


weekly MENU



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	Hot Oatmeal Scrambled Eggs Dark Bran Muffin Banana—half	Hot Oatmeal Hard Boiled Egg Whole Wheat Toast Banana-half	Hot Oatmeal Chive Egg Bites Whole Wheat Toast Banana-half	Hot Oatmeal Scrambled Eggs Whole Wheat Toast Banana—half	Hot Oatmeal Potato and Egg Casserole Banana—half	Hot Oatmeal Hard Boiled Egg Pancake with Syrup	Hot Oatmeal Cheddar Egg Bites Whole Wheat Toast
<i>Lunch</i>	Corn Chowder Breaded Chicken Burger Wedge Cut Fries Diced Peaches <u>Alternate Choice</u> Chicken Congee Chicken Burger patty Rice Vegetables Diced Peaches	Ham Navy Bean Soup Chicken Congee S/S Chicken Balls White Rice Asian Vegetables Apricots	Cream of Mushroom Soup Salmon Salad Sandwich on Whole Wheat Green Salad Cherry Applesauce <u>Alternate Choice</u> Chicken Congee Salmon Salad Filling Brussel Sprouts Rice Cherry Applesauce	Butternut Squash Soup Chicken and Vegetable Tarts Green & Wax Beans Orange Wedges <u>Alternate Choice</u> Chicken Congee Chicken Tart Filling Rice Green and Wax Beans Orange Wedges	Beet Borscht Soup Devilled Egg Salad Plate Fruit Cocktail <u>Alternate Choice</u> Chicken Congee Western Omelette White Rice Fruit Cocktail	Carrot Parsnip Soup Hawaiian Pizza Caesar Salad Cantaloupe <u>Alternate Choice</u> Chicken Congee Ham Rice Vegetables Cantaloupe	Sweet Potato Onion Soup Chicken Congee Teriyaki Tofu Fried Rice Spinach Salad Diced Pears
<i>Dinner</i>	Traditional Beef Stew Biscuit Broccoli Vanilla Ice Cream <u>Alternate Choice</u> Chicken Congee Traditional Beef Stew Rice Broccoli Vanilla Ice Cream	Boneless Pork Chop with Gravy Baked Potatoes with Sour Cream Garlic Zucchini Strawberry Poke Cake <u>Alternate Choice</u> Chicken Congee Chicken Congee Boneless Pork Chop with Gravy Rice Garlic Zucchini Strawberry Poke Cake	Swedish Meatballs Steamed Rice Green Peas Caramel Bread Pudding <u>Alternate Choice</u> Chicken Congee Swedish Meatballs Steamed Rice Green Peas Caramel Bread Pudding	Shredded Pork Loin Kalua Mashed Potatoes Sliced Carrots Pumpkin Blondie <u>Alternate Choice</u> Chicken Congee Chicken Congee Shredded Pork Loin Kalua Rice Sliced Carrots Pumpkin Blondie	Thai Chicken Stir Fry Ginger Fried Rice Spice Cake with Cream Cheese Frosting <u>Alternate Choice</u> Chicken Congee Thai Chicken Stir Fry Ginger Fried Rice Spice Cake with Cream Cheese Frosting	VegetableChili Herb Biscuit Lemon Square <u>Alternate Choice</u> Chicken Congee Vegetable Chili Rice Lemon Square	Roast Turkey with Gravy Sour Cream Mashed Po- tatoes Sauteed Zucchini Blueberry Cake <u>Alternate Choice</u> Chicken Congee Roast Turkey with Gravy Sour Cream Mashed Po- tatoes Sauteed Zucchini Blueberry Cake



Fall & Winter

Our menu is proudly Chef-Designed, **Resident Guided**, & Dietitian Approved.
Every item on the menu with a  icon indicates that this item has been specifically requested by a resident.

Week One