



JANUARY MENU



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			HAPPY 2014 HAM DINNER NEW YEAR SURPRISE RUBEN, SLAW CHIP BASKET, BANANA	SPAGHETTI TOSSED SALAD SHERBET BEAN SOUP SWISS CHEESE PEACH	CHICK WINGS CHEESY POT. PEAR SAUCE CASSEROLE BEET PICKLE YOGURT	BBQ PORK POT. & BEANS PEARS GRILLED CHICK/BUN POTATO ROUNDS SCOTCH PUDD.
ROAST BEEF SCALLOP CORN YUMMY PE VEG SOUP TUNA SAND. COCKTAIL	CREAM TURKEY ^{over} BISCUITS, SLAW MANDARIN O's POLISH SAUSAGE MAC & CHEESE RICE PUDDING	BEEF STEW CRANBERRIES 7up CAKE CHILI SANDWICH APPLESAUCE	BBQ CHICKEN CARROTS, MUFFIN FRESH FRUIT FRENCH BREAD PIZZA, SALAD APRICOT SAUCE	BEEF ROAST HARVARD BEETS MARBLE CAKE MONTHLY SOUP CHICK SALAD SAND. BERRIES	ANNIS FISH FRY 3-BEAN SALAD PEACH COOKS CASSEROLE VEGIES RASPB. YOGURT	CHICK on SALAD CUP of SOUP MANDARIN O's CALIF. BURGER ONION RINGS FRUIT
PORK LOIN YAMS, GR-BEANS APPLE PE HAM & POT. SOUP CHEESE SAND. JELLO & FRUIT	STROGANOFF NOODLES, PEAS MANDARIN O's HOT DOG on BUN CHEESY POTATOES COCKTAIL	CHICKEN, SCALL- POT. CARROTS STRAWBERRIES TOMATO SOUP EGG SALAD SAND PEACH HALF	<i>Residents</i> <i>Choice Meal</i> MUSH SWISS BURGER, SLAW APRICOTS	PORK RIBS POTATO, KRAUT FRUIT CHICK CASSEROLE CRANBERRIES CHICK-PUDDING	FISH SANDWICH Waffle FRIES MYSTERY CAKE POTATO SOUP HAM SALAD SAND. PEARS	LASAGNA TOSSED SALAD ICE CREAM CHICKEN PESTO WAX BEANS PINEAPPLE
TURKEY ROAST MASH POT. SQUASH, PE PIZZA BURGER POTATO ROUNDS JELLO & FRUIT	STUFFED PEPPERS BIT. POTATO VEG. SHERBET BBQ on BUN PASTA SALAD JELLO CAKE	PARMESAN CHICKEN NOODLES, CARROTS FRUIT SAUCE BEEF VEG SOUP HAM SANDWICH CHOCOLATE PUDD.	MEAT LOAF, BAKED POT. STEW TOM FRUIT COCKTAIL RAVIOLI LETTUCE SALAD PEARS	HAWAII CHICKEN RICE, ORZANIS WATERGATE CAKE CHIPPED BEEF ^{over} TOAST, SPICE APPLE STRAWBERRIES	RING BOLOGNA CREAMED VEGES APRICOT SAUCE CHICK NOODLE SOUP BEEF SAND. BUTTER. PUDDING	SUPREME PIZZA TOSSED SALAD ICE CREAM BBQ PORK SAND SLAW, CHIPS APPLESAUCE
BAKED HAM MASH YAMS FRUIT PE GRILLED CHEESE CORN NUOGETS PEACH	SALSBURY STEAK MASH POT & GRAVY ICE CREAM PIZZA HOTDISH TOSSED SALAD COCKTAIL	HOT BEEF SAND CORN JELLO & FRUIT CHICK DUMPLING SOUP SAND. NEW YEAR EVE CAKE	RESTAURANT DINNER TETRAZZINI CASSEROLE, PEAS STRAWBERRIES RUBEN, SLAW CHIP BASKET, BANANA	SPAGHETTI TOSSED SALAD SHERBET BEAN SOUP SWISS CHEESE PEACH	CHICK LEGS CHEESY POT. PEAR SAUCE CASSEROLE BEET PICKLE YOGURT	

Snack Ideas For Nursing Home Residents

Peter S. Silin



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web oct 16 2023 ferritin praktisch beweisend für einen eisenmangel ist ein erhöhtes ferritin schließt aber eine eisenmangelanämie nicht aus da es als akute phase protein bei entzündungsprozessen erhöht sein kann und einen mangel dadurch kaschiert definition 3 stadien eisenmangel eisendefizitäre erythropoese knochenmark eisenmangelanämie

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web sep 1 2023 eisenmangel erkennen die wichtigsten symptome folgende anzeichen und symptome weisen auf einen eisenmangel hin starke müdigkeit absinken der leistungsfähigkeit schwindel auffällige blässe herzklopfen erhöhte

infektanfälligkeit konzentrationsprobleme kurzatmigkeit besonders bei körperlicher anstrengung bei

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web circa 25 prozent der weltbevölkerung leidet an eisenmangel und doch wird die krankheit häufig erst spät erkannt das liegt auch daran dass die symptome von eisenmangel oft eher unspezifisch sind zu den typischsten krankheitserscheinungen gehören unter anderem kopfschmerzen müdigkeit blässe antriebslosigkeit allgemeines