WESTMONT LIVING®
inspired retirement living®

Regular Menu

Brentwood

	Sun 02-25-2018	Mon 02-26-2018	Tue 02-27-2018	Wed 02-28-2018	Thu 03-01-2018	Fri 03-02-2018	Sat 03-03-2018
BRK	2 - Pancakes 1 - Egg of Choice *and* 1 slice Bacon *or* 1 - Sausage Patty 1/2 c 100% Juice	3 - French Toast Sticks 1 - Egg of Choice *and* 1 slice Bacon *or* 1 - Sausage Patty 1/2 c 100% Juice	1 - Waffles 1 - Egg of Choice *and* 1 slice Bacon *or* 1 - Sausage Patty 1/2 c 100% Juice	1 - Raspberry Muffins 1 - Egg of Choice *and* 1 slice Bacon *or* 1 - Sausage Patty 1/2 c 100% Juice	1 - Cheese n' Bacon Omelet 1 - Egg of Choice *and* 1 slice Bacon *or* 1 - Sausage Patty 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Pancakes 1 - Egg of Choice *and* 1 slice Bacon *or* 1 - Sausage Patty 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Ham Breakfast Dish 1 - Egg of Choice *and* 1 slice Bacon *or* 1 - Sausage Patty 1/2 c Fresh Fruit 1/2 c 100% Juice
LUN	2/3 c Soup Du Jour 1 - Grilled Turkey Swiss Sandwich 1 c American Goulash 1/2 c Green Bean Cauliflower Blend 1/2 c Coleslaw 1 - Fudge Squares	2/3 c Soup Du Jour 1 - Manicotti/Cheese Sauce 1 - Hot Roast Beef Sandwich 1/2 c Green Beans Italian 3"x 2" pc Gingerbread Bar	2/3 c Soup Du Jour 1 - Chicken Bacon Wrap 1 slice Pepperoni Bread 1/2 c Cucumber Corn Salad 1 slice Brownie Butter Bread	2/3 c Soup Du Jour 1 - Deli Swiss Sandwich 3 oz Homestyle BBQ Glazed Meatballs 1/2 c Grilled Mixed Vegetables 1 c Romaine Orange Salad 1/2 c Sherbet	2/3 c Soup Du Jour 1 - Pesto and Pepper Burger 1 - Classic Turkey Sandwich 1 c Romaine Salad/Dressing 1 - Carrot Cake Cookie	2/3 c Soup Du Jour 1 - Chicken Salad on Croissants 1 c Penne Pasta and Sausage 1/2 c Green Pepper Tomato Salad 1/2 c Rice Pudding Dessert	2/3 c Soup Du Jour 1-1/2 c Pork Fried Rice 1 - Pastrami Sandwich 1/2 c Glazed Carrots 1 - Spring Eggroll 1 - Sugar Drop Cookie
DIN	2/3 c Soup Du Jour 3 oz Pot Roast/Cider Gravy 3 oz Baked Salmon/Basil Cream Sauce 1/2 c Garlic Mashed Potatoes 1/2 c Roasted Carrots 1 - Baked Roll 1 slice Fresh Banana Cream Pie	2/3 c Soup Du Jour 3 oz Honey Roasted Chicken Thigh 3 oz Veal Marsala 1/2 c White and Wild Rice Pilaf 1/2 c Lemon Buttered Broccoli 1 - Baked Roll 1/2 c Mixed Berry Crisp	2/3 c Soup Du Jour 3 oz Grilled Pork Cutlet 2/3 c Beef Burgundy 1/2 c Baked Yams 1/2 c Baked Seasoned Squash 1 - Baked Roll 3"x 2" pc Spiced Pear Cake	2/3 c Soup Du Jour 3 oz Hamburger Steak/Onions 3 oz Slow Roasted Turkey Breast 1/2 c Lyonnaise Potatoes 1/2 c Oven Roasted Cauliflower 1 - Baked Roll 1/2 c Apple Cobbler	2/3 c Soup Du Jour 3 oz Chicken/Dijon Sauce 3 oz Maple Marinated Pork Roast 1/2 c Roasted Potato Medley 1/2 c Spinach 1 - Baked Roll 1/2 c Chocolate Vanilla Pudding Dessert	2/3 c Soup Du Jour 3 oz Filet of Fish Meuniere 3 oz Baked Ham 1/2 - Seasoned Potatoes 1/2 c Garlic Green Beans 1 - Baked Roll 1 slice Pecan Pie	2/3 c Soup Du Jour 3 oz Meatloaf/Gravy 3 oz Turkey Cutlet/Garlic Tomato Sauce 1/2 c Fried Potatoes/Onions 1/2 c Seasoned Peas 1 - Baked Roll 1/2 c Peach Crisp
	Milk offered at every meal						Week 1

File this copy

Dietitian's Signature: Diane Fagin, RDN 610128
1-1-2018