

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	ORANGE JUICE CREAM OF RICE FRIED EGG BACON BANANA HALF CINNAMON TOAST LOW FAT MILK	CRANBERRY JUICE WARM CINNAMON APPLESAUCE OATMEAL MAPLE FLAVOR SAUSAGE TOAST MARGARINE/JELLY LOW FAT MILK	ORANGE JUICE CREAM OF WHEAT POACHED EGG MANDARIN ORANGES DANISH OR TOAST MARGARINE/JELLY LOW FAT MILK	APPLE JUICE MALT O MEAL SAUSAGE LINK PEARS TOAST LOW FAT MILK MARGARINE/JELLY	ORANGE JUICE FRUIT COCKTAIL RICE KRISPIES SCRAMBLED EGG PANCAKES/SYRUP LOW FAT MILK	TOMATO JUICE DRY CEREAL OF CHOICE SAUSAGE PATTY BANANA HALF HASHBROWN PATTY LOW FAT MILK OR TOAST	ORANGE JUICE CREAM OF RICE EGG OF CHOICE BACON PEACH SLICES COFFEE CAKE LOW FAT MILK
N O O N	ROAST BEEF MASHED POTATOES BROWN GRAVY FANCY MIX VEGETABLES DINNER ROLL/MARGARINE PEACH PIE WHIPPED TOPPING LOW FAT MILK	HAM LOAF AU GRATIN POTATOES BRUSSELS SPROUTS BLACK FOREST CAKE BREAD/MARG LOW FAT MILK OR SOUR CREAM BANANA CAKE	ROAST PORK BAKED POTATO/MARG GLAZED BABY CARROTS DINNER ROLL/MARGARINE BERRY CHEESECAKE LOW FAT MILK SPICED APPLE RING	ROAST TURKEY TURKEY GRAVY MASHED POTATOES SCALLOPED CORN SAGE DRESSING PUMPKIN BAR/FROSTING LOW FAT MILK CRANBERRY SAUCE	BAKED PORK CHOP BAKED BEAN CASSEROLE POTATO SALAD HOT APPLESAUCE GARNISH CHERRY CAKE DINNER ROLL/MARGARINE WHIPPED TOPPING LOW FAT MILK	SALMON LOAF SOUR CREAM POTATOES CREAMED PEAS BREAD/MARG DESSERT, ASSORTED LOW FAT MILK	SWISS STEAK BOILED POTATOES/MARG BROCCOLI CUTS ROLL/MARG DUTCH APPLE PIE LOW FAT MILK
E V E N I N G	LETTUCE & TOMATO SALAD CREAMED CHICKEN BISCUIT LEMON SHERBET LOW FAT MILK PINEAPPLE RING SALAD DRESSING	SUBMARINE SANDWICH HOMEMADE POTATO SOUP CRACKERS RELISH PLATE STAIN GLASS PARFAIT HOMEMADE COOKIE LOW FAT MILK	BEEF STROGANOFF NOODLES STEWED TOMATOES BREADSTICK CUSTARD / TOPPING LOW FAT MILK	CHEESEBURGER ON BUN KETCHUP/MUSTARD TATER TOTS VANILLA ICE CREAM CHOCOLATE CHIP COOKIE LOW FAT MILK	LETTUCE & TOMATO SALAD BEEF STEW BISCUIT APRICOTS LOW FAT MILK SALAD DRESSING OR TATER TOT CASSEROLE	HAM & CHEESE OMELET FRUIT CUP BLUEBERRY MUFFIN MARGARINE LOW FAT MILK	GARDEN VEGETABL SOUP CHICKEN PATTY ON BUN CRACKERS CHOCOLATE ICE CREAM COOKIE 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: 11/15/15, 12/20/15, 1/24/16, 2/28/16, 4/3/16, 5/8/16, 6/12/16, 7/17/16, 8/21/16, 9/25/16, 10/30/16, 12/4/16