

September 7th - 13th, 2026

Clarinda
Regional Health Center

Monday 8/31		Tuesday 9/1		Wednesday 9/2		Thursday 9/3		Friday 9/4		Saturday 9/5		Sunday 9/6	
AM	Breakfast Pie Sausage Patty Malt-O-Meal	Pancakes Cream of Wheat Bacon	Breakfast Pizza Oatmeal Sausage Patty	Omelet Scramble Hashbrowns Malt-O-Meal Bacon	Sausage Gravy Biscuit Sausage Links Oatmeal	Smothered Hash Bacon Cream of Wheat	French Toast Sausage Links Oatmeal						
Lunch	Taco Salad Nachos w/ Spicy Cheese Pecan Pie Bar	Chicken Parm Sandwich Spaghetti & Sauce Vegetable Blend	Bacon Wrapped Slaw Dog Hot Dog Sweet Potato Coleslaw	Buttered Chicken Mac & Cheese Fried Side Zucchini & Peppers	Country Fried Steak w/ Cream Gravy Mashed Potatoes Green Beans	Cajun Shrimp Pasta Baked Potato Brussels Sprouts Caesar Salad	Chicken Kabobs Brown Rice Cauliflower						
PM	Chicken Alfredo Breadstick Vegetable Blend	Sausage Gravy Biscuit Bacon Roasted Zucchini	Chicken Strips Mashed Potatoes & Gravy Broccoli	Hot Dog Mac & Cheese Vegetable Blend	Chicken Cordon Bleu Baked Potato Baby Carrots	Cheeseburger French Fries Asparagus	Pulled Pork Sandwich Roasted Potatoes Roasted Zucchini						
Monday 9/7		Tuesday 9/8		Wednesday 9/9		Thursday 9/10		Friday 9/11		Saturday 9/12		Sunday 9/13	
AM	Breakfast Pizza Sausage Patty Malt-O-Meal	B&G Casserole Sausage Patty Oatmeal	Omelet Scramble Bacon Cream of Wheat	Smothered Hash Sausage Patty Oatmeal	Southwest Egg Bake Sausage Links Malt-O-Meal	Breakfast Burrito Hashbrowns Oatmeal Bacon	French Toast Sausage Patty Cream of Wheat						
Lunch	Hot Italian Sandwich Tomato Bisque Baked Sweet Potato Broccoli Florets	Shredded Beef Tacos Tomato Cilantro Rice Corn & Black Beans Vegetable Blend	Orange Chicken Sweet & Sour Chicken Vegetable Lo Mein Crab Rangoon Egg Roll	Hot n Spicy Chicken Roasted Potatoes Asparagus	Street Tacos Spanish Rice Baked Potato Corn & Black Beans Vegetable Blend	Brat on a Bun Fried Side Baked Sweet Potato Baby Carrots	Pasta Bar Meatballs Breadstick Brussels Sprouts						
PM	KFC Bowl Popcorn Chicken Potatoes & Gravy Corn	Breaded Chicken Sandwich Baked Sweet Potato Green Beans	Tenderloin Roasted Potatoes Roasted Zucchini	Hot Ham & Cheese Mac & Cheese Vegetable Blend	Buttered Chicken Rice Pilaf Baby Carrots	Hot Italian Sandwich Tomato Bisque Soup Baked Potato Asparagus	Salisbury Steak Mashed Potatoes Brown Gravy Sugar Snap Peas						
Offered Daily: Scrambled Eggs, Fried Eggs, Fresh Fruit, and Assorted Pastries/Desserts													

SEPTEMBER CAFE MENU

MEAL SERVICE TIMES:

Breakfast: 7:00 AM – 10:00 AM

Lunch: 11:00 AM – 2:00 PM

Supper: 5:00 PM - 6:45 PM



September 14th - 20th, 2026

September 21st - 27th, 2026

	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18	Saturday 9/19	Sunday 9/20
AM	Sausage Gravy Biscuit Bacon Oatmeal	Breakfast Pizza Sausage Patty Malt-O-Meal	Omelet Scramble Bacon Oatmeal	B&G Casserole Sausage Links Cream of Wheat	Breakfast Burrito Hashbrown Patty Bacon Oatmeal	Blueberry Pancakes Bacon Malt-O-Meal	French Toast Casserole Sausage Patty Oatmeal
Lunch	Smothered Chicken Sweet Potato Fried Side Broccoli Florets	Turkey Burnt Ends Corn Mac Dinner Roll Vegetable Blend	Quesadilla Bowl Spanish Rice Corn & Black Beans Vegetable Blend	Hawaiian Meatballs Scalloped Potatoes Vegetable Blend	Chicken Enchiladas Spanish Rice Vegetable Blend	Creamy Italian Sausage Pasta Breadstick Roasted Cauliflower	Butterfly Shrimp Wild Rice Blend Sweet Potato Vegetable Blend
PM	Sloppy Joe Baked Potato Fried Side Green Beans	Beef & Cheddar Melt Mac & Cheese Green Beans	Chicken Alfredo Breadstick Broccoli Florets	Chicken Tenders Baked Sweet Potato Vegetable Blend	Sausage Gravy Biscuit Hashbrown Patty Bacon Baby Carrots	Hot Dog Baked Beans Asparagus	Chicken Cordon Bleu Garden Rice Blend Roasted Zucchini

	Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25	Saturday 9/26	Sunday 9/27
AM	Quiche Lorraine Sausage Links Cream of Wheat	Smothered Hash Bacon Oatmeal	Southwest Egg Bake Sausage Links Malt-O-Meal	Sausage Gravy Biscuit Sausage Patty Oatmeal	Breakfast Burrito Hashbrowns Cream of Wheat Bacon	Omelet Scramble Hashbrown Patty Sausage Patty Oatmeal	French Toast Sausage Links Malt-O-Meal
Lunch	Sausage Potato Skillet Fried Side Peas & Carrots Vegetable Blend	Gyro Bowl Greek Rice Roasted Potatoes Corn	Popcorn Chicken Chicken Wings Mac & Cheese Vegetable Blend	Chili Cheese Dog Baked Potato Beef Chili Asparagus	Pizza/Cauli. Pizza Caesar Salad Baked Potato Vegetable Blend	Brisket Mac & Cheese Curly Fries Green Beans	Parmesan Ranch Chicken Hashbrown Casserole Garlic Parmesan Brussels Sprouts
PM	Cheeseburger Curly Fries Green Beans	Pulled Pork Sandwich Baked Potato Roasted Zucchini	Country Fried Steak Cream Gravy Mashed Potatoes Corn	Breaded Chicken Sandwich Mac & Cheese Vegetable Blend	Tenderloin Baked Potato Baby Carrots	Hot Ham & Cheese Mac & Cheese Corn	Buttered Chicken Rice Pilaf Sugar Snap Peas

Offered Daily: Scrambled Eggs, Fried Eggs, Fresh Fruit, and Assorted Pastries/Desserts