

	November 17	November 18	November 19	November 20	November 21	November 22	November 23
	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Breakfast	Assorted Juices* Oatmeal Pancakes W/ Berry Topping Eggs to Order Fresh Fruit Bowl	Assorted Juices* Assorted Cold Cereal French Toast Bacon Oatmeal Eggs to Order Fresh Fruit Bowl	Assorted Juices* Oatmeal Grilled Ham Breakfast Potatoes Eggs to Order Toast	Assorted Juices* Sliced Fresh Fruit Oatmeal Eggs to Order Toast WAFFLE BAR IN WATERSIDE!!	Assorted Juices* Pancakes w/ Syrup Oatmeal Scrambled Eggs Fresh Fruit Bowl	Assorted Juices* Oatmeal Sausage Link Eggs to Order Fresh Fruit Bowl Breakfast Bread	Assorted Juices* Assorted Fruit Biscuits & Gravy Oatmeal Eggs to Order Fresh Fruit Bowl
Lunch	Macaroni Salad Honey Baked Ham Candied Sweet Potatoes Fresh Vegetables Assorted Pies	Tossed Green Salad Or Salad Bar Sweet N Sour Pork Fried Rice Egg Roll Stir Fry Veggies Apricots	Spinach Salad Chicken Marsala Steamed Red Potatoes Mixed Veggies Bread Pudding	Tossed Green Salad or Salad Bar Spaghetti and Meat Sauce Roasted Squash Garlic Breadstick Lemon Brownie	Chicken Inasal with Garlic Rice Squash Noodles Fresh Melon	Tossed Green Salad Golden Waffle and Fried Chicken Fresh Vegetables Ice Cream Social	Green Pea & Cheese Salad Cajun Pork Ffingers Brown Rice Stir Fry Vegetables Cookies
Dinner	Chick Filet Sandwich Chips Lettuce and Tomato Slices Pears	Meatball Marinara Sub Sandwich Green Beans Chocolate Brownies	Cheeseburger Slider Fresh Vegetable Sticks w/Dip Melon Cubes	Filet-of-Fish Tater Tots Fresh Vegetable German Chocolate Cake	BBQ Pork Slider Cole Slaw White Rice Cookies	3 Cheese Raviolis W/ Garlic Sauce Bean Medley Garlic Bread Peaches	Beef Stew WW Roll Apricots
Soups	Fresh Vegetable Soup	Chicken Taco Soup	Beef Barley	Chicken Vegetable	Beef Noodle	Thai Chicken Coconut Soup	Chef's Choice

Juneau Pioneer Home
Menu for November 24 - 30, 2024
Week 2

November 24		November 25		November 26		November 27		November 28		November 29		November 30	
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*
	Cream of Wheat	Assorted Cold Cereal	Oatmeal	Sliced Fresh Fruit	Biscuits & Gravy	Oatmeal	Oatmeal	Oatmeal	Scrambled Denver Mix	Oatmeal	Ass't Fruit	Oatmeal	Oatmeal
	Cheese Omelet	Waffles	Sausage Patty	Eggs to Order	Scrambled Eggs	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Ham Slice	Ham Slice	Ham Slice
	Eggs to Order	Bacon	Eggs to Order	Toast	Toast	Toast	Toast	Toast	Sweet Roll	Sweet Roll	Eggs to Order	Eggs to Order	Eggs to Order
	Toast	Eggs to Order	Toast	OMELET BAR IN	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
	Fresh Fruit Bowl	Fresh Fruit Bowl		MAIN DINING ROOM									
Lunch	Pickled Beet Salad	Salad Bar and Tossed Green	Mashed Potato	Thanksgiving Celebration	Farro Bowl with	Tossed Green Salad	Raisin Carrot Salad						
	Spaghetti & Meatballs	Salad	Salad	Buffet	Chicken Skewers	Or Salad Bar	Macaroni & Cheese						
	Sautéed Squash	Chicken Fried Steak	BBQ Smoked		Includes cooked farro,	Captains Seafood Plate	With Ham						
	Garlic Bread	Mashed Potatoes and Gravy	Beef Hot Dog		roasted butternut squash	Brown Rice Pilaf	Fresh Cabbage						
	Pudding	Corn Obrien	Baked Beans		with a Kale and Brussel	Fresh Vegetable	Fresh Fruit Cup						
		Assorted Pies	Fresh Carrots		Sprout Slaw	Ice Cream Social							
		Cookie Cart			WW Roll								
					Fruit Cup								
Dinner	Cold Tuna Sub	Impossible Ham & Cheese	Tuna Salad and Egg Salad	Chicken Salad	Hot Turkey Sandwich	Chicken Corn Dog	Mexicali Casserole						
	Macaroni Salad Cup	Pie	Plate	Sandwich in a	Mashed Potatoes Stuffing	Sweet Potato Puffs	Peas & Corn						
	Lettuce & Tomato Slice	Corn O'brein	Crackers	Croissant	w/Gravy	Sautéed Squash	Assorted Cookies						
	Yellow Cake	Pineapple	Zucchini Sticks	Marinated Veg Salad	Green Peas	Assorted Pies							
			Tropical Fruit	Watermelon Slice	Chocolate Chip Cookie								
Soups	Parmesan Tomato Chicken	Black Eyed Pea Soup	French Onion	Chicken Noodle Soup	Split Pea Soup	Clam Chowder	Chef's Choice						
	Soup												

