

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	APRICOT NECTAR MALT O MEAL SAUSAGE LINK FRENCH TOAST / SYRUP APPLESAUCE LOW FAT MILK	APPLE JUICE RICE KRISPIES FRIED EGG BACON BANANA HALF RAISIN TOAST LOW FAT MILK MARGARINE/JELLY	ORANGE PINEAPPLE JUICE OATMEAL SAUSAGE PATTY FRUIT COCKTAIL CINNAMON TOAST LOW FAT MILK MARGARINE/JELLY	CRANBERRY JUICE BRAN FLAKES SCRAMBLED EGG APRICOTS DONUT LOW FAT MILK	ORANGE JUICE CREAM OF WHEAT SAUSAGE LINK PEARS TOAST LOW FAT MILK MARGARINE/JELLY	PINEAPPLE JUICE CHEERIOS POACHED EGG BACON DARK CHERRIES STRUDEL BITES LOW FAT MILK	CRANBERRY JUICE CORNFLAKES MAPLE FLAVOR SAUSAGE ROSY APPLESauce TOAST LOW FAT MILK MARGARINE/JELLY
N O O N	GLAZED HAM WHIPPED SWEET POTATO MIXED VEGETABLES PEACH COBBLER ROLL/MARG LOW FAT MILK OR WARM CARAMEL APPLE CAKE	NEW ENGLAND POT ROAST BROWN GRAVY BOILED POTATOES CABBAGE/CARROT/ONION BISCUIT COCONUT CREAM PIE LOW FAT MILK MARGARINE HONEY	TOMATO & CUCUMBER SALAD OR CUCUMBER SALAD OVEN FRIED CHICKEN OVEN ROASTED RED POTATOES STRAWBERRY SHORTCAKE BREAD/MARG LOW FAT MILK CHICKEN GRAVY	BBQ PORK CUTLET SOUR CREAM & CHIVE POTATOES SQUASH DINNER ROLL/MARGARINE ASSORTED DESSERTS LOW FAT MILK OR BBQ RIBS	BEEF LIVER & ONIONS BROWN GRAVY MASHED POTATOES BRUSSELS SPROUTS BREAD/MARG CHERRY GELATIN CAKE LOW FAT MILK SPICED APPLE RING PEACH CAKE	BROCCOLI SALAD ROAST PORK BAKED POTATO/MARG BREAD DRESSING LEMON MERINGUE PIE OR RASPBERRY PIE LOW FAT MILK CRANBERRY SAUCE	MEATLOAF BROWN GRAVY MASHED POTATOES STEWED TOMATOES BREAD/MARG BLUEBERRY CRUMB BAR LOW FAT MILK OR SUMMER GRILLED CORN
E V E N I N G	GOULASH GREEN BEAN CASSEROLE BREAD/MARG PUDDING PARFAIT LOW FAT MILK	SPLIT PEA SOUP/HAM TUNA SALAD SANDWICH FUDGE MINT FREEZE LOW FAT MILK SPICED APPLE RING	TOSS SALAD/DRESSING HOMEMADE POT PIE FRENCH BREAD APPLE CRISP LOW FAT MILK	CALIFORNIA MEDLEY SOUP SUBMARINE SANDWICH CRACKERS RED APPLESauce GELATIN SNICKERDOODLE COOKIE LOW FAT MILK	HOMEMADE CHILI LETTUCE & TOMATO SALAD BREADSTICK TAPIOCA PUDDING SUGAR COOKIE LOW FAT MILK SALAD DRESSING	FOUR MEAT PIZZA COLESLAW BLOND BROWNIE VANILLA ICE CREAM SODA POP LOW FAT MILK	CR OF ASPARAGUS SOUP SHAVED HAM SANDWICH CRACKERS OATMEAL COOKIE CHERRY ICE CREAM LOW FAT MILK OR BAKED POTATO SOUP

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: 10/18/15, 11/22/15, 12/27/15, 1/31/16, 3/6/16, 4/10/16, 5/15/16, 6/19/16, 7/24/16, 8/28/16, 10/2/16, 11/6/16, 12/11/16