

# WEEK 1 MENU

## Monday

**Breakfast:** \*Oatmeal with berries, and whole wheat toast with peanut butter

**Lunch:** \*Vegetable lasagna, garlic bread, and tossed salad

**Dinner:** \*+Lentil barley soup with celery, onions, & carrots, tossed salad, and whole wheat roll

## Tuesday

**Breakfast:** +Buttermilk biscuits and sausage gravy, with fresh fruit

**Lunch:** +BBQ beef sandwich on a whole wheat bun and sweet & sour cabbage

**Dinner:** Tuna sandwich, 1/2 cup potato salad, and fresh fruit

## Wednesday

**Breakfast:** \*Cereal of choice, cottage cheese, and fresh fruit

**Lunch:** Fish tacos with shredded cabbage, fresh salsa, and refried beans

**Dinner:** Chicken with white & wild rice, deviled eggs, and tossed salad

## Thursday

**Breakfast:** \*Seasonal scramble with potato, kale and onion, whole wheat toast, and orange wedges

**Lunch:** Meatloaf, quinoa with shredded carrots, cranberries & nuts, and scalloped potatoes

**Dinner:** +Chinese chicken salad with seasonal greens, mandarin oranges, and a whole wheat breadstick

## Friday

**Breakfast:** \*Cream of wheat, slice turkey bacon, and fresh fruit

**Lunch:** +Molasses glazed ham, rutabaga casserole, and tossed salad

**Dinner:** Organic cream of broccoli soup and 1/2 chicken salad sandwich on whole wheat bread

## Saturday

**Breakfast:** \*Eggs of choice, home fries, and fresh fruit

**Lunch:** +Lemon-garlic chicken, brown rice, and roasted beets & sweets

**Dinner:** Turkey sandwich with lettuce, tomato & cheese, and three bean salad

## Sunday

**Breakfast:** \*Whole wheat pancakes, scrambled eggs, and baked apples with walnuts

**Lunch:** Pork pot roast with carrots, potatoes, onions & celery and tossed salad

**Dinner:** Teriyaki stir-fry with chicken, carrots & mushrooms, brown rice, and kale salad

**Desert:** +Mixed berry muffins

Each resident's diet preferences and restrictions are incorporated into their individual meal plan.

Healthy snacks are served twice daily.

**+Seasonal Dish \*Vegetarian**



**ELDER HEALTH & LIVING**

# WEEK 2 MENU

## Monday

**Breakfast:** \*Oatmeal, whole wheat toast with peanut butter, and fresh fruit

**Lunch:** \*+Winter squash and black bean enchiladas, fiesta lime rice, and tossed salad

**Dinner:** \*+Mushroom stroganoff over egg noodles, deviled eggs, and tossed salad

## Tuesday

**Breakfast:** \*Whole wheat English muffin with egg & cheese and fresh fruit

**Lunch:** Chicken pot pie with buttermilk biscuit on top, tossed salad, and maple-glazed beets

**Dinner:** Bacon, lettuce, tomato sandwich, pickle slices, and tossed salad

## Wednesday

**Breakfast:** \*Waffles, scrambled eggs, and orange wedges

**Lunch:** Coconut curry with chicken and carrots, brown rice, pineapple, banana, and raisins

**Dinner:** Chili with beef & beans, cornbread, and tossed salad

## Thursday

**Breakfast:** \*Yogurt parfait with granola and berries, whole wheat English muffin

**Lunch:** +Spaghetti with meatballs & mushrooms, steamed peas, and garlic bread

**Dinner:** \*Minestrone soup, egg salad sandwich, and fresh fruit salad

## Friday

**Breakfast:** +Seasonal frittata with bacon, kale, & leeks, whole wheat toast, and fresh fruit

**Lunch:** +Oven fried pork chops with applesauce, mashed potatoes, broccoli salad with cranberry dressing

**Dinner:** Tuna macaroni salad with sweet peppers, green onions, and celery, baked beans, and fresh fruit

## Saturday

**Breakfast:** \*Cereal of choice, cottage cheese and fresh fruit

**Lunch:** Pot roast with potatoes, carrots, onion and celery, and tossed salad

**Dinner:** Home-made pizza with toppings, tossed salad, and fresh vegetable plate

## Sunday

**Breakfast:** French toast, turkey sausage, and apple slices

**Lunch:** +Crispy oven fried fish with tartar sauce, coleslaw, and whole wheat breadstick

**Dinner:** +Organic butternut squash soup, grilled turkey & provolone sandwich

**Desert:** Brownie sundaes

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**+Seasonal Dish \*Vegetarian**