Items on the menu are subject to change without notice.
Approved by Heather English, RDN, LD.

Juneau Pioneer Home
Menu for December 01 - 07, 2024
Week 3

December 01		December 02		December 03		December 04		December 05		December 06		December 07	
<u>Sunday</u>		<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>		<u>Saturday</u>	
Breakfast	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*	Assorted Juices*
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal	Sliced Fresh Fruit	Biscuits & Gravy	Biscuits & Gravy	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Ass't Fruit	Oatmeal
	Pancakes	Sausage	Hash Browns	Cheese Omelet	Oatmeal	Oatmeal	Oatmeal	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Bacon	Grilled Ham
	Eggs to Order	Hash Browns	Oatmeal	Eggs to Order	Sausage Patty	Sausage Patty	Sausage Patty	Toast	Toast	Toast	Toast	Breakfast Bread	Eggs to Order
	Fresh Fruit Bowl	Eggs to Order	Eggs to Order	Toast	Eggs to Order	Eggs to Order	Eggs to Order	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN						
					TWIN LAKES	TWIN LAKES	TWIN LAKES						
Lunch	Marinated Veg Salad	Tossed Green Salad	Cucumber Onion Salad	Tossed Green Salad	Rosemary Steak Bowl	Salad Bar or Cole Slaw	Broccoli Salad	Marinated Veg Salad	Tossed Green Salad	Cucumber Onion Salad	Tossed Green Salad	Rosemary Steak Bowl	Salad Bar or Cole Slaw
	BBQ St. Louis Ribs	Or Salad Bar	Mongolian Beef	Or Salad Bar	With Roasted Artichokes,	Battered Rockfish	BBQ Chicken Strips	BBQ St. Louis Ribs	Or Salad Bar	Mongolian Beef	Or Salad Bar	With Roasted Artichokes,	Battered Rockfish
	Baked Sweet Potato	Chicken &	Fried Rice	Roast Turkey	Broccoli and Pine Nuts	Tartar Sauce	Baked Potato	Baked Sweet Potato	Chicken &	Fried Rice	Roast Turkey	Broccoli and Pine Nuts	Tartar Sauce
	Corn	Dumplings	Stir Fried	Smashed	Strawberry Shortcake	Wild Rice	Vegetable Medley	Corn	Dumplings	Stir Fried	Smashed	Strawberry Shortcake	Wild Rice
	Strawberry Shortcake	Peas & Carrots	Vegetables	Potatoes and Gravy!		Fresh Vegetables	Cookie	Strawberry Shortcake	Peas & Carrots	Vegetables	Potatoes and Gravy!		Fresh Vegetables
		Fresh Fruit	Cookie Cart	Fresh Vegetables Bread		Ice Cream Social							
				Pudding									
Dinner	Broccoli & Bacon Quiche	Cheese Enchilada	Oven Fried Chicken Breast	Grilled Tuna Melt	Stuffed Green Peppers	BBQ Pork Hoagie	Spaghetti Casserole	Broccoli & Bacon Quiche	Cheese Enchilada	Oven Fried Chicken Breast	Grilled Tuna Melt	Stuffed Green Peppers	BBQ Pork Hoagie
	Veggie Sticks w/Dip	Refried Beans	Brown Rice	French Fries	Wild Rice	Sweet Potato Fries	Green Peas	Veggie Sticks w/Dip	Refried Beans	Brown Rice	French Fries	Wild Rice	Sweet Potato Fries
	Blueberry Muffi	Spanish Rice	Green Peas	Green Vegetables	Corn Obrein	3 Bean Salad Cup	Cheesy Bread Stick	Blueberry Muffi	Spanish Rice	Green Peas	Green Vegetables	Corn Obrein	3 Bean Salad Cup
		Cookies	Lemon Fruited	Red Velvet Cake	Watermelon Slice	Pears	Dessert Cart		Cookies	Lemon Fruited	Red Velvet Cake	Watermelon Slice	Pears
Soups	Potato Leek Soup	Cream of Tomato Soup	Chicken Rice Soup	Garden Vegetable Soup	Beef Barley Soup	Clam Chowder	Chef's Choice	Potato Leek Soup	Cream of Tomato Soup	Chicken Rice Soup	Garden Vegetable Soup	Beef Barley Soup	Clam Chowder

Items on the menu are subject to change without notice.
Approved by Heather English, RDN, LD.

