

# Stratford Care and Rehab

## Week at a glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
R♥ Orange Juice	R♥ Apple Juice	R♥ Cranberry Juice	R♥ Orange Juice	R♥ Apple Juice	R♥ Cranberry Juice	R♥ Orange Juice
R♥ Oatmeal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Malto Meal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Cream of Wheat
French Toast	Scrambled Eggs	Pancakes	Cheesy Eggs	Scrambled Eggs	Waffles	Scrambled Eggs
Syrup	Blueberry Muffin	Syrup	Toast	Bacon	Syrup	Toast
Breakfast Ham Slice	Milk 2%	Sausage Links	Milk 2%	Cinnamon Roll	Sausage Patty	Milk 2%
Milk 2%	Ice Water	Milk 2%	Ice Water	Milk 2%	Milk 2%	Ice Water
Ice Water	Coffee	Ice Water	Coffee	Ice Water	Ice Water	Coffee
Coffee		Coffee		Coffee	Coffee	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
R♥ Roasted Turkey	Fried Chicken	Peach Glazed Pork Loin	Chicken Rice Casserole	Spaghetti with Meat Sauce	Salmon Cake with Dill Sauce	Country Baked Chicken
Turkey Gravy	Duchess Potatoes	Buttered Noodles	R♥ Green Peas	R♥ Broccoli Florets	Seasoned Rice	Chicken Gravy
Corn Bread Dressing	R♥ Collard Greens	R♥ Parsley Carrots	Wheat Dinner Roll	Bread Stick	R♥ Mixed Vegetables	R♥ Boiled Parslied Potatoes
R♥ Green Beans	Cornbread	Wheat Bread	R♥ Peaches	R♥ Banana	Wheat Bread	R♥ Spinach
Wheat Dinner Roll	R♥ Mandarin Oranges	R♥ Pineapple Tidbits	Milk 2%	Milk 2%	Fruited Gelatin	Wheat Dinner Roll
R♥ Chilled Pears	Milk 2%	Milk 2%	Ice Water	Ice Water	Milk 2%	R♥ Fresh Fruit Cup
Milk 2%	Ice Water	Ice Water	Beverage of Choice	Beverage of Choice	Ice Water	Milk 2%
Ice Water	Beverage of Choice	Beverage of Choice			Beverage of Choice	Ice Water
Beverage of Choice					Beverage of Choice	Beverage of Choice
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Beef Barley Soup	Split Pea Soup	Vegetable Soup	Broccoli Cheese Soup	R♥ Chicken Noodle Soup	Minestrone Soup	Cream of Tomato Soup
Fried Bologna & Onion Sandwich	R♥ Citrus Glazed Tilapia	French Dip Sandwich	Hungarian Goulash	Tuna Melt	Turkey Pasta Primavera	Grilled Cheese Sandwich
Home Fries	R♥ Baked Potato	Potato Cake	Buttered Noodles	Potato Chips	R♥ California Blend Vegetables	R♥ Sliced Beets
Carrot Coins	Wheat Dinner Roll	Rainbow Coleslaw	R♥ Capri Blend Vegetables	House Garden Salad	R♥ Caesar Salad	Brownie
Cherry Pie	Savory Bread Pudding	Blackberry Cobbler	Peanut Butter Cookie	Yellow Cake w/ Chocolate Frosting	Bread Stick	Milk 2%
Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Banana Pudding	Ice Water
Ice Water	Ice Water	Ice Water	Ice Water	Ice Water	Milk 2%	Beverage of Choice
Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Ice Water	
					Beverage of Choice	

