

Independent Living

Breakfast 7:30  
Lunch 11:30 or 12:30  
Dinner 4:30 or 5:30

# Weekly Menu

October 2016

Assisted Living

Breakfast 7:30  
Lunch 12:00  
Dinner 5:00

	<b>Sunday 10/2</b>	<b>Monday 10/3</b>	<b>Tuesday 10/4</b>	<b>Wednesday 10/5</b>	<b>Thursday 10/6</b>	<b>Friday 10/7</b>	<b>Saturday 10/8</b>
	<b><u>Breakfast</u></b> Pancakes	<b><u>Breakfast</u></b> Bacon & Eggs	<b><u>Breakfast</u></b> Biscuit & Gravy	<b><u>Breakfast</u></b> Omelets	<b><u>Breakfast</u></b> French Toast	<b><u>Breakfast</u></b> Breakfast Scramble	<b><u>Breakfast</u></b> Sausage & Potatoes
	<b><u>Lunch</u></b> Orzo Sausage  Beef Stew (w/ potatoes, vegetable, gravy) Served with a Roll  Dessert: Carrot Cake	<b><u>Lunch</u></b> Chick Pea Salad  Sweet and Sour Pork Served with white rice, & mixed vegetables  Dessert: Blondie Bars	<b><u>Lunch</u></b> Jell-O  Lemon Herb Chicken Served with roasted red potatoes, green beans, & roll  Dessert: Cherry Tarts	<b><u>Lunch</u></b> Beets  Meatloaf Served with mashed potatoes, mixed vegetables, & roll  Dessert: Chocolate Cake	<b><u>Lunch</u></b> Green Salad  Pork Loin Served with Wild Rice, Green Beans, & Roll  Dessert: Pie	<b><u>Lunch</u></b> Coleslaw  Fish & Chips Served with Green Peas  Dessert: Cookies	<b><u>Lunch</u></b> Tomato & Cucumber Salad Chicken Fettuccini Alfredo Served with Garlic Bread & Broccoli  Dessert: Strawberry Shortcake
<b>Alternate</b>	<b>PROTEIN</b>	<b><u>HOMEMADE CHILI &amp; CORNBREAD</u></b> (Hearty chili made with beans, beef, and tomatoes. Served with a side of cheese, onions & homemade cornbread)					
	<b>SALAD</b>	<b><u>SOUTHWEST CHICKEN SALAD</u></b> (iceberg lettuce, diced tomatoes, black beans, roasted corn, grilled chicken breast strips, fried tortilla strips., dressing of choice)					
	<b>SANDWICH</b>	<b><u>COLD HAM AND CHEESE</u></b> (4 oz. freshly sliced ham, lettuce, tomato, slice of cheese served on your choice of wheat sourdough, rye bread. Served with potato chips and pickle )					
	<b><u>Dinner</u></b> Cream of mushroom soup  Chicken Caesar Wrap Carrot & Celery Sticks Side of Ranch	<b><u>Dinner</u></b> Beef Barley Soup  Baked Ziti & Garlic Bread	<b><u>Dinner</u></b> Navy Bean Soup  Chicken Enchilada Casserole w/shredded lettuce, diced tomato	<b><u>Dinner</u></b> Cream of Potato  Turkey Croissants w/ lettuce, tomato, & fresh fruit	<b><u>Dinner</u></b> Vegetable Beef Soup  Corndogs & Potato Salad	<b><u>Dinner</u></b> Chicken Noodle Soup  Stuffed Bell Peppers Dinner Roll Mixed Green Salad	<b><u>Dinner</u></b> Vegetable Soup  Grilled Ham & Cheese Sandwich & Chips

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