



## Fall/Winter Week 4 Menu

All Meals Include Choice of Beverage.

Fresh Fruit and Garden Salad Available at all Meals.

<b>2023</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Monday <b>January</b> <b>30<sup>th</sup></b>	French Toast Sausage Link Orange Slices	Spaghetti Garden Salad Capri Mixed Vegetables Coconut Custard Pie	Shrimp Salad Crackers Tomato Wedge Lemon Pudding
Tuesday <b>January</b> <b>31<sup>st</sup></b>	Scrambled Egg Breakfast Potato English Muffin Half Chilled Pineapple	Macaroni and Cheese Casserole Peas Corn Bread Muffin Chocolate Cake	Baked Potato Bar Chili/Broccoli/Cheese Chives/Sour cream Chilled Peaches
Wednesday <b>February</b> <b>1<sup>st</sup></b>	Blueberry Pancakes Bacon Melon	Fried Chicken Mashed Potato/gravy Green Bean Angel Food Cake	Steak and Cheese on Croissant Potato Chips Sherbet
Thursday <b>February</b> <b>2<sup>nd</sup></b>	Fried Egg Breakfast Ham Wheat Toast Mango	Pork Stir Fry Rice Oreo Pie	Tomato Soup Grilled Cheese Fruit Cocktail
Friday <b>February</b> <b>3<sup>rd</sup></b>	Sausage Gravy Biscuit Strawberries	Cracker Shrimp Coleslaw Steamed Broccoli Red Velvet Cupcakes	Chicken Nuggets Potato Wedge Cucumber Salad Ice Cream Cup
Saturday <b>February</b> <b>4<sup>th</sup></b>	Scrambled Egg Bacon Wheat Toast Pineapple	Taco Pasta Bake Garlic Bread Corn Cake	Cream of Broccoli Soup Turkey Sandwich Pudding Parfait
Sunday <b>February</b> <b>5<sup>th</sup></b>	Pancakes Sausage Links Mandarin Oranges	Oven Baked Chicken Mashed Potato/gravy Spinach Apple Pie	Ham & Cheese Sandwich Lettuce and Tomato Potato Chips Ice Cream

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