



Weekly Meal Planner | Regular | 9/11/22 - 9/17/22

	BREAKFAST	LUNCH	DINNER	SNACK
Sunday	French Toast, Sausage, Oatmeal, Toast and Fresh Fruit	Chicken Wings, Mac and Cheese, Roasted Beets and 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 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 Ice Cream	B.L.T. Sandwiches, Potato Salad, Chocolate Chip Cookies	Upon Request
Wednesday	Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit	Country Fried Steak, Baked Sweet Potato, Green Beans, 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 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 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 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!