

Menu: Meat Alt Options S/S 2020 Week 1

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Sunday (Day 1)	Monday (Day 2)	Tuesday (Day 3)	Wednesday (Day 4)	Thursday (Day 5)	Friday (Day 6)	Saturday (Day 7)
	, , ,	, , ,			, , , ,	Saturday (Day 7)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal
Scrambled Eggs	Cheesy Eggs	Fried Egg	Scrambled Eggs	Egg of Choice	Fried Egg	Scrambled Eggs
French Toast	Toast	Buttermilk Biscuit	Breakfast Muffin	Breakfast Hash Browns	Toast	Buttermilk Biscuit
Margarine/Syrup	Margarine/Jelly	Country Gravy	Margarine/Jelly	Coffee Cake	Margarine/Jelly	Margarine/Jelly
Milk/Beverage	Milk/Beverage	Margarine	Milk/Beverage	Margarine	Milk/Beverage	Milk/Beverage
		Milk/Beverage		Milk/Beverage		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken	Chicken Broccoli Rice Bake	Baked Turkey Crunch	Cheesy Chicken Spaghetti	Turkey Pot Roast	BBQ Baked Chicken	Beef Patty w/ Onions
Mashed Potatoes & Gravy	Green Beans	Oven Browned Potatoes	Candied Carrots (A)	Baked Sweet Potato (A)	Baked Beans	Mashed Potatoes & Gravy
Buttered Corn	Pineapple Crisp (FR)	Roasted Zucchini	Tossed Salad/Dressing	Mixed Vegetables	Potato Salad	Broccoli with Cheese Sauce (A)
Chocolate Layer Dessert	Dinner Roll/Margarine	Seasonal Fresh Fruit	Banana Pudding Cake	Frosted Chocolate Chip Brownie	Mixed Fruit Cup	Pudding Parfait
Dinner Roll/Margarine	Beverage	Dinner Roll/Margarine	Garlic Bread		Dinner Roll/Margarine	Bread/Margarine
Beverage		Beverage	Beverage	Beverage	Beverage	Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Egg Salad Sandwich	Pork Fritter on Bun	Cheese Ravioli Spinach	Pub Burger on Bun	Soup of the Day	Tuna Patty	Turkey & Swiss Cheese Sandwich
Summertime Slaw	Pickles & Onions	Florentine California Blend Vegetables (A)	Lett/Tom/Onion Slice	Garden Quiche	Baked Macaroni & Cheese	Lettuce & Tomato
Ambrosia (FR)	French Fries	Tossed Salad w/Dressing	Potato Wedges	Marinated Cucumber & Onions	Green Beans	Green Pea Salad
//ilk/Beverage	Ketchup	Cookies	Ketchup/Mustard	Crackers	Frosted Cake	Strawberry Shortcake (FR)
	Peaches with Whipped Topping	Garlic Bread	Melon Cubes	Caramel Glazed Pears	Cheese Herb Biscuit	Mayonnaise/Mustard
	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage
		Freezina Canada	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Evening Snack	Evening Snack	Evening Snack	L verning Snack	L verning onack	L voiling offact	L verning on dok
Evening Snack Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink

The meal items shown are those served on a **Regular Diet**. If your physician has ordered for you a **Therapeutic** or **Texture Altered Diet**, you may be served a different menu item, a different portion of the menu item or the item may be eliminated entirely in order to comply with your current diet order. Thank you!



Menu: Meat Alt Options S/S 2020 Week 2

Sunday (Day 8)	Monday (Day 9)	Tuesday (Day 10)	Wednesday (Day 11)	Thursday (Day 12)	Friday (Day 13)	Saturday (Day 14)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal
Vegetable Omelet	Fried Egg	Scrambled Eggs	Egg of Choice	Scrambled Eggs	Scrambled Eggs	Cheesy Eggs
Toast	Coffee Cake	Country Gravy	Bacon	Pancakes	Breakfast Hashbrowns	Toast
Margarine/Jelly	Margarine	Buttermilk Biscuit	Toast	Margarine/Syrup	Toast	Margarine/Jelly
Milk/Beverage	Milk/Beverage	Margarine/Jelly	Margarine/Jelly	Milk/Beverage	Margarine/Jelly	Milk/Beverage
		Milk/Beverage	Milk/Beverage		Milk/Beverage	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Pot Roast w/ Brown	Vegetable Lasagna	Summer Chicken with Pasta	BBQ Meatballs	Roast Turkey & Gravy	Baked Fish	Baked Ziti w/ Italian Sausage
Gravy Roasted Carrots, Potatoes & Onions (A)	Buttered Peas	Tossed Salad/Dressing	Mashed Potatoes & Gravy	Mashed Sweet Potatoes (A)	Tartar Sauce	Squash Medley
Cheesecake	Brownie	Fruited Pudding (FR)	Corn	Green Beans	Macaroni & Cheese	Side Salad w/Dressing
Dinner Roll/Margarine	Dinner Roll/Margarine	Dinner Roll/Margarine	Snickerdoodle Blondie Bars	Frosted Cake	Buttered Carrots (A)	Jell-O Cake w/Whipped Topping
Beverage	Beverage	Beverage	Dinner Roll/Margarine	Dinner Roll/Margarine	Fresh Fruit Cup	Garlic Bread
			Beverage	Milk/Beverage	Cheese Herb Biscuit	Beverage
					Beverage	
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Tomato Soup	Cheeseburger on Bun	Black Beans & Rice	Soup of the Day	White Chicken Chili	Cheese Pizza	Chicken Salad on Croissant
Grilled Cheese Sandwich	French Fries	Turnip Greens (A)	Crackers	Crackers	Caesar Salad	Marinated Cucumber & Onions
Side Salad w/Dressing	Relish Plate	Diced Tomato Salad	Chef's Salad	Cole Slaw	Mandarin Orange Cake	Strawberries & Bananas
Fruit Crisp (FR)	Fruited Gelatin (FR)	Sugar Cookies	Garlic Bread Stick	Blushing Pears	Milk/Beverage	Milk/Beverage
Milk/Beverage	Ketchup/Mustard	Cornbread/Margarine	Peaches & Pineapple	Milk/Beverage		
	Milk/Beverage	Milk/Beverage	Milk/Beverage			
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink
Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx

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