



Fall/Winter Week 3 Menu

All Meals Include Choice of Beverage.

Fresh Fruit and Garden Salad Available at all Meals.

2020	Breakfast	Lunch	Dinner
Monday January 18th	Scrambled Egg Sausage English Muffin Grapes	Egg Rolls Fried Rice Oriental Vegetable Black Forest Cake	Butternut Squash Chicken Salad Sandwich Chilled Pears
Tuesday January 19th	Hard Boiled Egg Danish Mandarin Oranges	Beef Tips Noodles Green Beans Lemon Cheesecake Bar	Grilled Cheese Sweet Potato Sticks Ice Cream
Wednesday January 20th	French Toast Bacon Cottage Cheese Parfait	Sliced Ham Sweet Potato Carrots Fresh Baked Roll Angel Food Cake	Cream of Broccoli Soup Pinwheels Fruited Gelatin
Thursday January 21st	Omelet Bar Toast Pineapple	Pot Pie Biscuit Cream Cheese Brownies	Pizza Salad Cookie
Friday January 22nd	Sausage Gravy Biscuit Strawberries	Baked Fish Cole Slaw Corn Chocolate Lush	Ham & Cheese Sandwich Pretzel Sherbet
Saturday January 23rd	Pancakes Bacon Banana	Grilled Chicken Waffle Fries Mixed Vegetables Fruit of the Forest Pie	Hot Dog Potato Chips Chilled Fruit Cup
Sunday January 24th	Oatmeal Scrambled Egg Hash Brown Toast Orange Slice	Meatloaf Mashed Potato Lima Beans Ice Cream Cup	Tomato Soup Grilled Turkey and Bacon Sandwich Pudding Parfait

has a variety of foods that provide a well-balanced diet. Snacks are available daily. *Good nutrition is an essential part of your care in our community. Our menu