


weekly MENU



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	Hot Oatmeal Hard Boiled Egg Whole Wheat Toast Banana—half	Hot Oatmeal Scrambled Eggs Whole Wheat Toast Banana—half	Hot Oatmeal Cheddar Egg Bites Whole Wheat Toast Banana—half	Hot Oatmeal Hard Boiled Egg Apple Oat Muffin Banana—half	Hot Oatmeal Sweet potato Egg Frittata Whole Wheat Toast Banana—half	Hot Oatmeal Hard Boiled Egg Blueberry Pancakes with Syrup Banana—half	Hot Oatmeal Scrambled Bacon Whole Wheat Toast Banana—half
<i>Lunch</i>	Pumpkin Soup Chicken Congee Tofu Chicken Fried Rice Broccoli Diced Pears	Lentil Soup Chicken Congee Lemon Dill Sole Rice Green Peas Diced Peaches	Cream of Vegetable Soup Cheeseburger Slider Spring Mix Salad with Italian Dressing Cantaloupe <u>Alternate Choice</u> Chicken Congee Cheeseburger patties Basmati Rice Veg Cantaloupe	Minestrone Soup Chicken Pot Pie Carrot, Turnip, Butternut Squash Mix Diced Peaches <u>Alternate Choice</u> Chicken Congee Chicken Pot Pie Filling Carrot, Turnip, Butternut Squash Mix Jasmine Rice Diced Peaches	Split Pea Soup Chicken Congee Teriyaki Tofu Jasmine Rice Spinach Salad Cinnamon Applesauce	Corn Chowder Boneless Chicken Wings with Ranch Dip Roasted Potatoes Peas & Carrots Apricots <u>Alternate Choice</u> Chicken Congee Boneless Chicken Wings with Ranch Dip Rice Peas & carrots Apricots	Mulligatawny Soup Salmon Salad Sandwich on Whole Wheat Italian Vegetables Diced Pears <u>Alternate Choice</u> Chicken Congee Salmon Salad Filling White Rice Italian Vegetables Diced Pears
<i>Dinner</i>	Salisbury Steak with Mushroom Gravy Mashed Potatoes Green & Wax beans Banana Pudding <u>Alternate Choice</u> Chicken Congee Salisbury Steak with Mushroom Gravy Rice Green & Wax beans Banana Pudding	Cranberry Turkey Meatloaf Scalloped Potatoes Sliced Carrots Gingerbread cake with Whipped Topping <u>Alternate Choice</u> Chicken Congee Chicken Congee Cranberry Turkey Meatloaf Rice Sliced Carrots Gingerbread cake with Whipped Topping	Spinach Alfredo Penne Pasta Harvard Beets Blueberry Crumble Square <u>Alternate Choice</u> Chicken Congee Chicken Thigh & Gravy Rice Harvard Beets Blueberry Crumble	Meat Lasagna Garlic Zucchini Chocolate Chip Cookie <u>Alternate Choice</u> Chicken Congee Meat Lasagna Steamed Rice Garlic Zucchini Chocolate Chip Cookie	Chicken Stew Egg Noodles Cream Cheese Swirl Brownie <u>Alternate Choice</u> Chicken Congee Chicken Stew Egg Noodles Cream Cheese Swirl Brownie	Vegetable Gumbo Garlic Bread Grape Jello with Whipped Topping <u>Alternate Choice</u> Chicken Congee Vegetable Gumbo Rice Grape Jello with Whipped Topping	Roasted Turkey with Gravy Mashed Potatoes Broccoli Pumpkin Pie <u>Alternate Choice</u> Chicken Congee Roasted Turkey with Gravy Mashed Potatoes Broccoli



Fall & Winter
Menu 2025

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 Three