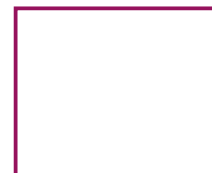




Weekly Meal Planner | Carb Control | 3/19/23 - 3/25/23

	BREAKFAST	LUNCH	DINNER	SNACK
<b>Sunday</b>	Eggs Made to Order, Bacon, Oatmeal, WW 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
<b>Monday</b>	Pancakes, Sausage, Oatmeal, WW 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
<b>Tuesday</b>	Eggs Made to Order, Bacon, Oatmeal, WW Toast and Fresh Fruit	Swiss Steak with Gravy, Steamed Rice, Peas and S/F Strawberry Cheesecake	Goulash, Dinner Roll and Fresh Fruit	Upon Request
<b>Wednesday</b>	WW 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
<b>Thursday</b>	Eggs Made to Order, Bacon, Oatmeal, WW 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
<b>Friday</b>	Waffles, Sausage, Oatmeal, WW 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
<b>Saturday</b>	Eggs Made to Order, Bacon, Oatmeal, WW 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.

ReA6:E16commendations 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!