

Regular Menu

Meadow Oaks



| | Sun 12-10-2017 | Mon 12-11-2017 | Tue 12-12-2017 | Wed 12-13-2017 | Thu 12-14-2017 | Fri 12-15-2017 | Sat 12-16-2017 |
|----------------------------|--|---|--|--|---|--|--|
| B R K | Oatmeal Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Oatmeal Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Oatmeal Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Oatmeal Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Oatmeal Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Oatmeal Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Oatmeal Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice |
| L U N | Green Salad New England Pot Roast <i>or</i> Apricot Brown Sugar Ham Seasoned Mushroom Rice Capri Blend Baked Roll Black Bottom Cherry Pie | Green Salad Louisiana Chicken <i>or</i> Shrimp Creole Fresh Mashed Potatoes Sautéed Spinach Baked Roll Chocolate Eclairs | Green Salad Homestyle Turkey/Gravy <i>or</i> Glazed Meatloaf Boiled Red Potatoes Skillet Cabbage Baked Roll Chocolate Love Cake | Green Salad Hunter's Chicken <i>or</i> Leg of Lamb Delmonico Potatoes Broccoli Baked Roll Razzleberry Pie | Green Salad Baked Beef Brisket <i>or</i> Smoked Sausage Garlic Herb Mashed Potatoes Baby Carrots Baked Roll White Poke Cake | Green Salad Pork Roast and Kraut <i>or</i> Veal Piccata Delicious Rice Glazed Snap Peas Baked Roll Berry Cheesecake | Green Salad Turkey Roast/Zesty Rub <i>or</i> Beef Pot Pie Bread Stuffing Green Beans Baked Roll Apricot Cobbler |
| S U P | Soup Du Jour Turkey A La King <i>or</i> Chipotle Lime Tilapia Savory Rice Broccoli Toast Points Baked Custard | Soup Du Jour Egg Salad Sandwich <i>or</i> Irish Beef Pie Mediterranean Tomato Salad Brownies | Soup Du Jour Ham Hocks/Pinto Beans <i>or</i> Breaded Cod Creamy Cheese Grits Carrot Coin Salad Baked Roll Fresh Apple Pie | Soup Du Jour Beef and Noodles <i>or</i> Crab Salad Croissant Zucchini Corn Saute Bread Pudding/Vanilla Sauce | Soup Du Jour Turkey Spinach Cheese Bake <i>or</i> Pan Fried Trout Brown Rice Vegetable Medley Salad Fresh Lemon Bars | Soup Du Jour Clubhouse Wrap <i>or</i> Ham and Cheese Panini Mixed Vegetables Zucchini Bread | Soup Du Jour Chicken Parmesan Dish <i>or</i> Classic Stuffed Bell Pepper Angel Pasta Assorted Fruit Light Caesar Salad Crusty Garlic Bread Orange Cream Dessert |
| Milk offered at every meal | | | | | | | Week 5 |

Dietitian's Signature: *Deani Jager, 5-1-2017*
610128

Regular Menu

Meadow Oaks



| | Sun 12-31-2017 | Mon 01-01-2018 | Tue 01-02-2018 | Wed 01-03-2018 | Thu 01-04-2018 | Fri 01-05-2018 | Sat 01-06-2018 |
|----------------------|---|---|--|--|--|---|--|
| B R K | Chef's Choice Pastry Oatmeal Eggs Benedict Egg of Choice Bacon Sausage Link 100% Juice | Chef's Choice Pastry Oatmeal Sausage Country Gravy/Biscuits Egg of Choice Bacon Sausage Link 100% Juice | Chef's Choice Pastry Oatmeal Crepes/Strawberry Sauce Egg of Choice Bacon Sausage Link 100% Juice | Chef's Choice Pastry Oatmeal Quiche Florentine Egg of Choice Bacon Sausage Link 100% Juice | Chef's Choice Pastry Oatmeal Baked Ham Strata Egg of Choice Bacon Sausage 100% Juice | Chef's Choice Pastry Oatmeal Spinach and Feta Quiche Egg of Choice Bacon Sausage 100% Juice | Chef's Choice Pastry Oatmeal Chorizo and Eggs Egg of Choice Bacon Sausage Link 100% Juice |
| L U N | Green Salad <i>or</i> Soup Du Jour Tangy Pork Roast <i>or</i> Champagne Chicken Fingerling Potatoes Seasoned Cauliflower Baked Roll Graham Streusel Cake | Green Salad Soup Du Jour Turkey/Mushroom Sauce <i>or</i> Herbed Roast/Vegetables Risotto Brussel Sprouts Baked Roll Fruit Pie | Green Salad <i>or</i> Soup Du Jour Grilled Polish Sausage <i>or</i> Chicken Fettuccine w/ Sun-Dried Tomatoes Baked Macaroni Cheese Herbed Corn Baked Roll Orange Crisps | Green Salad <i>or</i> Soup Du Jour Brown Sugar Ham <i>or</i> Chef's Special of the Day Roasted Rosemary Potatoes Mixed Vegetables Baked Roll Boston Cream Cake | Green Salad <i>or</i> Soup Du Jour Turkey Divan <i>or</i> Beef Stew Provencal Fresh Mashed Potatoes Baby Carrots Baked Roll Peach Angel Food Cake | Green Salad Soup Du Jour Garlic Parmesan Chicken <i>or</i> Roast Pork/Ginger Glaze Parmesan Orzo Sauteed Yellow Squash Baked Roll Tapioca Pudding | Green Salad <i>or</i> Soup Du Jour Hungarian Goulash <i>or</i> Leg of Lamb Boiled Potatoes Seasoned Cabbage Baked Roll Chocolate Cake |
| S U P | Italian Wedding Soup Reuben Sandwich <i>or</i> Spaghetti Carbonara Asparagus/Balsamic Sauce Strawberry Custard Tart | Ham and Lentil Soup Salmon Caesar Salad <i>or</i> Seafood Newburg Rice Pasta Pilaf Chef's Steamed Vegetable Banana Bread Pudding | Chicken Tortilla Soup Honey Mustard Deli Sandwich <i>or</i> Catalina Taco Salad California Blend Classic Macaroni Salad Dutch Apple Pie | Creamy Tomato Bisque Italian Sub Sandwich <i>or</i> Baked Ziti Stewed Tomatoes Cream Puffs | Black Bean Soup Hot Ham Cheese Sandwich <i>or</i> Baked Fish Barataria Herb Grilled Polenta Cake Caramelized Turnips Blonde Brownie | Garden Veggie Soup Eggplant Parmesan <i>or</i> Philly Steak Sandwich Angel Pasta Tomato Wedges Sugar Cream Pie | Soup Du Jour Sausage/Marinated Vegetables <i>or</i> BBQ Pork Ribs Garden Pasta Salad Apple Cake Kuchen |
| | Milk offered at every meal | | | | | | Week 3 |

