

The Glenn West St. Paul

Always Available MENU

Breakfast

Daily

Fresh Baked Pastry or Toast

Served with butter and Jelly

Hot Oatmeal or Assorted Cereal

Choice of Cold cereal OR

Oatmeal served with Brown Sugar,
Raisins, and 2% Milk

Hard Boiled Eggs or Yogurt

Beverages

Coffee, Juice, 2% Milk

Tuesday Morning

American Breakfast

Rotating Breakfast Special with
your choice of Bacon, or Sausage,
Scrambled Eggs, choice of fresh cut
fruit.

Lunch

*All sandwiches are served with
your choice of one side.*

Grilled Cheese

Choice of bread toasted with melted
American Cheese

Glenn West Hamburger

Our delicious hand pressed burger
served on a toasted bun. Choice of
cheese served with Lettuce, Tomato,
Onion, Ketchup, Mayonnaise and
Mustard.

Chef Salad

Our homemade entrée salad topped
with turkey, ham, hardboiled egg,
cheddar cheese, tomatoes, croutons and
your choice of dressing.

Sub Sandwich

Our deli style sub sandwich served on a
hoagie. Choice of Ham or Turkey..
Served with Lettuce, Tomato, Onions,
Peppers, mayonnaise and mustard.

Always
Available
Sides

Steamed Vegetables
Veggies & Dip
Fresh Cut Fruit
French Fries
House Chips

Lunch Specials

Monday

Loaded Baked Potato topped with chili, sour cream and cheddar cheese.
Steamed Broccoli.

Cup of Soup
Chocolate Chip Cookies

Tuesday

Chicken Salad Sandwich on Wheat
served Carrots, Celery and Onion
Dip.

Cup of Soup
Blondie Bar

Wednesday

Toasted Turkey Reuben Sandwich
served with Sweet Potato French
Fries.

Cup of Soup
Spiced Peaches

Thursday

Hot Ham and Cheese on Wheat
with Italian Pasta Salad

Cup of Soup
Citrus Geletin

Friday

Egg Salad Sandwich on White
with House Potato chips and
Marinated Tomato Country Salad

Cup of Soup
Banana Frosted Cup Cake

Saturday

Chicken Caesar Salad with Garlic
Bread

Cup of Soup
Peanut Butter Cookies

Sunday

Grilled Turkey Burger with
Vegetable Pasta Salad

Cup of Soup
Fresh Bowl of Grapes

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored
Water

Cranberry Juice

Hot Chocolate

2% Milk

Dinner Specials

Monday

Tarragon Roasted Chicken Breast
with Rice Pilar and Yellow Squash.

Side Salad

Chocolate Brownie

Tuesday

Liver & Onions served with Mashed
Potatoes with Gravy and Green Peas.

Wheat Dinner Roll

Side Salad

Homemade Apple Crisp

Wednesday

Rotisserie Baked Chicken Thighs
served with Baked Sweet Potato and
Mixed Vegetables.

Wheat Dinner Roll

Side Salad

Yellow Cake with Chocolate Frosting

Thursday

Meatloaf with Mashed Potatoes with
Gravy and Glazed Carrots.

Side Salad

Homemade Peach Cobbler

Friday

Fried Pollock with Boiled Buttered
Red Potatoes and Creamy Coleslaw

Side Salad

Chocolate Pudding

Saturday

Smothered Pork Chop with Rice
Pilaf and Brussel Sprouts

Side Salad

Apple Tart

Sunday

Beef Pot Roast with Roasted Red
Potatoes and Cauliflower.

Side Salad

Homemade Bread Pudding

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored
Water

Cranberry Juice

Hot Chocolate

2% Milk

Lunch Specials

Monday

Beef Roast with Potato Chips,
Marinated Cucumber Salad.

Cup of Soup

Marble Cake

Tuesday

Crispy Chicken Sandwich served
with Potato French Fries.

Cup of Soup

Smores

Wednesday

Turkey Tacos Corn Tortilla served
with Vegetable Spanish Rice,
Refried Beans.

Cup of Soup

Cantaloupe

Thursday

Ham on Wheat with Potato Chips,
Beets

Cup of Soup

Lemon Bar

Friday

Vegetable Frittata with Breakfast
Potatoes, Orange Muffin

Cup of Soup

Pineapple

Saturday

Sausage Pizza

Cup of Soup

Orange Frosted Cake

Sunday

Grilled Cheese on White with
Vegetable Blend

Cup of Soup

Snickerdoodle Cookie

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored
Water

Cranberry Juice

Hot Chocolate

2% Milk

Dinner Specials

Monday

Chicken BBQ Drumstick with Mac and Cheese, Corn on the Cob

Side Salad

Peanut Butter Pie

Tuesday

Steak Salisbury with Beef Gravy, Whipped Mashed Potatoes, Green

Peas

Side Salad

Red Gelatin

Wednesday

Chicken Fried Rice served Vegetable Stir Fry, Vegetable Egg Roll, Sweet and Sour Sauce