Juneau Pioneer Home
Menu for December 08 - 14, 2024
Week 4

December 08		December 09		December 10		December 11		December 12		December 13		December 14	
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Assorted Juices	Assorted Juices	Assorted Juices*	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal	Oatmeal	Oatmeal	Biscuits & Gravy	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
	Oatmeal	Oatmeal	Sausage Patty	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order
	French Toast	Eggs to Order	Eggs to Order	Toast	Toast	Toast	Toast	Toast	Toast	Toast	Toast	Toast	Toast
	Eggs to Order	Whole Wheat Toast	Toast	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
	Assorted Fruit	Assorted Fruit	Assorted Fruit	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN	OMELET BAR IN
MAIN DINING ROOM													
Lunch	Wanda’s Salad	Tossed Green Salad	Japanese	Tossed Green Salad	Fresh Fruit Salad	Salad Bar or	Sliced Tomato and						
	Roast Beef	Or Salad Bar	Cucumber Salad	or Salad Bar	Fried Chicken	Cole Slaw	Cottage Cheese Salad						
	Baked Loaded Potato	Chicken Fried Steak	Teriyaki Chicken Thigh	Beef Lasagna	Oven Brownd Red	Catch of the Day!	Salisbury Steak						
	Fresh Vegetables	Country Gravy	White Rice	Bean Medley	Potatoes	Long Grain & Wild Rice Pilaf	Mashed Potatoes and Gravy						
	Carrot Cake	Mashed Potatoes	Vegetables Du Jour	Garlic Roll	Fresh Veggies	Stir Fry Vegetables	Fresh Carrots						
		Zucchini Squash	Sliced Peaches	Fruit Bars	Cookie	Ice Cream	Cookies						
Dinner	Chick Filet Slider	Macaroni and Cheese	Pepperoni Pizza	Coast Guard Dinner	Sausage Medley	Krab Salad	Chicken Corn Dog						
	Chips	Green Peas	3 Bean Salad	Shrimp Cocktail	W/Peppers	On a Croissant	Curly Fries						
	Fresh Veggie Sticks	Pineapple	Cookies	Caesar Salad	Au Gratin Potatoes	Green Beans	Fresh Squash Sticks						
	Grapes			Prime Rib	Black Forest Cake	Almandine							
				Mashed Potatoes		Pears							
				Asparagus	Strawberry								
Soups	Cream of Mushroom Soup	Chicken Vegetable	Butternut	Cheeseburger	Navy Bean Soup	Clam Chowder	Chef's Choice						
			Squash Soup	Soup	W/Ham								

Items on the menu are subject to change without notice.
Approved by Heather English, RDN, LD.

Juneau Pioneer Home
Menu for December 15 -21, 2024
Week 5

December 15		December 16		December 17		December 18		December 19		December 20		December 21	
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
	French Toast	Oatmeal	Sausage Links	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Biscuits & Gravy
	Sausage	Vegetable Scramble	Eggs to Order	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Sausage
	Eggs to Order	Hash Browns	Toast	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN	WAFFLE BAR IN	Eggs to Order
	Assorted Fruit	Eggs to Order	Assorted Fruit	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	MOUNTAINSIDE COTTAGE	Assorted Fruit
Lunch	Cucumber Salad	Tossed Salad or	Marinated Veg Salad	Tossed Green Salad	Thai Cucumber Salad	The Great Christmas	Green Pea Salad						
	Pork Loin	Salad Bar	Lemon Chicken Piccata	Home Style Meatloaf	Robert’s Lime	Luncheon Buffett	Herb Baked Chicken						
	Baked Sweet Potatoes	BBQ Meatballs	Brown Mushroom Rice	Mashed Potatoes and	Cilantro Chicken		Oven Roasted						
	Vegetable Medley	Mashed Potatoes	Fresh Vegetables	Gravy	Steamed Broccoli		Red Potatoes						
	Cupcake	Fresh Vegetables	Cookie Cart	Fresh Carrots	Yukon Potato Bites		Sautéed Cabbage						
		Apple Pie		German Choc Cake	Lemon Bars		Mandarin Oranges						
Dinner	Beef Patty Melt	Ham & Cheese	Turkey Swiss Burger	Meat Lovers Pizza	Chicken Caesar Salad	Baked Vegetarian	Tuna Noodle						
	Sandwich	Quiche	Fresh Vegetable	Chopped Salad	Breadsticks	Lasagna	Casserole						
	Sautéed Cabbage	Carrot Sticks	Medley	Fresh Watermelon	Tropical Fruit Salad	Garlic Toast	Vegetable Sticks						
	Fruit Crisp	Melon Cubes	Peaches			Vegetable Du Jour	Cookies						
						Pears							
Soups	Minestrone Soup	Chicken Noodle Soup	Beef Barley Soup	Split Pea W/ Ham	Cream of Tomato	Clam Chowder	Chef’s Choice						

