



Weekly Meal Planner | Heart Healthy | 10/25/20 - 10/31/20

	BREAKFAST	LUNCH	DINNER	SNACK
Sunday	Eggs Made to Order w/ Bacon and WW Toast and Fresh Fruit	Baked Chicken, Mashed Sweet Potatoes, Honey Glazed Carrots and S/F Red Velvet Cake Roll	Grilled Brats, Chips, and S/F Bread Pudding	Upon Request
Monday	WW French Toast, Sausage, Oatmeal, WW Toast and Fresh Fruit	Meatloaf, Mashed Potatoes w/ Gravy, Mixed Vegetables and S/F Pecan Pie	Ham and Cheese Quiche, Hashbrowns and Chef's Choice	Upon Request
Tuesday	Eggs Made to Order w/ Bacon, WW Toast and Fresh Fruit	Pork Loin w/ Mushroom Cream Sauce, Mac & Cheese, Greens Beans and S/F Cupcakes	Homemade Chicken Noodle Soup, Biscuits and S/F Assorted Cookies	Upon Request
Wednesday	WW Waffles, Sausage, Fresh Fruit, and WW Toast	Chicken Wings and Fries, Fresh Vegetables and Dip and S/F Assorted Desserts	Egg Salad Sandwich, Chips and Ice Cream	Upon Request
Thursday	Eggs Made to Order w/ Bacon, WW Toast and Fresh Fruit	Roasted Turkey, Mashed Potatoes, Greenbeans, and Banana Pudding	Bean Soup and Fresh Fruit	Upon Request
Friday	Pancakes, Sausage, Oatmeal, WW Toast and Fresh Fruit	Fish Fry, Coleslaw, French Fries and S/F Apple Pie	Beef Ravioli w/ Alfredo Sauce and S/F Assorted Desserts	Upon Request
Saturday	Eggs Made to Order w/ Bacon, WW Toast and Fresh Fruit	Philly Cheese Steak Sliders, Chef's Choice of Vegetables and Jell-O w/ Fresh Fruit	Potato Bacon Soup, Cheddar Biscuits and S/F Strawberry Shortcakes	Upon Request



Fresh Fruit will be offered at Breakfast, Lunch and Dinner. A Salad will be offered at Lunch. Soup will be available at Lunch and Dinner. ** Denotes a High Sodium Menu Item. Those individuals with a Sodium Restriction should restrict or limit these items. All menu items are prepared without added salt.

All menu items can be prepared as a "Puree" or a "Cut-up" as required by a Therapeutic Diet

Desserts are offered at Lunch and Dinner. *Where possible, Splenda is used as a sugar substitute. A sugar-free baked good/ ice cream is always available as an alternate.*

This menu provides an opportunity for people to choose a healthier diet, rich in nutrient-rich foods to meet the nutritional requirements of healthy adults.

These menus are reviewed by food services/type and macronutrient specialized diets would be individualized.

Recommendations are based on USDA Guidelines for Senior+A1:E16s. Limit calories from added sugar, saturated fats and reduced sodium intake. Daily offerings should meet at least the following criteria: 6 oz's of grains, 2 1/2 cups of vegetables, 5 1/2 oz's, of protein, 2 cups of fruit, 3 cups of dairy. *Menu is subject to change!