

| M   | Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|---|--|--|--|---|---|
| B<br>R<br>E<br>A<br>K<br>F<br>A<br>S<br>T | PINEAPPLE JUICE<br>CREAM OF RICE<br>OMELET<br>BACON<br>BANANA HALF<br>SWEET ROLL<br>LOW FAT MILK   | CRANBERRY JUICE<br>RICE KRISPIES<br>EGG OF CHOICE<br>PLUMS<br>TOAST<br>LOW FAT MILK<br>MARGARINE/JELLY                          | ORANGE JUICE<br>OATMEAL<br>MAPLE FLAVOR SAUSAGE<br>MANDARIN ORANGES<br>PANCAKES/SYRUP<br>OR TOAST<br>MARGARINE/JELLY<br>LOW FAT MILK             | APRICOT NECTAR<br>MALT O MEAL<br>POACHED EGG<br>PEARS<br>FRUIT TURNOVER<br>LOW FAT MILK  | ORANGE PINEAPPLE JUICE<br>CREAM OF WHEAT<br>FRENCH TOAST / SYRUP<br>SAUSAGE PATTY<br>CINNAMON APPLESAUCE<br>LOW FAT MILK | APPLE JUICE<br>OATMEAL<br>FRIED EGG<br>RAISIN TOAST<br>DARK CHERRIES<br>LOW FAT MILK<br>MARGARINE/JELLY   | GRAPE JUICE<br>CORNFLAKES<br>SAUSAGE<br>BANANA HALF<br>GLAZED DONUT<br>LOW FAT MILK                             |
| N<br>O<br>O<br>N                          | ROAST PORK<br>SWEET POTATO<br>CASSEROLE<br>CREAM STYLE CORN<br>RHUBARB PIE<br>DINNER ROLL/MARGARINE<br>LOW FAT MILK<br>SPICED APPLE RING | ROUND STEAK<br>MUSHROOM GRAVY<br>BAKED POTATO<br>CREAMED PEAS &<br>CARROTS<br>BREAD/MARG<br>FROSTED BANANA CAKE<br>LOW FAT MILK | BBQ RIBS<br>SOUR CREAM & CHIVE<br>POTATOES<br>BROCCOLI & CAULIFLOWER<br>BREAD/MARG<br>COCONUT CREAM PIE<br>LOW FAT MILK<br>OR LEMON MERINGUE PIE | CREAMY ORANGE SALAD<br>BAKED PORK CHOP<br>SAUERKRAUT<br>MASHED POTATOES<br>GRAVY<br>ROLL/MARG<br>APPLE CAKE<br>WHIPPED TOPPING<br>OR CRANBERRY FLUFF<br>LOW FAT MILK | MEATLOAF<br>BAKED POTATO/MARG<br>GREEN BEAN<br>CASSEROLE<br>FRENCH BREAD<br>DESSERT, ASSORTED<br>LOW FAT MILK            | SUMMER SALAD<br>CHICKEN TENDERS<br>POTATO SALAD<br>DINNER ROLL/MARGARINE<br>MANDARIN ORANGE CAKE<br>LOW FAT MILK<br>OR WHITE CAKE/PBUTTER<br>FROSTING | COLESLAW<br>BAKED SCROD FILET<br>MASHED POTATOES/MARG<br>BREAD/MARG<br>STRAWBERRY<br>CHEESECAKE<br>LOW FAT MILK |
| E<br>V<br>E<br>N<br>I<br>N<br>G           | HAM AND BEANS<br>CORNBREAD<br>ICE CREAM<br>WITH TOPPING<br>COOKIE<br>LOW FAT MILK  | HOT DOG ON BUN<br>BAKED MACARONI &<br>CHEESE<br>FRUITED CHERRY GELATIN<br>LOW FAT MILK  | CHICKEN POT PIE<br>PEACHES AND BANANAS<br>ROLL/MARG<br>CHOCOLATE CHIP COOKIE<br>LOW FAT MILK   | TWICE BAKED POTATO<br>SOUP<br>SLOPPY JOE ON BUN<br>RICE AND RAISIN PUDDING<br>CRACKERS<br>LOW FAT MILK   | TOSS SALAD/DRESSING<br>BEEF CHOW MEIN<br>BREAD/MARG<br>FANCY FREEZE<br>LOW FAT MILK                                      | UNDER THE SEA SALAD<br>CHILI<br>CHEESE SANDWICH<br>CRACKERS<br>SUGAR COOKIE<br>LOW FAT MILK   | SPLIT PEA SOUP/HAM<br>RELISH PLATE<br>SUBMARINE SANDWICH<br>CRACKERS<br>BUTTERSCOTCH PUDDING<br>LOW FAT MILK    |

Notes:

No Added Salt Diet: No salt packet on tray.  
4oz - 8 oz of milk served per resident's choice  
Follow Martin Bros. pureed portion plan

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Menus Approved By: \_\_\_\_\_

Dates: 11/1/15, 12/6/15, 1/10/16, 2/14/16, 3/20/16, 4/24/16, 5/29/16, 7/3/16, 8/7/16, 9/11/16, 10/16/16, 11/20/16, 12/25/16