

BREAKFAST**LUNCH****DINNER****MONDAY**

Oatmeal
Poached Egg
Wheat Toast
Alt: Cold Cereal
Scrambled Egg
White Toast

Chicken Fettuccine Alfredo
Herbed Broccoli Cuts
Garlic Bread Stick
Chocolate Pudding
Alt: Baked Chicken Breast

Tomato Soup
Ham & Swiss on Wheat
Peach Cobbler
Alt: Cream of Mushroom Soup
Tuna Salad on Wheat

TUESDAY

Cream of Wheat
Sausage links
Pancakes
Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Chicken Thighs
Mac n Cheese
Roasted Carrots
Chocolate Cake
Alt: Wild Rice Soup
Turkey & Cheese on Wheat

Chicken & Okra Gumbo
Egg Salad on White
Whipped Gelatin
Alt: Cottage Cheese Fruit Plate

WEDNESDAY

Oatmeal
Chefs Choice Omelet
Wheat Toast
Alt: Cold Cereal
Scrambled Eggs
White Toast

RESIDENT CHOICE MEAL

Rachel Sandwich
Potato Chips
Navy Beans
Tapioca Pudding
Alt: Cheese Omelete
Simple Muffin

THURSDAY

Cream of Rice
Fried Egg
Wheat Toast
Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Baked Glazed Ham
Mashed Sweet Potatoes
Green Beans
Frosted Yellow Cake
Alt: Baked Chicken Breast

Chili w/ Beans
Herbed Cauliflower
Cornbread
Watermelon
Alt: Chef Salad

FRIDAY

Oatmeal
Scrambled Eggs
Bacon
Wheat Toast
Alt: Cold Cereal
Poached Eggs
White Toast

Beef Enchilada Casserole
Spanish Rice
Lettuce Salad
Chilled Apricots
Alt: Soup of the Day
Sandwich of the Day

Chicken Tenders
Potato Wedges
Pea & Cheese Salad
Peanut Butter Cookie
Alt: Quiche Lorraine
Simple Muffin

SATURDAY

Cream of Wheat
Poached Egg
Wheat Toast

Smothered Pork Chop
Parslied Potatoes
Roasted Carrots
Choclate Cake

Seafood Pasta Salad
Baked Breadsticks
Dessert of the Day

SUNDAY

Alt: Cold Cereal
Scrambled Eggs
White Toast
Oatmeal
Egg and Vegetable Bake
Frosted Cinnamon Roll

Alt: Healthy Choice Fish
Mashed Potatoes w/ Gravy
Spaghetti with Meat Sauce
Garlic Breadstick
Peas and Carrots
Frosted Pumpkin Bar

Alt: Soup of the Day
Chicken Salad Sandwich

Alt: Cold Cereal
Poached Egg

Alt: Chef Salad
Menus subject to change

Alt: Chicken Patty on a Bun
Hot Dog on a Bun
Tater Tots
Creamy Coleslaw
Chilled Pears
Lettuce Salad