












FEATURED MEALS











MONDAY	
Breakfast	French Toast bacon, banana, blueberry yogurt, orange juice, coffee
Lunch	Chicken Parmesan Sandwich tossed salad, tropical fruit cup, chocolate chip cookie
Dinner	Pot Roast with Gravy garlic mashed potatoes, corn, peaches, sherbet, milk
TUESDAY	
Breakfast	Garden Vegetable Quiche home fries, fruit cup, strawberry yogurt, orange juice, coffee
Lunch	Goulash broccoli, dinner roll, pears, frosted brownie
Dinner	Glazed Pork Tenderloin carrot and bean medley, scalloped potatoes, grapes, apple crisp, milk
WEDNESDAY	
Breakfast	Buttermilk Pancakes bacon, banana, peach yogurt, orange juice, coffee
Lunch	Chicken French with Linguini green beans with red peppers, fruited gelatin
Dinner	Lasagna Caesar salad, garlic toast, fruit cup, milk
THURSDAY	
Breakfast	Baked Egg Casserole mini blueberry muffins, mandarin oranges, raspberry yogurt, orange juice, coffee
Lunch	Roasted Turkey with Gravy mashed potatoes, green bean casserole, applesauce, double chocolate chip cookies
Dinner	Beef Tips with Mushrooms egg noodles, carrot and bean medley, vanilla pudding, milk
FRIDAY	
Breakfast	Buttermilk Pancakes sausage, banana, blueberry yogurt, orange juice, coffee
Lunch	Fish Sandwich sweet potato fries, cole slaw, pears
Dinner	Ricotta Stuffed Shells garlic breadstick, tossed salad, fruit cup, milk
SATURDAY	
Breakfast	Cheese Omelet home fries, mini blueberry muffins, mandarin oranges, peach yogurt, orange juice, coffee
Lunch	Open-Faced Roast Beef Sandwich mashed potatoes, green beans with red peppers, angel food cake with blueberries
Dinner	Chicken Marsala rice, broccoli, cherry tart, milk
SUNDAY	
Breakfast	Waffles vanilla yogurt, warm cinnamon apple slices, orange juice, coffee
Lunch	Macaroni and Cheese fresh vegetable plate, fruit cup
Dinner	Roasted Pork Loin with Gravy mashed sweet potatoes, green beans, applesauce, milk

CREATE-A-MEAL SELECTIONS

Entrées	
Scrambled Eggs regular or low cholesterol	Tofu Scramble 
Buttermilk Pancakes	French Toast
Cheese Omelet	Cottage Cheese and Fruit Platter
Cereal	
Oatmeal 	Honey Nut Cheerios® 
Cream Of Wheat® 	Rice Chex® 
Special K®	Granola
Raisin Bran® 	
Sides	
Home Fries 	Hard Boiled Egg
Sausage	Cottage Cheese
Bacon	
Baked Goods	
Toast  wheat, white, rye	English Muffin 
Bagel  wheat, plain	Blueberry Muffin
Fruit 	
Applesauce	Mandarin Oranges
Banana	Peaches
Blueberries	Pears
Grapes	Pineapple
Fruit Cup	Small Fruit Plate
Yogurt	
Blueberry	Raspberry
Strawberry	Vanilla light or Greek
Peach	
Beverages	
Milk white, 1% or whole, chocolate, soy, Lactaid®	Unsweetened Iced Tea
Coffee regular, decaffeinated	Soda Pepsi®, Diet Pepsi®, Orange
Hot Tea regular, decaffeinated, green	Fruit Juice apple, orange, cranberry, grape, prune, fruit punch
Hot Chocolate regular, reduced sugar	

 Does Not Contain Meat, Egg or Dairy

CREATE-A-MEAL SELECTIONS

Soup	
Cream of Tomato	Savory Squash 
Chicken Noodle	Broth beef, chicken or vegetarian 
Garden Vegetable 	
Hot Entrées	
Marinated Chicken Breast	Meatloaf
Chicken Fingers	Spaghetti with Meatballs
Roasted Turkey	Macaroni and Cheese
Lemon Pepper Haddock	Vegetable Ravioli with Tomato Sauce 
Fish Nuggets	Mushroom Stroganoff 
Pot Roast	
Grilled Entrées	
Hamburger/ Cheeseburger	Grilled Cheese
Garden Vegetable Burger 	Grilled Ham and Cheese
Black Bean Burger 	Grilled Chicken Sandwich
	Tuna Melt
Sandwich Entrées	
Breads white, wheat, rye	Chicken Salad
Meats turkey, roast beef, ham	Tuna Salad
Cheese American, provolone, Swiss	Bacon Turkey Ranch Wrap
Egg Salad	Peanut Butter and Jelly 
	Veggie Delight Wrap  lettuce, cucumber, onion, carrots, hummus, cheese optional
Personal Pizza Entrées	
Cheese	Pepperoni
Salad Entrées	
Grilled Chicken Salad grilled chicken breast, mixed greens, tomatoes, cucumbers	Greek Salad with Tofu “Feta” 
Cranberry Walnut Grilled Chicken Salad grilled chicken breast, mixed greens, apples, Craisins®, walnuts	Cilantro Southwest Bean Salad 
Cottage Cheese and Fruit Platter	Hummus Platter  hummus, carrots, cherry tomatoes, green peppers, pita chips
Salad Dressings Italian, French, Ranch, Caesar, Blue Cheese, Oil & Vinegar	



CREATE-A-MEAL ORDERING

CALL 37951 (option 1) to place your order

BREAKFAST must be ordered by 6:30 pm (the previous evening)

LUNCH must be ordered by 10:45 am

DINNER must be ordered by 3:45 pm

You May Select One (1) of Each:

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|-------------------|----------|
| Entrée | Fruit |
| Vegetable | Dessert |
| Potato/Rice/Pasta | Beverage |
| Side or Soup | |