

Weekly Menu

GROVE MENUS
by ALINE

Week of October 5 – 11, 2025

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Muffin	Scrambled Egg and Bacon Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Deluxe Waffles Sausage Link Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Fresh Fruit 100% Juice Whole Grain Toast	Baked Hash Browns with Bacon Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon French Toast Dish Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Banana 100% Juice Whole Grain Toast
LUNCH	Glazed Pork Roast Roasted Yams Peas and Onions Baked Roll Philly Cream Cheese Pie	Country Fried Steak with Gravy Herb Mashed Potatoes Mixed Vegetables Baked Roll Chocolate Buttermilk Cake	Chicken with Mushroom Gravy White and Wild Rice Pilaf Parmesan Green Beans Baked Roll Apple Cobbler	Cod with Garlic Butter Sauce Roasted Smashed Potatoes Sauteed Spinach Baked Roll Coconut Custard Pie	Beef Parmesan Patty Mashed Red Potatoes Seasoned Zucchini Baked Roll Chocolate Vanilla Pudding Dessert	Chicken Diane Seasoned Rice Capri Blend Baked Roll Pineapple Cake	Baby Back Pork Ribs Sour Cream Potato Salad Greens Double Chocolate Chip Cookie
DINNER	Cornflake Chicken Watermelon Salad Baby Carrots Ranch Potato Salad	Crab Salad with Rolls Peaches Colorful Corn Salad Pita Chips	Beef and Vegetable Soup Pineapple Chunks Garden Green Salad Parmesan Bread Sticks	Pulled Pork Sandwich Honeydew Apple Coleslaw Baked Beans	Spaghetti Carbonara Creamy Pear Jello Green Beans Garlic Bread	Taco Salad Grapes Taco Salad Veggies Tortilla Chips and Salsa	Turkey Ham Sub Sandwich Melon Salad Pickled Beets Chips

Milk offered at every meal.

Spaghetti Carbonara

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Servings: 25

Serving Size: 1 c

Ingredients:

25

Pasta, Spaghetti 1 1/2 lbs
Oil Tbsp
Onions 2 1/2 Cups Chopped
Garlic, Fresh Whole Peeled 3 Cloves
Ham 2 2/3 lbs
Base, Chicken 2 tsp
Water 2 1/2 Cups
Margarine 1/2 Cups
Eggs 10 Eggs
Cheese, Parmesan 1/4 lbs
Parsley Flakes 2 1/2 Tbsp
Pepper 1/4 tsp



Procedure:

1. In a large pot of boiling salted water, cook pasta until al dente. Drain well, toss with a small amount of oil (1 Tbsp per lb pasta) and set aside.
2. In a skillet, heat a small amount oil over medium heat; add in the CHOPPED onions and saute for a few minutes until the onions are translucent, add MINCED garlic and cook 1 minute more.
3. Add the DICED ham, broth (chicken base + water), and margarine and heat through. Add drained pasta to ham mixture.
4. Combine BEATEN eggs with the cheese. Pour over the ham/pasta mix and toss to thoroughly combine. Cook until the eggs are completely set.
5. Sprinkle with parsley, pepper and a couple more tablespoons of grated Parmesan cheese and serve.

Tip: Add in more chicken broth if casserole seems a little dry. Original recipe calls for olive oil.

Nutrition Facts

Serving Size 1 c
Servings Per Recipe 25

Amount Per Serving	
Calories 242	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	14%
Cholesterol 112mg	37%
Sodium 821mg	34%
Potassium 282mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 17g	
Vitamin A 6%	Vitamin C 2%
Calcium 7%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Special Diet Instructions:

Diabetic-CC-DB-CCHO

None

Mech Soft Chp - MS Chp

Chop instead of dice ham and add into recipe as directed. Vegetables should be soft, well-cooked and 1/2 inch diced or smaller. Pasta should be well cooked and moistened.

Mech Soft Ground-MS Grd

Grind instead of dice ham and add into recipe as directed. Vegetables should be soft, well-cooked and 1/8 inch diced or smaller. Pasta should be well cooked and moistened.

Puree - PUR

Puree to a smooth consistency free of lumps and chunks.

2 Gm Na - 2 Gm Na

Replace with pork roast or pork chop flavored with salt free seasonings such as garlic powder, lemon pepper, or Mrs. Dash. Serve with salt-free starch of choice.

Low Fat - LF

Replace with pork roast or chop seasoned as desired, serve with low-fat starch of choice.

Herb Mashed Potatoes

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Servings: 25 Serving Size: 1/2 c Cooking Time: 20 Minutes

Ingredients: 25

Potatoes 4 1/2 lbs
Garlic, Fresh Whole Peeled 5 Cloves
Milk 3/4 Cups
Sour Cream 3/4 cups
Parsley Flakes 2 1/2 tsp
Oregano 3/4 tsp
Thyme 3/4 tsp
Margarine 2 1/2 Tbsp
Salt 2 1/2 tsp
Pepper 1 1/4 tsp



Procedure:

1. Place CUBED potatoes and peeled and halved garlic in a large sauce pan; cover with water. Bring to a boil over medium-high heat.
2. Cook for 15–20 minutes or until tender; drain.
3. Place potatoes and MINCED garlic in a large mixing bowl. Add the remaining ingredients; mash with an electric mixer or potato masher.

Nutrition Facts

Serving Size 1/2 c
Servings Per Recipe 25

Amount Per Serving		Calories from Fat 26
Calories 96		% Daily Value*
Total Fat 3g		4%
Saturated Fat 1g		6%
Cholesterol 5mg		2%
Sodium 245mg		10%
Potassium 278mg		8%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		6%
Sugars 1g		
Protein 2g		
Vitamin A 2%	•	Vitamin C 10%
Calcium 3%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Special Diet Instructions:

Diabetic-CC-DB-CCHO

None

Mech Soft Chp - MS Chp

Remove skins. Potatoes should be well cooked and cut into 1/2 inch pieces, mashed or scalloped. Moisten in thick sauce

Mech Soft Ground-MS Grd

Remove skins. Potatoes should be well cooked and cut into 1/8 inch pieces, mashed or scalloped. Moisten in thick sauce.

Puree - PUR

Remove skins. Puree moistened potatoes so they are smooth without lumps. Liquids/ sauces should not separate from food.

2 Gm Na - 2 Gm Na

Omit salt.

Low Fat - LF

Use fat-free sour cream and skim milk and omit margarine