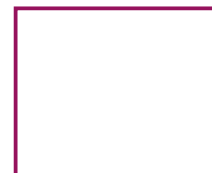




Weekly Meal Planner | Heart Healthy | 3/19/23 - 3/25/23

	BREAKFAST	LUNCH	DINNER	SNACK
Sunday	Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit	Baked Chicken, Au Gratin Potatoes, Roasted Brussel Sprouts and S/F Assorted Cookies	Roast Beef Sub, Chips and S/F Assorted Desserts	Upon Request
Monday	Pancakes, Sausage, Oatmeal, Toast and Fresh Fruit	Deluxe Hamburgers, French Fries and S/F Ice Cream Sundaes	Chicken and Dumpling Soup, Breadsticks and S/F Jell-O w/ Fruit	Upon Request
Tuesday	Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit	Swiss Steak with Gravy, Steamed Rice, Peas and S/F Strawberry Cheesecake	Goulash, Dinner Roll and Fresh Fruit	Upon Request
Wednesday	French Toast, Sausage, Oatmeal, Toast and Fresh Fruit	Lasagna, Mixed Vegetables, Garlic Toast and 1/2 Eclairs	Chicken Pot Pie, Side Salad and S/F Peanut Butter Cookies	Upon Request
Thursday	Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit	Fried Chicken, Mashed Potatoes & Gravy with Carrots and L/F Lemon Cake Pops	Turkey a La King, Southern Biscuit and S/F Assorted Desserts	Upon Request
Friday	Waffles, Sausage, Oatmeal, Toast and Fresh Fruit	Fried Cod, French Fries, Coleslaw, Lemon Wedge and S/F Novelty Ice Cream	Beef Stew, Cornbread and Winter S/ Bread Pudding	Upon Request
Saturday	Eggs Made to Order, Bacon, Oatmeal, Toast and Fresh Fruit	Spaghetti and Meat Sauce, Breadstick and Zucchini and S/F Chocolate Cake	Turkey Grilled Cheese, Fresh Vegetables and Dip and S/F Assorted Pies	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!