**ELDER HEALTH & LIVING**

# WEEK 3 MENU

## Monday

**Breakfast:** \*Oatmeal with berries, and whole wheat toast with peanut butter

**Lunch:** \*Black bean & sweet potato chili with shredded carrot & raisin salad

**Dinner:** \*Macaroni & cheese, baked beans, and collard greens

## Tuesday

**Breakfast:** Buttermilk biscuit & sausage gravy with fresh fruit

**Lunch:** Baked salmon and caesar salad with croutons and a whole wheat breadstick

**Dinner:** Bacon, lettuce, tomato sandwich, pickle slices, and tossed salad

## Wednesday

**Breakfast:** \*Cereal of choice, cottage cheese, and fresh fruit

**Lunch:** Oven-fried chicken, quinoa salad with apples, raisins, and hazelnuts, and steamed spinach

**Dinner:** \*Cheese ravioli with tomato sauce, tossed salad and garlic bread

## Thursday

**Breakfast:** \*+Seasonal scramble with potato, kale & onion, whole wheat toast, and orange wedges

**Lunch:** BBQ ribs, sweet potato fries, coleslaw, and cauliflower Au Gratin

**Dinner:** Organic beef barley soup, tossed salad, and whole wheat roll

## Friday

**Breakfast:** Cream of wheat, one slice bacon, and fresh fruit

**Lunch:** +Turkey roast, mashed potatoes, cranberry sauce, and steamed green beans

**Dinner:** +Grilled ham & cheese sandwich on whole wheat bread, and carrot & kohlrabi sticks

## Saturday

**Breakfast:** \*Eggs of choice, home fries, and fresh fruit

**Lunch:** Beef soft tacos with tomatoes & shredded cabbage, Spanish rice, and refried beans

**Dinner:** +Rustic potato leek soup with bacon, and tossed salad

## Sunday

**Breakfast:** \*Whole wheat pancakes, scrambled eggs, and baked apples with walnuts

**Lunch:** +Cubed steak parmesan with penne pasta, and caramelized brussels sprouts

**Dinner:** Shrimp fried rice with peas, carrots, & green onions, and tossed salad

**Desert:** Banana bread

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**ELDER HEALTH & LIVING**

# WEEK 4 MENU

## Monday

**Breakfast:** \*Oatmeal, whole wheat toast with peanut butter, and fresh fruit

**Lunch:** \*Mediterranean pasta with broccoli, cherry tomatoes, olives, & feta, chick pea salad with raisins & cilantro, and tossed salad

**Dinner:** \*Organic tomato bisque, grilled cheese sandwich, and fresh vegetable plate

## Tuesday

**Breakfast:** \*Whole wheat English muffin with egg & cheese and fresh fruit

**Lunch:** Pulled pork sandwiches on whole wheat bun and coleslaw

**Dinner:** +Chicken cacciatore with mushrooms over penne pasta and baked winter squash

## Wednesday

**Breakfast:** \*Waffles, scrambled eggs, and orange wedges

**Lunch:** +Fisherman's catch, quinoa salad with shredded carrots, cranberries, & walnuts, and steamed broccoli normandy

**Dinner:** Open faced tuna melt, pickle slices, and tossed salad

## Thursday

**Breakfast:** \*Yogurt parfait with granola and berries, and whole wheat English muffin

**Lunch:** +Chicken enchiladas, guacamole, roasted carrots, and Spanish rice

**Dinner:** +Harvest vegetable soup and 1/2 chicken sandwich on a whole wheat roll

## Friday

**Breakfast:** Farmers' casserole with shredded hashbrowns, cubed ham, & green onions, whole wheat toast, and fresh fruit

**Lunch:** +Taco salad with beef, quinoa, avocados, tomatoes, & cucumbers, and whole wheat breadstick

**Dinner:** Burger sliders with trimmings, oven roasted potato wedges, and tossed salad

## Saturday

**Breakfast:** \*Cereal of choice, cottage cheese, and fresh fruit

**Lunch:** +BBQ chicken, macaroni salad, and steamed broccoli

**Dinner:** +Navy bean soup with ham, tossed salad, and french bread

## Sunday

**Breakfast:** French toast, turkey sausage, and apple slices

**Lunch:** Shepherd's pie with sweet potatoes, carrots, & mushrooms, spinach salad with strawberries

**Dinner:** +Turkey wraps, potato salad, and carrot sticks

**Desert:** Old fashioned apple crisp

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ELDER HEALTH & LIVING