

WEEKLY MENU GUIDE

Week 3

CYCLE B - SUMMER

6/26, 7/24, 8/21, 9/18

6/27, 7/25, 8/22, 9/19

6/28, 7/26, 8/23, 9/20

6/29, 7/27, 8/24, 9/21

6/30, 7/28, 8/25, 9/22

7/1, 7/29, 8/26, 9/23

7/2, 7/30, 8/27, 9/24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pineapple Juice Malt-O-meal Buttermilk Pancakes Syrup/Margarine Bacon Beverage	Apple Juice Farina Scrambled Eggs Cinnamon Roll Beverage	Banana Malt-O-Meal Cheese Omelet Toast/Margarine Hash Browned Potatoes Beverage	Orange Juice Oatmeal French Toast Syrup/Margarine Sausage Links Beverage	Grape Juice Cream of Rice Country Scramble Cinnamon Toast Beverage	Blended Juice Malt-O-Meal Waffles or Pancakes Orange Slice/Parsley Syrup/Margarine Beverage	Grape Juice Farina Corned Beef Hash Hard Boiled Egg Toast/Margarine Beverage
Roast Beef/Gravy Oven Browned Potatoes Fresh Summer Squash Bread/Margarine Pudding Beverage	Tossed Green Salad with Dressing Lasagna Zucchini w/ Onions Garlic Bread Brownie Beverage	Oven Fried Chicken Mashed Potatoes/Gravy Peas with Red Pepper Bread/Margarine Strawberry Shortcake or Fresh Fruit in Season Beverage	Pea and Cheese Salad Pepper Steak Baked Potato w/ Sour Cream/Chives Carrots Vichy Bread/Margarine Chocolate Chip Cookie Beverage	Chpd Lettuce/Tomato Enchilada Casserole Salsa Mexicana Sour Cream/Salsa Mexican Corn Refried Beans Fresh Fruit in Season Beverage	Calico Salad Fishwich on Bun Oven Fried Potatoes Mixed Vegetables Pineapple Upside Down Cake Beverage	Chicken Cacciatore Mashed Potatoes Green Beans w/ Bacon Roll/Margarine Sherbet Beverage
Sweet Sour Pork Buttered Rice Stir Fry Vegetables Bread/Margarine Oatmeal Raisin Cookie Beverage	Creamy Carrot Soup Club Sandwich Assorted Chips Dutch Apple Dessert Beverage	Chef's Salad with Garlic Bread OR Soft Tacos Chpd Lettuce/Tomato Spanish Rice Salsa/Sour Cream Frosted Cupcake	Vegetable Soup Turkey Pot Pie Basil Green Beans Garlic Bread Ice Cream Beverage	Spaghetti with Meatballs Fruit Garnish Zucchini Tarragon Whole Wheat Roll/Marg. Lemon Bars Beverage	New England Clam Chowder Cottage Cheese Fruit Plate Spice Muffin/Margarine Peanut Butter Cookie Beverage	Tuna Noodle Casserole Bread/Margarine Pickled Beets Canned Fruit Beverage
Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base

PLEASE NOTE: PATIENTS MAY HAVE WHOLE WHEAT OR WHITE BREAD. THERAPEUTIC DIETS ON FILE IN DIETARY DEPARTMENT. EIGHT OUNCES OF MILK OFFERED WITH BREAKFAST, 4 OZ. AT LUNCH AND 4 OZ. AT DINNER. (CALORIE COUNTS VARY). COLD CEREAL IS AVAILABLE TO RESIDENTS UPON REQUEST.