

WEEKLY MENU

Month: August 2021

Week: 1

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BREAKFAST		LUNCH		DINNER	
SUNDAY GRAPEFRUIT SLICES 1/2 BANANA 1/2 C. ORANGE JUICE 2/3 FRENCH TOAST w/ SYRUP, OMELET 1/2 C. HOT CREAM OF WHEAT HOT BEVERAGE 1 C. 2% MILK	1 BEEF BURGER w / BAKE BEANS LETTUCE/ TOMATO/ PICKLE 1/2 C. COLE SLAW/POTATO SALAD 1/2 C. PEARS DRINK / MILK / DECAF. COFFEE	4 OZ BAKE TURKEY 1/2 STUFFING w/GRAVY 1/2 GREEN BEANS ICE CREAM SUNDAE 1 C. 2% MILK / DRINK HOT BEVERAGE	GRAHAM CRACKERS PEANUT BUTTER 4 OZ GRAPE JUICE		
NB: Resident has the option of choosing which meal they like					
MONDAY 1/2 C. ORANGE JUICE 1/2 BANANA CREAM OF WHEAT, BACON 3/4 C. CHEERIOS CEREAL PANCAKE w/SYRUP 1 C. 2% MILK / DRINK HOT BEVERAGE	1 C. VEGETABLE SOUP 1/2 C. CHICKEN SALAD 1 CUP OF JELLO/APPLE SAUCE 1 C. MILK / DRINK HOT BEVERAGE ROLL / MARG.	2 OZ BAKE FISH w/SAUCE BAKE POTATOES 1/2 C. STEAM VEGETABLES SALAD 1 C. MILK/ DRINK HOT BEVERAGE 1 SLICE CAKE	LS CLUB CRACKERS & CREAM CHEESE FRESH FRUIT IN SEASON		
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TUESDAY 1 C. ORANGE JUICE 2/3 FRENCH TOAST, OMELET 1/2 C. FRUIT 1 CUP OATMEAL 2% MILK HOT BEVERAGE	1 C. CREAM OF MUSHROOM SOUP 2 OZ. TURKEY GARDEN SALAD (1C) 1 C. MILK/ DRINK/ TEA TUNA FISH SANDWICH 1/2 CUP BUTTERSCOTCH PUDDING ROLL / MARG.	ROLL /MARG 3 OZ. PINEAPPLE CHICKEN 1/2 C. STEAM RICE 1 C. SALAD 1 C. MILK/ DRINK OR TEA 1/2 C. FRUIT COCKTAIL ROLL w/MARG	1/2 ICECREAM PEACH SLICE OR FRESH FRUIT IN SEASON		
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WEDNESDAY 1/2 C. ORANGE JUICE 1/2 C.FRUIT BOIL EGG w/BREAD 1/2 C. CREAM WHEAT 1 C. 2% MILK HOT BEVERAGE FRUIT	GRILLED CHEESE SANDWICH / TOMATO & CUCUMBER SALAD 1/2 C VANILLA PUDDING DRINK TEA FRESH FRUIT	PASTA NIGHT 1 C. SALAD GARLIC BREAD 1 SLICE OF CHERRY PIE DRINK TEA 1 C. 2% MILK	2 FIG BARS 4 OZ. CRANBERRY JUICE FRESH FRUIT IN SEASON		

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THURSDAY				
1/2 C. ORANGE JUICE	GARDEN SALAD	4 OZ. BAKE CHICKEN	5 GINGER SNAPS	
1 SCRAMBLED EGG	CHICKEN/VEGETABLE RICE	1/2 CUP OF SCALLOPED POTATOES	4 OZ. 2% MILK	
2 TOAST	YOGURT/APPLE PIE	1/2 C. COOKED VEGETABLES	FRESH FRUIT IN SEASON	
3/4 C. RAISIN BRAN CEREAL	1 C. FRUIT SALAD	DRINK		
1 C. 2% MILK	1 C. 2% MILK	TEA		
HOT BEVERAGE		1/2 C. SHERBERT		
FRUIT		ROLL W/MARG		

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FRIDAY				
1/2 C. ORANGE JUICE	6 OZ. VEGETABLE SOUP	JUICE	GRAHAM CRACKERS	
HASHBROWN W/ SAUSAGE	2 OZ. FISH OR CHICKEN PATTY	4 OZ. BAKED TURKEY	FRESH FRUIT IN SEASON	
1/2 C. FARINA CEREAL	1 C. TOSSED SALAD	1/2 BAKED POTATOES	ICE CREAM	
1 C. 2% MILK	PINEAPPLE UPSIDE DOWN CAKE	1/2 C. PEAS		
HOT BEVERAGE	1 C. 2% MILK	1/2 C. APPLE-RAISIN PUDDING		
	TEA	1 C. 2% MILK		
	JUICE	TEA		
		ROLL W/MARG.		

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SATURDAY				
1/2 C. ORANGE JUICE	1/2 C. POTATO SOUP	2 OZ FISH PATTIES	FRUIT IN SEASON	
1 C. CEREAL W/2%MILK	1 CHICKEN SALAD SANDWICH	1/2 CUP OF PARSLEY VEGETABLE	4 SL CLUB CRACKERS	
1 SLICE RAISIN TOAST	MILK, DRINK OR TEA	1/2 MASHED POTATOES W/GRAVY		
HOT BEVERAGE, HAM & CHEESE	1/2 CUP APPLE SAUCE	MILK, DRINK OR TEA		
1/2 BANANA		ROLL W/MARG.		

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