## Fall/ Winter Week 1 Menu



## All Meals Include Choice of Beverage.

## Fresh Fruit and Garden Salad Available at all Meals.

	Breakfast	Lunch	Dinner
Monday	Fried Egg	Swedish Meat Balls	Pork Egg Roll
January	Bacon	Noodles	Fried Rice
13 <sup>th</sup>	Wheat Toast	Green Beans	Pudding Parfait
	Mandarin Oranges	Strawberry Cream Pie	· ·
Tuesday	French Toast	Chicken and Broccoli Casserole	Bean Soup
January	Sausage	Dinner Roll	Turkey Melt
<b>14</b> <sup>th</sup>	Grapes	Chocolate Cake	Assorted Dessert
Wednesday	Fried Egg	Macaroni and Cheese Casserole	Grilled Hamburger
January	Hash Brown	Mixed Vegetable	Potato Salad
15 <sup>th</sup>	Wheat Toast	Biscuit	Cream Cheese Brownie
	Orange Slice	Ice Cream Bar	
Thursday	Homemade Waffles	Sliced Pork	Pizza
January	Sausage	Cornbread Stuffing	Ceasar Salad
16 <sup>th</sup>	Grapefruit Section	Green Beans	Chilled Grapes
		Pumpkin Pie	
Friday	Fried Egg	Oven Baked Fish	Tomato Soup
January	Breakfast Ham	Baked Potato	Grilled Pimento
17 <sup>th</sup>	Wheat Toast	Asparagus	Cheese Sandwich
	Mango	Cheesecake	Ice Cream
Saturday	Pancakes	Spaghetti/Meat Sauce	Chicken Slider
January	Sausage	Garden Salad	Pasta Salad
18 <sup>th</sup>	Strawberries	Garlic Bread	Cherry Crisp
		Buter Pecan Ice Cream	
Sunday	Scrambled Eggs	Oven Baked Chicken	Roast Beef Sandwich
January	Bacon	Mashed Potatoes	Seasoned Fries
19 <sup>th</sup>	English Muffin	Carrots	Sherbet
	Pineapple	Apple Pie	

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.