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

Meadow Oaks



| | Sun 01-07-2018 | Mon 01-08-2018 | Tue 01-09-2018 | Wed 01-10-2018 | Thu 01-11-2018 | Fri 01-12-2018 | Sat 01-13-2018 |
|-------------|--|---|---|---|---|---|--|
| B R K | Chef's Choice Pastry Oatmeal Broccoli Cheese Frittata Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Chef's Choice Pastry Oatmeal Skillet Eggs/Hash Browns Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Chef's Choice Pastry Oatmeal Classic Corned Beef Hash Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Chef's Choice Pastry Oatmeal Denver Egg Scramble Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Oatmeal Sausage Country Gravy/Biscuits French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Chef's Choice Pastry Oatmeal Egg Veggie Muffins Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice | Chef's Choice Pastry Oatmeal Quiche Florentine Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice |
| L U N | Green Salad <i>or</i> Soup Du Jour Sweet and Sour Chicken <i>or</i> Asian Steak Bowl Best Noodles Mixed Vegetables Baked Roll Egg Custard Pie | Green Salad Soup Du Jour Pan Fried Catfish <i>or</i> Shrimp and Grits Seasoned Brown Rice Broccoli Baked Roll Blueberry Cobbler | Green Salad <i>or</i> Soup Du Jour Shredded Pork/Rice <i>or</i> Beef Taco Herbed Corn Baked Roll Apple Enchilada | Green Salad <i>or</i> Soup Du Jour Orange Glazed Ham <i>or</i> Chef's Special of the Day Twice Baked Potato Casserole Sauteed Mushrooms Baked Roll Maple Pecan Shortbread | Green Salad <i>or</i> Soup Du Jour Roast Pork with Apples <i>or</i> Beef Pot Roast Seasoned Red Potatoes Green Beans Baked Roll Lemon Meringue Cupcake | Green Salad Soup Du Jour Lemon Garlic Fish <i>or</i> Artichoke Chicken Rice Pasta Pilaf Chef's Steamed Vegetable Baked Roll Fresh Blueberry Pie | Green Salad <i>or</i> Soup Du Jour Spaghetti/Marinara Meat Sauce <i>or</i> Balsamic Roasted Pork Cornbread Dressing Roasted Brussels Sprouts Garlic Bread Tiramisu |
| S U P | Chicken and Corn Soup Pork, Apples and Yams <i>or</i> Brown Sugar Meatloaf Fresh Mashed Potatoes Green Beans Baked S'more | Minestrone Soup Deli Sandwich <i>or</i> Smothered Cube Steak Red Potato Salad Grilled Zucchini Apple Nut Squares | Tomato Lentil Soup Chicken and Dumplings <i>or</i> Chef's Special of the Day Pearl Couscous with Red Grains Vinaigrette Tomatoes Carrot Cake | Navy Bean Soup Tuna Salad Sandwich <i>or</i> Honey Curry Chicken Breast Jasmine Rice Peas and Pearl Onions Marshmallow Treat | Creamed Spinach Soup Monte Cristo Sandwich <i>or</i> Rib Eye Steak Garlic Mashed Potatoes Corn Pepper Salad Caramel Apple Upside Down Cake | Garden Tomato Soup Sub Sandwich <i>or</i> Hawaiian Pizza Caesar Salad Chocolate Dreamin' Cake Gluten Free | Soup Du Jour Slow Cooked Chicken BBQ <i>or</i> BBQ Saint Louis Pork Ribs Baked Beans Fresh Cooked Carrots Fresh Biscuit Classic Pecan Pie |
| | Milk offered at every meal | | | | | | Week 4 |

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