



Weekly Meal Planner | Carb Control | 9/11/22 - 9/17/22

| | BREAKFAST | LUNCH | DINNER | SNACK |
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| Sunday | French Toast, Sausage, Oatmeal, Toast and Fresh Fruit | Chicken Wings, Mac and Cheese, Roasted Beets and S/F Carrot Cake | Deluxe Ham on Crossiant, Pickles, Chips and Yogurt Parfait | Upon Request |
| Monday | Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit | Roasted Pork, Mashed Potatoes, Roasted Summer Squash and S/F Assorted Desserts | Baked Cod, White Rice, Broccoli, Rice Krispie Treats | Upon Request |
| Tuesday | Waffles, Sausage, Oatmeal, Toast and Fresh Fruit | Shrimp Alfredo, Asparagus, Garlic Bread, and L/F Ice Cream | B.L.T. Sandwiches, Potato Salad, S/F Chocolate Chip Cookies | Upon Request |
| Wednesday | Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit | Country Fried Steak, Baked Sweet Potato, Green Beans, S/F Banana Pudding | Cheese and Beef Quesadilla, Fiesta Corn and Churros | Upon Request |
| Thursday | Waffles, Sausage, Oatmeal, Toast and Fresh Fruit | Roasted Chicken Breast, Stuffing with Gravy, Honey Glazed Carrot and S/F Cherry Pie | Bacon and Cheese Quiche, Garden Salad and Fresh Fruit | Upon Request |
| Friday | Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit | Assorted Pizza, Breadsticks, Garden Salad and L/F Novelty Ice Cream | Loaded Potato Soup, Breadstick, Chef's Choice of Desserts | Upon Request |
| Saturday | Pancakes, Sausage, Oatmeal, Toast and Fresh Fruit | Pot Roast over Mashed Potatoes, Normandy Blend, and S/F Assorted Desserts | 1/2 Grilled Cheese w/ Tomato Bisque, Fresh Fruit | 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.

Recommendations are based on USDA Guidelines for Seniors. 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!