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<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
R♥ Orange Juice	R♥ Apple Juice	R♥ Cranberry Juice	R♥ Orange Juice	R♥ Apple Juice	R♥ Apple Juice	R♥ Orange Juice
R♥ Oatmeal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Malto Meal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Cream of Wheat
French Toast	Scrambled Eggs	Pancakes	Cheese Omelet	Scrambled Eggs	Waffles	Scrambled Eggs
Syrup	Coffee Cake	Syrup	Toast	Bacon	Syrup	Toast
Breakfast Ham Slice	Milk 2%	Sausage Links	Milk 2%	Doughnut	Sausage Patty	Milk 2%
Milk 2%	Ice Water	Milk 2%	Ice Water	Milk 2%	Milk 2%	Ice Water
Ice Water	Coffee	Ice Water	Coffee	Ice Water	Ice Water	Coffee
Coffee		Coffee		Coffee	Coffee	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Roast Pork Loin	R♥ Garlic Chicken	Meat Lasagna	Chuckwagon Beef Stroganoff	Pork & Sauerkraut Casserole	Glazed Ham	Turkey Tetrazzini
Brown Gravy	Noodles Au Gratin	R♥ Italian Green Beans	Buttered Noodles	Mashed Potatoes	R♥ Spinach	R♥ Mixed Vegetables
R♥ Brown Rice	R♥ Normandy Blend Vegetable	Garlic Bread	R♥ Brussels Sprouts	Wheat Bread	Wheat Dinner Roll	R♥ Caesar Salad
R♥ Mixed Greens	House Garden Salad	R♥ Mandarin Oranges	R♥ Tossed Salad	Frosted Banana Cake	Baked Pears	Wheat Dinner Roll
Wheat Dinner Roll	Yellow Cake w/ Chocolate Frosting	Milk 2%	Wheat Dinner Roll	Milk 2%	Milk 2%	Ambrosia Fruit Salad
Blueberry Pie	Milk 2%	Ice Water	R♥ Fruit Cocktail	Ice Water	Ice Water	Milk 2%
Milk 2%	Ice Water	Beverage of Choice	Milk 2%	Beverage of Choice	Beverage of Choice	Ice Water
Ice Water	Beverage of Choice		Ice Water		Macaroni & Cheese Side	Beverage of Choice
Beverage of Choice			Beverage of Choice			
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Corn Chowder	Cream of Potato Soup	Pepper Pot Soup	Country Vegetable Soup	Beef Noodle Soup	Chicken Rice Soup	Wisconsin Cheese Soup
Beef Pot Pie	Sloppy Joe on a Bun	Pork Ribette on Bun	R♥ Grilled Turkey & Swiss Sandwich	R♥ Chicken Picatta	Meatloaf Sandwich with Gravy	Battered Fish
R♥ Broccoli Florets	R♥ Green Peas	R♥ Creamy Coleslaw	Potato Wedges	Rice Pilaf	Boiled Red Potatoes	Potato Cake
R♥ Baked Apple Slices	R♥ Chilled Peaches	Chocolate Pudding	R♥ Sliced Beets	Creamy Cucumber Salad	Broccoli Salad	Assorted Breads
Milk 2%	Milk 2%	Milk 2%	Ice Cream	R♥ Cinnamon Applesauce	Tapioca Pudding	Fruited Gelatin
Ice Water	Ice Water	Ice Water	Milk 2%	Milk 2%	Milk 2%	Milk 2%
Beverage of Choice	Beverage of Choice	Beverage of Choice	Ice Water	Ice Water	Ice Water	Ice Water
			Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice

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<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
R♥ Orange Juice	R♥ Apple Juice	R♥ Cranberry Juice	R♥ Orange Juice	R♥ Apple Juice	R♥ Cranberry Juice	R♥ Orange Juice
R♥ Oatmeal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Malto Meal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Cream of Wheat
French Toast	Scrambled Eggs	Pancakes	Cheesy Eggs	Scrambled Eggs	Waffles	Scrambled Eggs
Syrup	Blueberry Muffin	Syrup	Toast	Bacon	Syrup	Toast
Breakfast Ham Slice	Milk 2%	Sausage Links	Milk 2%	Cinnamon Roll	Sausage Patty	Milk 2%
Milk 2%	Ice Water	Milk 2%	Ice Water	Milk 2%	Milk 2%	Ice Water
Ice Water	Coffee	Ice Water	Coffee	Ice Water	Ice Water	Coffee
Coffee		Coffee		Coffee	Coffee	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Salisbury Steak	R♥ Chicken Paprika	Potato Crusted Tilapia	Johnny Marzetti	Roast Pork Loin	Baked Ziti With Four Cheeses	Meatloaf
Beef Gravy	Penne Pasta	Seasoned Rice	R♥ Green Beans	Brown Gravy	R♥ Brussels Sprouts	Cheesy Potatoes
Chive Mashed Potatoes	Peas & Carrots	R♥ Capri Blend Vegetables	Wheat Dinner Roll	Scalloped Potatoes	R♥ Tossed Salad	R♥ Stewed Tomatoes
R♥ Carrots	Wheat Dinner Roll	R♥ Tropical Fruit	R♥ Baked Apple Slices	Pickled Beets	Bread Stick	Wheat Dinner Roll
Wheat Dinner Roll	Rice Pudding	Milk 2%	Milk 2%	Wheat Dinner Roll	Butterscotch Pudding	Crushed Pineapple
Peach Pie	Milk 2%	Ice Water	Ice Water	Brownie	Milk 2%	Milk 2%
Milk 2%	Ice Water	Beverage of Choice	Beverage of Choice	Milk 2%	Ice Water	Ice Water
Ice Water	Beverage of Choice			Ice Water	Beverage of Choice	Beverage of Choice
Beverage of Choice				Beverage of Choice		
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Beef Barley Soup	Beef Vegetable Soup	Homemade Chicken Noodle Soup	Country Vegetable Soup	French Onion Soup	Cream of Mushroom Soup	Broccoli Cheese Soup
Egg Salad Sandwich	Taco Casserole	Meatball Sub	Kielbasa	Cheeseburger Deluxe	BBQ Chicken	Open Face Turkey Sandwich
R♥ Lettuce & Tomato	Refried Beans	R♥ Broccoli Florets	Haluski	French Fries	R♥ California Blend Vegetables	Turkey Gravy
R♥ Sliced Beets	R♥ Chilled Peaches	Potato Chips	House Garden Salad	R♥ Creamy Coleslaw	Wheat Dinner Roll	R♥ Mashed Sweet Potato
R♥ Mandarin Oranges	Milk 2%	Ice Cream	Assorted Breads	R♥ Raspberry Pears	R♥ Fresh Fruit in Season	Jello Cake
Milk 2%	Ice Water	Milk 2%	Peanut Butter Cookie	Milk 2%	Milk 2%	Milk 2%
Ice Water	Beverage of Choice	Ice Water	Milk 2%	Ice Water	Ice Water	Ice Water
Beverage of Choice		Beverage of Choice	Ice Water	Beverage of Choice	Beverage of Choice	Beverage of Choice
			Beverage of Choice			

