

Weekly Menu

The Oaks at Nipomo



	Sun 09-23-2018	Mon 09-24-2018	Tue 09-25-2018	Wed 09-26-2018	Thu 09-27-2018	Fri 09-28-2018	Sat 09-29-2018
B R K	Bacon Egg Muffin Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	French Toast Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Chef's Choice Omelet Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Muffin Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Baked Denver Omelet Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Bacon Tomato Quiche Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Skillet Eggs/Hash Browns Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast
L U N	Turkey Reuben Sandwich <i>or</i> Mini Beef Sliders Tomatoes/Cottage Cheese Penne Pasta Salad Ice Cream Sandwich	Sub Sandwich <i>or</i> Cobb Salad Fruit Cocktail Salad Chocolate Chip Cookie	Soup Du Jour BLT Sandwich <i>or</i> Chicken Strip Ranch Wrap Apple Slices <i>or</i> Coleslaw Italian Ice	Crab Salad Croissant <i>or</i> Tri Salad Plate Watermelon <i>or</i> Sour Cream Cucumber Salad Chocolate Pudding	Soup Du Jour Turkey Apple Cashew Salad <i>or</i> Pinwheels Pineapple Salad Veggie Straws Almond Sugar Cookie	Hummus Vegetable Platter <i>or</i> Mediterranean Pita Cinnamon Fruit Cup Sweet Potato Fries Brownies	Pork Rib Patty Sandwich <i>or</i> BLT Avocado Wrap Apple Salad Chocolate Chip Cookie
D I N	Shrimp Cocktail Salmon Cakes Fettuccine Alfredo Steamed Broccoli Baked Roll Chef's Dessert	Deviled Egg Pancake/Eggs Dinner <i>or</i> Amish Chicken and Waffles Herb Grilled Polenta Cake Green Beans/Bacon Peach Crisp	Egg Flower Soup Beef and Broccoli Stir- Fry <i>or</i> Pork Chow Mein Lemon Rice Orange Glazed Carrots Cream Cheese Danish	Green Salad Turkey Cutlets/Pan Gravy <i>or</i> Petite Meatloaf Fresh Mashed Potatoes/Gravy Mixed Vegetables Baked Roll Classic Pecan Pie	Beet Salad Texas BBQ Chicken Salad <i>or</i> Hamburger Pot Pie Brown Rice Corn on the Cob Baked Roll Berry Cobbler	Grilled Marinated Shrimp <i>or</i> Marinated Flank Steak Quinoa and Black Beans Cuban Slaw <i>or</i> Grilled Zucchini Coconut Cream Pie	Green Salad Turkey/Mushroom Sauce <i>or</i> Country Fried Steak/Gravy Fresh Mashed Potatoes Parmesan Creamed Corn Baked Roll Chocolate Eclairs
	Milk offered at every meal						Week 5

Dietitian's Signature: *Diana Jagan, RDN*
6-18-2018