

WILSON WORKFORCE & REHABILITATION CENTER

WEEK 3 WINTER MENU

2022-2023



SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

BRUNCH
10:00 AM
12:00 PM



BRUNCH
10:00 AM
12:00 PM



Cold Cereals
Scrambled Eggs
French Toast Sticks
Syrup
Sausage Links
Grits

Cold Cereals
Scrambled Eggs
Breakfast Pizza
Potato Tots
Baked Peaches

Cold Cereals
Scrambled Eggs
Waffles
Syrup
Bacon
Baked Apples

Cold Cereals
Scrambled Eggs
Pancakes
Syrup
Sausage Patty
Grits

Cold Cereals
Scrambled Eggs
Biscuits
Sausage Gravy
Hashbrowns
Oatmeal

LUNCH

Cold Cereals
Scrambled Eggs
Meatball Sub
Steak Fries
Mixed Vegetables



Cold Cereals
Scrambled Eggs
Hamburger
w/lett-tom-onion-cheese
French Fries
Green Beans



Chicken Salad Wrap
Crispy Fish Sandwich
w/ Lett-Tom
Macaroni & Cheese
Steamed Broccoli



Beef Soft Tacos
Chicken Soft Tacos
Refried Beans
Key Largo Vegetables

Pork BBQ Sandwich
Chipotle Chicken
Seasoned Corn
Broccoli

Chicken Cheesesteak
Turkey Club Croissant
w/ Lett-Tom
Ranch-Seasoned
Potato Chips
Squash Medley

Trio-Grilled Cheese
Cajun Chicken
French Fries
Glazed Carrots



Roasted Tomato
Bisque

DINNER

Spicy Chicken Sandwich
w/ Lett-Tom
Pepperoni Pizza Stick
Mixed Greens
Buttered Noodles

Three-Cheese Ziti
Oven-Roasted Turkey
w/ Gravy
Brussel Sprouts
Rice Pilaf

Shepherd's Pie
Country Fried Steak
w/ brown gravy
Scalloped Potatoes
Cali-Style Vegetables

Roasted Pork Loin
w/Gravy
Meatloaf
Mashed Potatoes
Braised Cabbage
Dinner Rolls

Baked Fish
Corn Dog
Roasted Red Potatoes
Peas & Carrots

Pasta Night
Pasta Alfredo
Or
Pasta Marinara
Italian Vegetables
Lima Beans
Garlic Bread



Assorted Juices: Orange-Cranberry-Apple-Kiwi Strawberry

Assorted Breads & Toasts Daily

Daily: Full Salad Bar & Fresh Fruit & Dessert Bar



BEWELL Menu Options

Peanut Butter & Jelly Available Upon Request