

Week at a Glance

Cogir Vallejo Hills
Regular Diet

1/19/2025	MONDAY, 1/20/2025	TUESDAY, 1/21/2025	WEDNESDAY, 1/22/2025	THURSDAY, 1/23/2025	FRIDAY, 1/24/2025	SATURDAY, 1/25/2025
Breakfast 7AM TO 9:30AM						
Resident's Choice of Egg ♥Blueberry Pancakes ♥Toast Breakfast Meat of Choice ♥Fresh Seasonal Fruit ♥Hot or Cold Cereal	Resident's Choice of Egg ♥Toast Breakfast Meat of Choice ♥Fresh Seasonal Fruit ♥Hot or Cold Cereal Hash Browns	Resident's Choice of Egg Croissant & Butter ♥Toast Breakfast Meat of Choice ♥Fresh Seasonal Fruit ♥Hot or Cold Cereal	Resident's Choice of Egg ♥Blueberry Muffin & Butter or Margarine ♥Toast Breakfast Meat of Choice ♥Fresh Seasonal Fruit ♥Hot or Cold Cereal Hash Browns	Resident's Choice of Egg Corned Beef Hash ♥Toast Breakfast Meat of Choice ♥Fresh Seasonal Fruit ♥Hot or Cold Cereal	Resident's Choice of Egg Baked French Toast ♥Toast Breakfast Meat of Choice ♥Fresh Seasonal Fruit ♥Hot or Cold Cereal	Resident's Choice of Egg Biscuit with Sausage Gravy ♥Toast Breakfast Meat of Choice ♥Fresh Seasonal Fruit ♥Hot or Cold Cereal
♥Choice of Juice Milk 1% ♥Coffee / Tea / Decaf	♥Choice of Juice Milk 1% ♥Coffee / Tea / Decaf	♥Choice of Juice Milk 1% ♥Coffee / Tea / Decaf	♥Choice of Juice Milk 1% ♥Coffee / Tea / Decaf	♥Choice of Juice Milk 1% ♥Coffee / Tea / Decaf	♥Choice of Juice Milk 1% ♥Coffee / Tea / Decaf	♥Choice of Juice Milk 1% ♥Coffee / Tea / Decaf
Lunch 11:30AM TO 1:30						
Baked Potato Soup Salad of the Day with Dressing ♥Honey Mustard Pork Tenderloin Chicken and Mushroom Marsala ♥Linguine Noodles ♥Parslied Baby Carrots ♥Choice of Bread & Butter Apple Pie ♥Choice of Beverage	Lentil Soup Salad of the Day with Dressing Fried Catfish Chicken Gumbo ♥Black Beans and Rice ♥Steamed Okra ♥Choice of Bread & Butter Bread Pudding with Rum Sauce ♥Choice of Beverage	Pasta Fagioli Soup Salad of the Day with Dressing ♥Pot Roast Bratwurst with Peppers and Onions Mashed Sweet Potatoes Buttered Corn ♥Choice of Bread & Butter Coconut Pecan Bar ♥Choice of Beverage	Vegetarian Vegetable Soup Salad of the Day with Dressing Creamy Marinara and Artichoke Tortellini ♥Open-faced Turkey Sandwich with Gravy Buttermilk Mashed Potatoes ♥Parslied Cauliflower ♥Choice of Bread & Butter Cherry Cheesecake ♥Choice of Beverage	Beef Noodle Soup Salad of the Day with Dressing Spiral Baked Ham ♥Burgundy Beef ♥Egg Noodles Buttered Carrots ♥Choice of Bread & Butter Pumpkin Pie with Topping ♥Choice of Beverage	New England Clam Chowder Salad of the Day with Dressing ♥Chicken Piccata with Capers ♥Baked Salmon ♥Red Pepper Rice Pilaf ♥Steamed Broccoli Spears ♥Choice of Bread & Butter Orange Cream Angel Food Cake ♥Choice of Beverage	Chicken Noodle Soup Salad of the Day with Dressing Shrimp Scampi Country Fried Steak with Brown Gravy Mashed Sweet Potatoes ♥Linguine Noodles ♥Swiss Chard with Garlic ♥Choice of Bread & Butter Croissant Bread Pudding ♥Choice of Beverage
Dinner 4PM TO 6:30 PM						
Baked Potato Soup Salad of the Day with Dressing Beef and Vegetable Stir Fry Italian Sub Sandwich Fried Rice ♥Mixed Vegetables ♥Pasta Salad ♥Choice of Bread & Butter Butterscotch Blondie Milk 2% ♥Coffee / Tea / Decaf	Lentil Soup Salad of the Day with Dressing Classic Crab Cake Roasted Veggie Wrap with Garlic Aioli ♥Fruit Ambrosia Salad Buttered Green Beans ♥Choice of Bread & Butter Oatmeal Cranberry Cookie Milk 2% ♥Coffee / Tea / Decaf	Pasta Fagioli Soup Salad of the Day with Dressing Turkey Bacon BLT Sandwich ♥Macaroni and Cheese ♥Sautéed Zucchini with Onions ♥Choice of Bread & Butter ♥Yogurt Fruit Parfait Milk 2% ♥Coffee / Tea / Decaf	Vegetarian Vegetable Soup Salad of the Day with Dressing ♥Batter Dipped Fish Beef Chili ♥Yukon Gold Potato Wedges Peas with Red Peppers Cornbread & Butter Chocolate Chip Cookie Milk 2% ♥Coffee / Tea / Decaf	Beef Noodle Soup Salad of the Day with Dressing Spinach Frittata ♥Pear Pecan Chicken Salad ♥Mixed Vegetables ♥Choice of Bread & Butter Balsamic Peaches with Ricotta Cheese and Almonds Milk 2% ♥Coffee / Tea / Decaf	New England Clam Chowder Salad of the Day with Dressing Philly Cheese Steak Sandwich Shrimp Avocado Chopped Salad Steak Fries ♥Choice of Bread & Butter Mousse Milk 2% ♥Coffee / Tea / Decaf	Chicken Noodle Soup Salad of the Day with Dressing Rigatoni with Italian Sausage ♥Chicken Salad over Romaine ♥Yellow Squash with Red Peppers ♥Garlic French Bread Fruited Gelatin Milk 2% ♥Coffee / Tea / Decaf

A heart ♥ on the menu denotes foods that are low in Sugar, low in Salt or No Added Salt, and low in Fat.

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Approved By: _____ January 17, 2025
Registered Dietitian