HIDDEN SPRINGS SENIOR LIVING

Fall/Winter Week 3 Menu

All Meals Include Choice of Beverage.

Fresh Fruit and Garden Salad Available at all Meals.

2024	Breakfast	Lunch	Dinner
Monday	Pancakes	Spaghetti w/Meat Sauce	Chicken Nuggets
December	Bacon	Garden Salad	Sweet Potato Fries
23 rd	Orange Slices	Garlic Bread	Sherbet
		Apple Pie	
Tuesday	Fried Egg	Sliced Ham	Cream of Broccoli
December	Breakfast Potatoes	Cabbage	Soup
24 th	Wheat Toast	Potatoes	Quesadilla
	Fruit Cup	Angel Food Cake	Rice Krispie Treat
Wednesday	Omelet	Pot Roast	BLT Sandwich
December	Toast	Mashed Potatoes/Gravy	Potato Chips
25 th	Yogurt Parfait	Steamed Carrots	Pudding Parfait
Merry		French Silk Pie	
Christmas!			
Thursday	French Toast	Country Fried Steak	Butternut Squash Soup
December	Sausage	Mashed Potato	Roasted Mushrooms
26 th	Strawberries	Green Bean	Grilled Cheese
		Banana Pudding	Homemade Cookie
		S	
Friday	Sausage Gravy	Oven Baked Fish	Pizza
December	Served over Biscuit	Rice Pilaf	Ceasar Salad
27 th	Chilled Pineapple	Broccoli	Chocolate Cream Pie
		Cheesecake	
Saturday	Pancakes	Chicken Cordon Blue	Chili
December	Bacon	Scalloped Potatoes	Corn Bread
28 th	Mandarin Oranges	Peas	Apple Crisp
20	Mandailli Oranges	Lemon Meringue Pie	Арріе Спізр
Sunday	Scrambled Eggs	Oven Roasted Turkey	Corn Dog Nuggets
December	Hash Browns	Mashed Potato	Baked Bean
29 th	Toast	Green Bean	Ice Cream Cup
23	Grapes	Chocolate Cake	ice cream cap
	Grapes	chocolate care	

Snacks are available. *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.