



Week at a Glance

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B r e a k f a s t	Hot or Cold Cereals	Hot or Cold Cereals	Hot or Cold Cereals	Hot or Cold Cereals	Hot or Cold Cereals	Hot or Cold Cereals	Hot or Cold Cereals
	French Toast	Denver Omelet	Choice of Egg	Corned Beef Hash	Country Style Eggs	Choice of Egg	Cinnamon Pancakes
	Syrup / Margarine	Toast	Toast	Biscuit	Toast	Hash Browns	Syrup / Margarine
	Breakfast Meat	Margarine / Jelly	Margarine / Jelly	Margarine / Jelly	Margarine / Jelly	Toast	Breakfast Meat
						Margarine / Jelly	
	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea
L u n c h	Savory Roasted Chicken	Breaded Pork Cutlet	Mustard Glazed Turkey Breast	Beef Tips with Mushrooms	Rosemary Roast Pork	Shrimp Scampi	Chicken Cacciatore
	Yukon Gold Potato Wedges	Noodles Romanoff	Creamy Potato Casserole	Orzo	Parmesan Potatoes	Rice Pilaf	Buttered Pasta
	Confetti Corn	Parslied Carrots	Seasoned Beets	Herbed Broccoli and Cauliflower	Seasoned Brussels Sprouts	Zucchini Medley	Tuscany Blend Vegetables
	Bread or Roll / Margarine	Bread or Roll / Margarine	Bread or Roll / Margarine	Bread or Roll / Margarine	Bread or Roll / Margarine	Bread or Roll / Margarine	Bread or Roll / Margarine
							Fresh Strawberries with Whip
	Banana Split	Gingerbread with Whip Topping	Chocolate Cream Pie	Fruity Oat Bar	Angel Food Cake with Fruit	Lemon Chiffon Dessert	Topping
	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
	Beef with Orange Thyme Sauce	Rosemary Chicken	RESIDENT'S CHOICE MEAL	Russian Chicken	BBQ Beef	Crunchy Onion Chicken	Sweet and Sour Meatballs
E v e n i n g	Calico Bean Soup	Open-faced Roast Beef	Ham Fettuccine	Fish Patty on a Bun	Spaghetti with Meat Sauce	Sliced Turkey	California Cream Soup
	Crackers	Sandwich with Gravy	Green and Gold Beans	Sweet Potato Fries	Caesar Salad	Cranberry Sauce	Crackers
	Seafood Salad on Lettuce Leaf	Mashed Potatoes	Herb Bread	Calico Coleslaw	Garlic Bread	Macaroni and Cheese	Ham and Cheese on Croissant
	Marinated Tomatoes	Peas with Pimientos				Seasoned Peas	Spiced Peach Half
	Croissant					Bread or Roll / Margarine	Cucumber Onion Salad
	Marbled Brownie	Gelatin Parfait	Ice Cream Sandwich	Melon Medley	Caramel Custard	Fruit Pie	Peanut Butter Oatmeal Cookie
	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea	Milk / Coffee or Tea
	Turkey Wrap Sandwich	Cheese Blintzes with Fruit	Baked Fish Almondine	BBQ Pulled Turkey	Spinach Tortellini Soup	Cheeseburger on a Bun	Three Bean Chili
		Topping	Lyonnaise Potatoes	Baked Beans	Crackers	Sliced Tomato, Onion and	Cornbread Muffin
		Fresh Fruit Cup		Bread or Roll / Margarine	Chicken Salad Sandwich	Lettuce Leaf	
		Muffin			Grapes	Dill Pickle Chips	
HS	Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks	Assorted Snacks
Snack	Juice	Juice	Juice	Juice	Juice	Juice	Juice

Copyright © 2010 Crandall Corporate Dietitians