</b> Breaded Pollock Fish Fillet on a Bun 1 Sandwich <b>Marinated Cucumber &amp; Onion Salad 1/2 Cup</b> Country Vegetable Blend 1/2 Cup <b>French Fries 1/2 Cup</b> Steamed Rice 1/2 Cup <b>Double Chocolate Brownie 1 Square</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcs2northern2021-22 Week 4**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<b>Scrambled Eggs 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Glazed Cinnamon Roll 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Biscuit 1 Ea</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Hashbrown 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs w/Cheese 1/4 Cup</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Apple Cinnamon French Toast Bake 1 Srv</b> <b>Bacon 2 Sl</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Scrambled Eggs 1/4 Cup</b> <b>Breakfast Ham 1 Oz</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>English Muffin 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Egg &amp; Hashbrown Bake 1 Square</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Toast 1 Sl</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>	<b>Buttermilk Pancakes 2 Ea</b> <b>Sausage Patty 1 Ea</b> <b>Oatmeal Cereal 6 Oz</b> Cold Cereal of Choice 1 Srv <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b> <b>Orange Juice 4 Oz</b>
Lunch:Regular						
<b>Braised Beef Round Roast 3 Oz</b> Garlic Baked Pork Chop 3 Oz <b>Honey Roasted Carrots 1/2 Cup</b> Seasoned Beets 1/2 Cup <b>Garlic Roasted Red Skin Potatoes 1/2 Cup</b> Parmesan Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Chilled Peach Parfait 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Encrusted Pork Loin 3 Oz</b> Vegetable Quiche 1 Sl <b>Roasted Brussels Sprouts 1/2 Cup</b> Seasoned Green Peas 1/2 Cup <b>Bread Dressing 1/2 Cup</b> <b>Dinner Roll/Bread 1 Ea</b> <b>Orange Sherbet 1 Ea</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Mediterranean Baked Fish Fillet 3 Oz</b> BBQ Chicken Breast 3 Oz <b>Sauteed Spinach w/Garlic 1/2 Cup</b> Braised Cabbage 1/2 Cup <b>Rice Pilaf 1/2 Cup</b> Mashed Potatoes 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Harvest Baked Apples 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Maple Dijon Chicken Thigh 1 Ea</b> Meatballs w/Gravy 3 Ea <b>Herbed Green Beans 1/2 Cup</b> Sliced Carrots 1/2 Cup <b>Baked Potato 1 Ea</b> Parsley Noodles 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Pear Crisp 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Lasagna w/Meatsauce 1 Square</b> Egg Salad Sandwich 1 Sandwich <b>Caesar Salad 1 Cup</b> Pickled Beets Salad 1/2 Cup Potato Chips 1 Oz <b>Garlic Bread 1 Ea</b> <b>Chocolate Chip Cake w/White Frosting 1 Square</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Breaded Pollock Fish Fillet 3 Oz</b> Sage Herbed Pork Chop 3 Oz <b>Stewed Tomatoes 1/2 Cup</b> Sliced Carrots 1/2 Cup <b>Cheesy Mashed Potatoes 1/2 Cup</b> White Rice 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Fruit Cocktail 1/2 Cup</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Braised Pork Tips 3/8 Cup</b> Hamburger Steak w/Grilled Onions 3 Oz <b>Broccoli Florets 1/2 Cup</b> Green Peas 1/2 Cup <b>Yellow Rice 1/2 Cup</b> Mashed Potatoes 1/2 Cup <b>Parsley Dinner Roll 1 Ea</b> <b>Dutch Apple Pie w/Crumb Topping 1 Sl</b> <b>Coffee or Hot Tea 6 Oz</b>

11/21/21 - 11/21

**Woodlands Center (HSG)**  
**Week-At-A-Glance**  
**hcsgr2northern2021-22 Week 4**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dinner:Regular						
<b>Chicken Tenders 2 Ea</b> Tuna Melt Sandwich 1 Sandwich <b>Green Beans 1/2 Cup</b> Calico Coleslaw 1/2 Cup <b>Macaroni &amp; Cheese 1/2 Cup</b> French Fries 1/2 Cup <b>Dinner Roll/Bread 1 Ea</b> <b>Chocolate Chip Cookie 1 Ea</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Open-Faced Hot Turkey Sandwich 1 Sandwich</b> Salisbury Steak 3 Oz <b>Whole Kernel Corn (veg) 1/2 Cup</b> Capri Vegetable Blend 1/2 Cup <b>Mashed Potatoes 1/2 Cup</b> Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea <b>Deluxe Fruit Salad 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Homestyle Meatloaf w/Ketchup Glaze 4 Oz</b> Kielbasa Sausage 1 Ea <b>Winter Vegetable Blend 1/2 Cup</b> Green Peas 1/2 Cup <b>Au Gratin Potatoes 1/2 Cup</b> Herbed Noodles 1/2 Cup <b>Rosemary Dinner Roll 1 Ea</b> <b>Pumpkin Cheesecake Bar 1 Bar</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Ham &amp; Cheese Sandwich 1 Sandwich</b> Turkey Burger on a Bun 1 Sandwich <b>Marinated Cucumber &amp; Onion Salad 1/2 Cup</b> Confetti Coleslaw 1/2 Cup <b>Potato Chips 1 Oz</b> Macaroni Salad 1/2 Cup <b>Minestrone Soup 6 Oz</b> <b>Butterscotch Pudding Parfait 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Fried Chicken 3 Oz</b> Smothered Steak 3 Oz <b>Country Vegetable Blend 1/2 Cup</b> Broccoli Florets 1/2 Cup <b>Potato Wedges 1/2 Cup</b> Buttered Noodles 1/2 Cup <b>Cornbread 1 Square</b> <b>Mandarin Oranges 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>Thin Crust Cheese Pizza 1 Pc</b> Breaded Chicken on a Bun 1 Sandwich <b>Marinated Cauliflower Salad 1/2 Cup</b> Whole Kernel Corn (veg) 1/2 Cup Garlic Potato Wedges 1/2 Cup <b>Parmesan Breadstick 1 Ea</b> <b>Peanut Butter Brownie 1 Square</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>	<b>BBQ Pulled Chicken Sandwich 1 Sandwich</b> Italian Sausage 1 Ea <b>Dixie Coleslaw 1/2 Cup</b> Sauteed Spinach 1/2 Cup <b>Tater Tots 1/2 Cup</b> Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea <b>Pineapple Tidbits 1/2 Cup</b> <b>Milk 8 Oz</b> <b>Coffee or Hot Tea 6 Oz</b>