Side Salad

Cookies

Thursday

Baked Ziti with Steamed Zucchini, Garlic Bread

Side Salad

Crisp Homemade Apple Pie

Friday

Baked Lemon Pepper Pollock with Rice Pilaf, Carrots

Side Salad

Apple Pie

Saturday

Spanish Beef Casserole with Corn Salad

Side Salad

Churros

Sunday

Baked Glazed Ham with Scalloped Potatoes, Steamed Green Beans

Side Salad

Chocolate Cake

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored Water

Cranberry Juice

Hot Chocolate

2% Milk

Lunch Specials

Monday

BBQ Pulled Pork with Roasted
Potato WE
Cup of Soup
Fruit Salad

Tuesday

Vegetable Lasagna with Carrot and
Cabbage Salad, Breadstick
Cup of Soup
Banana Cinnamon

Wednesday

Ham & Swiss Sandwich served with
Potato Chips, Cucumber Salad.
Cup of Soup
Chocolate Pudding

Thursday

Hot Dog on Bun with Fresh
Potatoes, Baked Beans.
Cup of Soup
Chocolate Cake with Icing

Friday

Egg Salad Sandwich with Coleslaw
Cup of Soup
Blueberry Cake

Saturday

Chicken Salad with Raisin Carrot
Salad, Potato Chips
Cup of Soup
Ice Cream, Chocolate

Sunday

Mac and Cheese with Seasoned
Green Peas
Cup of Soup
Oatmeal Raisin Cookie

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored
Water

Cranberry Juice

Hot Chocolate

2% Milk

Dinner Specials

Monday

Chicken Parmesan with Spaghetti,
Steamed Broccoli

Side Salad

Vanilla Cupcake

Tuesday

Cheese and Pork Quesadilla with
Cilantro Rice, Refried Beans

Side Salad

Peanut Butter Brownie

Wednesday

Beef Meatballs served White Rice,
Seasoned Green Beans

Side Salad

Applesauce Cake

Thursday

Chicken Pot Pie with Steamed
Cauliflower and Broccoli

Side Salad

Apple Turnover

Friday

Fish Pollok with Potato French
Fries, Carrots

Side Salad

Lemon Pudding

Saturday

Sloppy Joe with Tater Tots,
Seasoned Corn

Side Salad

Grapes

Sunday

Rosemary Pork Loin with Red
Roasted Potatoes, Sauteed Cabbage

Side Salad

Pound Cake

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored
Water

Cranberry Juice

Hot Chocolate

2% Milk

Lunch Specials

Monday

Turkey and Cheese Sandwich with
French Fries
Cup of Soup
Carrot Cream Cheesecake

Tuesday

Tuna Noodle Casserole with Carrots
Cup of Soup
Oatmeal Cookie

Wednesday

Grilled Cheese served with Carrot
and Cabbage Salad
Cup of Soup
Chocolate, Vanilla Parfait Pudding

Thursday

Hame on Wheat with Diced Potato
Salad
Cup of Soup
Red Gelatin

Friday

Mushroom Quiche with
Hashbrowns, Apple Muffin
Cup of Soup
Honeydew

Saturday

Grilled Chicken Sandwich with
Potato Chips
Cup of Soup
Chocolate Cookie

Sunday

Pasta Tortellini Primavera with
Carrot and Cabbage Salad
Cup of Soup
Scalloped Apples

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored
Water

Cranberry Juice

Hot Chocolate

2% Milk

Dinner Specials

Monday

Baked Chicken Drumsticks with
White Rice, Steamed Green Beans

Side Salad

Fruit

Tuesday

Homemade Meatloaf with Plain
Spaghetti, Steamed Broccoli, Garlic
Bread

Side Salad

Ice Cream, Chocolate

Wednesday

Chicken Chipotle Fajita Bowl

Side Salad

Peanut Butter and Jelly Bar

Thursday

Beef Shepard's Pie with Mixed
Vegetables

Side Salad

Cookes and Cream Cake

Friday

Parmesan Crusted Tilapia with Orzo
Pasta, Seasoned Green Peas

Side Salad

Applesauce Cake

Saturday

Beef and Bean Chili with Carrot and
Cabbage Salad, Cornbread

Side Salad

Marshmallow Bar

Sunday

Turkey Roast with Turkey Gravy,
Stuffing, Whipped Mashed
Potatoes, Roasted Carrots

Side Salad

Gelatin Cake

beverages .

Coffee

Lemonade

Orange Juice

Decaf Coffee

Hydration Flavored
Water

Cranberry Juice

Hot Chocolate

2% Milk