Items on the menu are subject to change without notice.
Approved by Heather English, RDN, LD.

Juneau Pioneer Home
Menu for December 22 - 28, 2024
Week 6

December 22		December 23		December 24		December 25		December 26		December 27		December 28	
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal	Oatmeal Toast	Grilled Ham	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
	Oatmeal	Oatmeal	Eggs to Order	Eggs to Order	Oatmeal	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Eggs to Order	Biscuits & Gravy
	Berry Pancakes	Hash Browns	Cheese Omelet	Assorted Fruit	Scrambled Eggs	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Sausage
	Eggs to Order	Sausage	Toast	OMELET BAR IN	Toast	OMELET BAR IN	Toast	Toast	Toast	Toast	Toast	Toast	Eggs to Order
	Assorted Fruit	Eggs to Order	Assorted Fruit	MAIN DINING ROOM!!	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Lunch	Macaroni Salad	Green Salad	Marinated Vegetable Salad	MERRY CHRISTMAS!!	Pork Tenderloin	Green Salad	Irish Salad	Macaroni Salad	Green Salad	Marinated Vegetable Salad	MERRY CHRISTMAS!!	Pork Tenderloin	Green Salad
	Roast Beef	Or Salad Bar	Zesty Orange Chicken	Green Salad	Bowl with Sticky Rice	Or Salad Bar	Veal Parmesan	Roast Beef	Or Salad Bar	Fried Rice	Green Salad	Bowl with Sticky Rice	Or Salad Bar
	Mashed Potatoes	Cheese Enchilada	Steamed	Or Salad Bar	Fresh Bok Choy	Cabbage Roll	Brown Rice	Mashed Potatoes	Pot Roast	Steamed	Or Salad Bar	Fresh Bok Choy	Pot Roast
	& Gravy	Spanish Rice	Cookies	O’Brien Potatoes	Custard	O’Brien Potatoes	W/ Fennel	& Gravy	With Yukon Potatoes,	Cookies	O’Brien Potatoes	Custard	With Yukon Potatoes,
	Fresh Vegetables	Refried Beans		Marinated Fresh Beets		Marinated Fresh Beets	Fresh Vegetables	Fresh Vegetables	Carrots and Celery		Marinated Fresh Beets		Carrots and Celery
	Red Velvet Cake	Mexicali Corn		Bread Pudding		Bread Pudding	Red Velvet Cake	Red Velvet Cake	WW Roll		Bread Pudding		WW Roll
Dinner	Crab Cakes with	French Dip, Au Jus	Battered Cod & Chips	Chef’s Salad with	Tuna Melt Sandwich	Polish Sausage with	Macaroni & White Cheddar	Crab Cakes with	French Dip, Au Jus	Battered Cod & Chips	Chef’s Salad with	Tuna Melt Sandwich	Polish Sausage with
	Hollandaise Sauce	Tater Tots	Fresh Vegetable Medley	Ham & Turkey	French Fries	Sauerkraut	Cheese	Hollandaise Sauce	Tater Tots	Fresh Vegetable Medley	Ham & Turkey	French Fries	Sauerkraut
	Garlic Green Beans	Fresh Fruit	Chilled Applesauce	Garlic Toast	Sliced Peaches	Diced Carrots	Peas and Carrots	Garlic Green Beans	Fresh Fruit	Chilled Applesauce	Garlic Toast	Sliced Peaches	Diced Carrots
	Dinner Roll			Citrus Jell-O		Fruit Cup	Dessert Cart	Dinner Roll			Citrus Jell-O		Fruit Cup
	Pudding							Pudding					
Soups	Beef Barley Soup	Chicken Tortilla Soup	Turkey Vegetable Soup	French Onion	Black Bean Chili	Clam Chowder	Chef's Choice	Beef Barley Soup	Chicken Tortilla Soup	Turkey Vegetable Soup	French Onion	Black Bean Chili	Clam Chowder

Items on the menu are subject to change without notice.
Approved by Heather English, RDN, LD.