NAVION SENIOR SOLUTIONS (624560)*

Senior Living F/W Southern w/ALTS 2024 Regular

Week 1

Sunday	Monday	Tuesday	Wednesday		Tulday	Catavadass
Sep-22, Oct-27, Dec-01,			-	Thursday	Friday	Saturday
	Sep-23, Oct-28, Dec-02, Jan-06, Feb-10, Mar-17, Apr-21	Sep-24, Oct-29, Dec-03, Jan-07, Feb-11, Mar-18, Apr-22	Sep-25, Oct-30, Dec-04,	Sep-26, Oct-31, Dec-05, Jan-09, Feb-13, Mar-20, Apr-24	Sep-27, Nov-01, Dec-06,	Sep-28, Nov-02, Dec-07,
Breakfast			July 100 12, 1150 10, 10, 10, 10, 10, 10, 10, 10, 10, 10	Odil-00, Fob To, Mar 20, 7p. 2	, , , , , , , , , ,	71, 105 10, Mai 22, Apr 20
Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal
Pancakes	Eggs of Choice	Scrambled Eggs	Eggs of Choice	Buttered Waffles	Eggs of Choice	Scrambled Eggs
Sausage Links	Wheat Toast	Bacon	Biscuits and Sausage Gravy	Eggs of Choice	Canadian Bacon	Sausage Patty
Maple Syrup	Vanilla Yogurt	Blueberry Muffin	Whipped Butter Cup	Maple Syrup	Toasted English Muffin	Apple Cinnamon Muffin
Whipped Butter Cup	Jelly	Whipped Butter Cup	Juice of Choice	Whipped Butter Cup	Whipped Butter Cup	Bread
Juice of Choice	Whipped Butter Cup	Juice of Choice	2% Milk	Juice of Choice	Juice of Choice	Whipped Butter Cup
2% Milk	Juice of Choice	2% Milk	Coffee/Tea	2% Milk	2% Milk	Juice of Choice
Coffee/Tea	2% Milk	Coffee/Tea		Coffee/Tea	Coffee/Tea	2% Milk
	Coffee/Tea					Coffee/Tea
Lunch						
Garlic Parmesan Chicken	Roasted Pork Tenderloin	Chicken Rice Casserole	Meatloaf	Sweet & Sour Chicken Thigh	Catch of The Day	Bratwurst
Breast	Baked Sweet Potato	Fried Okra	Mashed Potatoes	White Rice	Roasted Red Potatoes	Peppers & Onions
Pasta	Green Beans	Tossed Salad	Green Peas	Vegetable Blend	Creamy Cole Slaw	American Fried Potatoes
Broccoli Florets	Choice of Roll	Cornbread	Choice of Roll	Choice of Roll	Choice of Roll	Wheat Bread
Garlic Parm Biscuit Bread	Cream Pie	Cream Cheese Brownies	Banana Pudding Parfait	Fresh Baked Cookie	Frosted Cake	Chef's Choice Dessert
Pumpkin Cake	Whipped Butter Cup	Choice of Dressing	Brown Gravy	Whipped Butter Cup	Whipped Butter Cup	Whipped Butter Cup
Whipped Butter Cup	Coffee/Tea	Whipped Butter Cup	Whipped Butter Cup	Coffee/Tea	Coffee/Tea	Coffee/Tea
Coffee/Tea		Coffee/Tea	Coffee/Tea			
Deli Sandwich	Cheese Quesadilla	Ham Slice	Chicken Tenders	Salmon Patty	Breaded Chicken Sandwich	Swedish Meatballs
Pickled Beets	Corn	Au Gratin Potatoes	Zucchini	Stewed Tomatoes	French Fries	Green Peas
Dinner						
Breaded Fish	Beef and Noodles	Cheese Ravioli w/Sauce	Manager's Choice Entree	. Chili with Beans	Vegetable Chowder	Chicken Enchiladas
French Fries	Fried Squash	Broccoli Florets	Choice of Vegetable	Baked Potato	Saltines	Spanish Rice
Creamy Cole Slaw	Choice of Roll	Diced Pears	Choice of Roll	Choice of Roll	BLT Sandwich	Corn
Hushpuppies	Fruit of Choice	Whipped Butter Cup	Dessert of the Day	Mixed Melon Salad	Cottage Cheese	Fruit Cocktail
Fruit of Choice	Whipped Butter Cup	Coffee/Tea	Whipped Butter Cup	Sour Cream and Chives	Peaches	Whipped Butter Cup
Ketchup Pkt	Coffee/Tea	French Fries	2% Milk	Whipped Butter Cup	Whipped Butter Cup	2% Milk
Whipped Butter Cup		7	Coffee/Tea	2% Milk	Coffee/Tea	Coffee/Tea
2% Milk				Coffee/Tea		
Coffee/Tea						
Salisbury Steak with Gravy	Grilled Turkey & Swiss	Hot Dog on a Bun		Ham & Potato Au Gratin	Sloppy Joe on a Bun	Herbed Pork Loin
Whole Baby Carrots	Sandwich	·		Green Beans	Macaroni & Cheese	Choice of Vegetable
	Cream of Tomato Soup		•			_