

WEEKLY MENU GUIDE

Week 4

CYCLE B - SUMMER

7/3, 7/31, 8/28, 9/25

7/4, 8/1, 8/29, 9/26

7/5, 8/2, 8/30, 9/27

7/6, 8/3, 8/31, 9/28

7/7, 8/4, 9/1, 9/29

7/8, 8/5, 9/2, 9/30

7/9, 8/6, 9/3, 10/1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Orange Juice Oatmeal Pancakes Syrup/Margarine Bacon Beverage	Pineapple Juice Cream of Rice Breakfast Frittata Bran Muffin/Margarine Beverage	Blended Juice Malt-O-Meal Fried Egg Hash Browned Potatoes Toast/Margarine Beverage	Apple Juice Oatmeal French Toast Sausage Links Syrup/Margarine Beverage	Pineapple Juice Farina Country Scramble English Muffin OR Toast/Margarine Beverage	Orange Juice Malt-O-Meal Pancakes Syrup/Margarine Orange Slice/Parsley Beverage	Apple Juice Oatmeal Scrambled Eggs Toast/Margarine Beverage
Optional: Applesauce Fresh Pork Roast Cornbread Dressing Fried Cabbage Bread/Margarine Fruit Cobbler Beverage	Carrot-Apple-Celery Sid Sweet/Sour Chicken or Teriyaki Chicken over Rice Fresh Zucchini & Corn Bread/Margarine Rocky Road Brownie Beverage	Meatloaf with Piquant Sauce Mashed Potatoes/Gravy Broccoli au Gratin Bread/Margarine Peach Crumble Beverage	Chpd Lettuce/ Tomato Tostada Casserole-2 Sour Cream/Salsa Refried Beans Mexican Corn Fiesta Fruit Pudding Beverage	Marinated Vegetable Sid Sloppy Joe on Bun Sunshine Carrots Molded Raspberry Applesauce Dessert Beverage	Fruit Salad Sesame Ginger Chicken Parslied Noodles Asian Stir-Fry Blend Bread/Margarine Lemon Jello Cake Beverage	Chow Mein over Rice Fried Cabbage Bread/Margarine Banana Beverage
Minestrone Soup Ham and Cheese Sandwich Carrot/Raisin Salad Vanilla Delight Beverage	Turkey Salad Cold Plate with Fruited Gelatin and Sliced Tomatoes Bread/Margarine Ice Cream Beverage	Pear and Cottage Cheese Salad Garden Cheese Sandwich with Cream of Spinach Soup OR Ham Hocks and Black Eyed Peas Assorted Greens Sugar Cookie	Cranberry Sauce Hot Turkey Sandwich Mashed Potatoes/Gravy Green Peas/Red Pepper Custard Beverage	Creamy Coleslaw #2 Fish Sticks with Tarter Sauce/Lemon Oven Fried Potatoes Spanish Green Beans Bread/Margarine Canned Plums	Marinated Cucumbers Hot Pastrami Sandwich Assorted Chips Fresh Fruit in Season Beverage	Tomato Rice Soup Beans & Franks Peach/Cottage Cheese Salad Rainbow Gelatin Cubes with Whipped Cream 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.