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R♥ Orange Juice	R♥ Apple Juice	R♥ Cranberry Juice	R♥ Orange Juice	R♥ Apple Juice	R♥ Cranberry Juice	R♥ Orange Juice
R♥ Oatmeal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Malto Meal	R♥ Cream of Wheat	R♥ Oatmeal	R♥ Cream of Wheat
French Toast	Scrambled Eggs	Pancakes	Cheese Omelet	Scrambled Eggs	Waffles	Scrambled Eggs
Syrup	Coffee Cake	Syrup	Toast	Bacon	Syrup	Toast
Sausage Patty	Milk 2%	Sausage Links	Milk 2%	Doughnut	Breakfast Ham Slice	Milk 2%
Milk 2%	Ice Water	Milk 2%	Ice Water	Milk 2%	Milk 2%	Ice Water
Ice Water	Coffee	Ice Water	Coffee	Ice Water	Ice Water	Coffee
Coffee		Coffee		Coffee	Coffee	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Glazed Ham	Stuffed Cabbage Casserole	Vegetable Lasagna	Roast Beef Au Jus	Amish Chicken	Chili	Sweet and Sour Pork
R♥ Brown Rice	Buttered Rice	R♥ Tossed Salad	R♥ Baked Potato	Mashed Potatoes	Corn Muffin	Fried Rice
R♥ Broccoli Florets	Assorted Breads	Wheat Dinner Roll	R♥ Seasoned Cauliflower	R♥ Green Peas	House Garden Salad	Assorted Breads
Apple Pie	Vanilla Pudding	Savory Bread Pudding	Bread Stick	Wheat Dinner Roll	Emerald Pears	Orange Fluff
Milk 2%	Milk 2%	Milk 2%	R♥ Mandarin Oranges	Rosy Applesauce	Milk 2%	Milk 2%
Ice Water	Ice Water	Ice Water	Milk 2%	Milk 2%	Ice Water	Ice Water
Beverage of Choice	Beverage of Choice	Beverage of Choice	Ice Water	Ice Water	Beverage of Choice	Beverage of Choice
			Beverage of Choice	Beverage of Choice		
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Cream of Tomato Soup	Garden Vegetable Soup	Chicken Florentine Soup	R♥ Beef Rice Soup	R♥ Chicken Barley Soup	Great Northern Bean Soup	Cream of Mushroom Soup
Chicken Fettuccine Alfredo	Tuna Salad Sandwich	Country Fried Steak	Pulled Pork Sandwich	R♥ Shrimp Scampi	Polish Sausage	Beef Stew
Pickled Beets	Home Fries	Cream Gravy	Baked Beans	Penne Pasta	Pierogies	R♥ Marinated Vegetable Salad
Wheat Dinner Roll	R♥ Green Beans	Mashed Potatoes	Rainbow Coleslaw	R♥ Carrot Raisin Salad	Wheat Dinner Roll	Biscuit
R♥ Fresh Fruit Cup	R♥ Chilled Peaches	Onion Rings	Boston Cream Pie	Sugar Cookie	R♥ Fruit Cocktail	Peach Crisp
Milk 2%	Milk 2%	R♥ Tropical Fruit	Milk 2%	Bread Stick	Milk 2%	Milk 2%
Ice Water	Ice Water	Milk 2%	Ice Water	Milk 2%	Ice Water	Ice Water
Beverage of Choice	Beverage of Choice	Ice Water	Beverage of Choice	Ice Water	Beverage of Choice	Beverage of Choice
		Beverage of Choice		Beverage of Choice		