

Regular Menu

Pinole Senior Village



	Sun 10-29-2017	Mon 10-30-2017	Tue 10-31-2017	Wed 11-01-2017	Thu 11-02-2017	Fri 11-03-2017	Sat 11-04-2017
B R K	Hot Cereal Oatmeal Raisin Muffins Hard-Boiled Egg Sausage Patty Fresh Fruit 100% Juice	Hot Cereal French Toast Sausage Link Fresh Fruit 100% Juice	Hot Cereal Simple Scones Yogurt Scrambled Egg Fresh Fruit 100% Juice	Hot Cereal Eggs Benedict Hash Browns Fresh Fruit 100% Juice	Hot Cereal Sausage Scramble Country Potatoes Fresh Fruit 100% Juice	Hot Cereal Chef's Choice Omelet Yogurt Fresh Fruit 100% Juice Fresh Biscuits	Pancakes Yogurt Sausage Link Fresh Fruit 100% Juice
L U N	Homemade Bean Bacon Soup Glazed Meatloaf O'Brien Potatoes Mixed Vegetables Baked Roll Fresh Chocolate Crm Pie	Green Salad Cornmeal Crusted Catfish Hushpuppies Broccoli Fresh Cornbread Peach Upside Down Cake	Soup Du Jour Garlic-Herb Pork Roast Mashed Yams Herbed Corn Baked Roll Vanilla Cream Puffs	Soup Du Jour Old Time Beef Stew Fresh Mashed Potatoes Greens Baked Roll Lemon Meringue Pie	Green Salad Chicken/Broccoli Stuffing Seasoned Red Potatoes Green Beans Baked Roll Pineapple Upside Down Cake	Soup Du Jour Texas BBQ Steak Favorite Baked Beans Sweet Slaw Baked Roll Key Lime Pudding	Green Salad Spaghetti/Marinara Meat Sauce Garlic Zucchini Saute Garlic Bread Blueberry-Lemon Parfait
D I N	Green Salad Grilled Sandwich Green Beans Chips Homemade Cookie	Deluxe Hamburger Pickle Relish Plate Sweet Potato Fries Ice Cream Bar	Chicken Potato Dish Apple Spinach Salad Whole Grain Bread Blueberry Pie	Lentil Soup Tuna Salad Sandwich Broccoli Creamsicle Float	Cream of Broccoli Soup Monte Cristo Sandwich Beets Diabetic Dessert	Chicken and Broccoli Creamy Pasta Alfredo Caesar Salad Fudge Bar	Tomato Basil Parmesan Soup Crispy Chicken Strips Sweet Potato Tots Fresh Cooked Carrots Homemade Cookie
	Milk offered at every meal						Week 4

Dietitian's Signature: *Deani Jager, 5-1-2017*
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