WESTMONT LIVING®
inspired retirement living®

Regular Menu

Meadow Oaks

	Sun 03-04-2018	Mon 03-05-2018	Tue 03-06-2018	Wed 03-07-2018	Thu 03-08-2018	Fri 03-09-2018	Sat 03-10-2018
BRK	Chef's Choice Pastry Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice
LUN	Soup Du Jour *or* Green Salad Teriyaki Chicken *or* Curry Shrimp Brown Rice Glazed Snap Peas Baked Roll Blueberry Pie/Topping	Soup Du Jour Green Salad Oven Roasted Pork *or* Veal Piccata/Wine Sauce Rice/Gravy Chef's Steamed Vegetable Baked Roll Lemon Cake	Soup Du Jour *or* Green Salad Classic Beef Stroganoff *or* Chicken Scampi Garlic Pasta Parmesan Asparagus Garlic Bread Graham Streusel Cake	Soup Du Jour *or* Green Salad Pork Tenderloin *or* Lemon Parsley Catfish Seasoned Brown Rice Buttery Carrots Baked Roll Peach Cobbler	Soup Du Jour *or* Green Salad Chicken Riviera *or* Chef's Special of the Day Creamy AuGratin Potatoes Green Beans Baked Roll Peanut Butter Cake	Soup Du Jour *or* Green Salad Marinated Flank Steak *or* Baked Dijon Salmon Parmesan Pasta Snap Pea Vegetable Blend Baked Roll Boston Cream Pie	Soup Du Jour *or* Green Salad Corned Beef and Cabbage *or* Baked Cod Fillet Red Potatoes Carrots Baked Roll Pear Crisp
SUP	Soup Du Jour Spiced Turkey/Squash and Apples Green Beans Cranberry Sage Dressing *or* Cod/Garlic Herb Sauce Green Beans Cranberry Sage Dressing Berry Oat Bars	Soup Du Jour Tilapia/Roasted Vegetables Spinach Polonaise *or* Cream Cheese Deli Sub Sandwich Romaine Salad/ Avocado Dressing Bacon and Blue Potato Salad Nut Bread	Soup Du Jour Layered Sausage Casserole Greek Salad *or* Apricot Maple Ham Corn Fresh Cornbread Berry Banana Trifle	Soup Du Jour Sloppy Joes Creamy Coleslaw *or* Chef's Choice Entree Buttered Squash Herb Mashed Potatoes Pumpkin Pie	Soup Du Jour Turkey Pot Pie Chef's Steamed Vegetable *or* Steak Fajita Garden Green Salad Spanish Rice Fresh Lemon Bars	Soup Du Jour Chicken/Sage Dressing, Gravy Marinated Mushrooms *or* Quiche Lorraine Spring Salad Oatmeal Cake	Soup Du Jour Crazy Crust Pizza Sauteed Zucchini Garlic Breadsticks *or* Cowboy Baked Potato Sauteed Zucchini Fruit Pie
	Milk offered at every meal						Week 2

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