

Elim Care Inc.

Daily Menu III

Mon	Tues	Wed	Thu	Fri	Sat	Sun
OJ/ Cranberry/ Apple Juice	OJ/Cranberry/ Apple Juice	OJ/Cranberry/ Apple Juice	OJ/Cranberry/ Apple Juice	OJ/Cranberry/ Apple Juice	OJ/Cranberry/ Apple Juice	OJ/Cranberry/ Apple Juice
Veggie Omelet & Toast	Hot Oatmeal or Cereal & Milk	Scrambled Eggs & Toast	Rice Cereal or Cream of Wheat	Hard Boiled Egg & Toast	Bacon & Hash Browns	Egg & Pancakes/ Maple Syrup
Apple Sauce	Fresh Fruit	Fresh Fruit	Apple Sauce	Fresh Fruit	Fresh Fruit	Fresh Fruit
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water
Grilled Turkey/Cheese Sandwich	BBQ Chicken	Orzo Salad	Mushroom Ham Risotto	Italian Sausage Soup	Corn & Red Pepper Chowder	Hearty Lasagna Soup
BBQ Chips	Cooked Rice	Roasted Tomato Bisque	Cole Slaw	Garlic Bread	Steamed Zucchini	Garlic Bread
Macaroni** Salad	Cooked Spinach	Water	Water	Water	Water	Water
Water	Water					
8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water	8 oz. Water
Veggie Soup	Pasta Primavera	Microwave Pork & Peas	Chicken w/ Balsamic Honey Sauce	Turkey Meatball Soup	Chicken Marsala	Broccoli Bean Bake
Corn Bread	Steamed Fresh Veggies	Rice	Baked Beans	Garlic Bread	Rice	Steamed Zucchini
Salad	Garlic Bread	Water	Steamed Broccoli	Steamed Broccoli	Salad	Water
Water	Water		Water	Water	Water	

Menu portions are generally based on 1 to 2/per or ½ to 1 cup servings depending on the resident..
Tea may be substituted for water. Juice is okay depending on the resident's diet.