



Weekly Meal Planner | Carb Control | 10/25/20 - 10/31/20

	BREAKFAST	LUNCH	DINNER	SNACK
<b>Sunday</b>	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
<b>Monday</b>	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
<b>Tuesday</b>	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
<b>Wednesday</b>	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
<b>Thursday</b>	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
<b>Friday</b>	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
<b>Saturday</b>	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 Servings/Type and Macronutrient Specialized Diets Would be Individualized.

ReA6:E16commendations are based on USDA Guidelines for Senio+A1:E16rs. 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!