

Sample Weekly Food Menu

	BREAKFAST	LUNCH	DINNER
M	Soft boiled egg Oatmeal w/Fruit Fresh Juice & Milk	Chicken Salad Sandwich Fruit Smoothie Choice of Beverage	Meatballs & Mashed Potatoes Veggie Salad Choice of Beverage
T	French Toast, Bacon Fresh Cut Fruit Fresh Juice & Milk	Veggie/Meat Pizza Garden Salad Choice of Beverage	Turkey Chili Fresh Baked Cornbread Choice of Beverage
W	Fresh Made Omelet Oatmeal, Toast Fresh Juice & Milk	Pesto Pasta w/Chicken Garden Salad Choice of Beverage	Cream of Mushroom Soup Garden Salad Choice of Beverage
T	Pancakes, Eggs Fresh Fruit Fresh Juice & Milk	Chicken Salad Sandwich Macaroni Salad Choice of Beverage	Ground Turkey Spaghetti Garden Salad Choice of Beverage
F	Eggs, Sausage, Hash Bowl Fresh Fruit Fresh Juice & Milk	Beef or Chicken Burger Garden Salad Choice of Beverage	Shrimp or Chicken Pasta Caesar Salad Choice of Beverage
S	Oatmeal w/Berries Bacon Fresh Juice & Milk	Meat Loaf Mac & Cheese Choice of Beverage	Filet Mignon or Baked Chicken Fresh Vegetables Choice of Beverage
S	Bacon, Veggie Hash browns Fresh Fruit Fresh Juice & Milk	Chicken Noodle Soup Fresh Baked Bread Choice of Beverage	BBQ Beef on Toast Chef Salad Choice of Beverage

Beverage Choices

We strive to meet the beverage requests of our residents upon request. Standard beverages that are available are: Water, Milk, Orange Juice, Tomato Juice, Cranberry Juice, Apple Juice, Grapefruit Juice, Coffee, Tea