

Regular Menu

Mariposa at Ellwood Shores



	Sun 04-15-2018	Mon 04-16-2018	Tue 04-17-2018	Wed 04-18-2018	Thu 04-19-2018	Fri 04-20-2018	Sat 04-21-2018
B R K	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon Muffin Egg of Choice Fresh Fruit 100% Juice	Deluxe Waffles Sausage Link Fresh Fruit 100% Juice	Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice	Fried Egg Hash Browns Fresh Fruit 100% Juice English Muffin	French Toast Dish Bacon Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
L U N	Coleslaw Marinated Pork Roast Roast Beef au Jus Roasted Yams Mixed Vegetables Baked Roll Pecan Pie	Layered Fruit Salad Country Fried Steak/Gravy <i>or</i> Turkey Roast/Zesty Rub Fresh Mashed Potatoes Roasted Cauliflower Baked Roll Chocolate Sour Cream Cake	Green Salad Chicken/Pineapple Mango Salsa <i>or</i> Kielbasa/Peppers Long Grain Wild Rice Pilaf Corn O'Brien Baked Roll Apple Cobbler	Hawaiian Fruit Salad Pan Seared Cod <i>or</i> Glazed Baked Ham Roasted Red Potatoes Lemon Pepper Green Beans Baked Roll Key Lime Pie	Broccoli Raisin Salad Beef Patty w/Crimini Mushrooms <i>or</i> Lemon Oregano Turkey Boiled Potatoes Beets Baked Roll Chocolate Lush	Ambrosia Dressed Up Chicken <i>or</i> Baked Dijon Salmon Seasoned Rice Capri Blend Baked Roll Pineapple Upside Down Cake	Marinated Pepper Salad Kalua Roast Pork <i>or</i> Teriyaki Kabobs Aloha Sweet Potatoes Honey Glazed Carrots Baked Roll Layered Fruit Squares
D I N	Homemade Bean Bacon Soup Cornflake Chicken <i>or</i> Deli Swiss Sandwich Braised Carrots and Celery Ranch Potato Salad Fruit Marshmallow Dessert	Tomato Soup Crab Salad Croissant <i>or</i> Cheese Spinach Strata Honeydew Mint Chocolate Chip Ice Cream	Creamy Vegetable Soup Beef Fried Rice <i>or</i> Turkey Salad Sandwich Sweet Sour Beets Soft Ginger Cookies	Cabbage Soup Pulled Pork Sandwich <i>or</i> Traditional Lasagna Creamy Coleslaw Soft Oatmeal Cookies	Minestrone Soup Spaghetti Carbonara <i>or</i> Chicken Patty Sandwich Fresh Asparagus Blonde Brownies	Tortilla Soup Taco Salad <i>or</i> Egg Salad Plate Taco Salad Veggies Tortilla Chips/Salsa Layered Pudding	Lentil Soup BBQ Beef Hot Dog <i>or</i> Indian Chicken over Rice Sauerkraut Banana Splits
	Milk offered at every meal						

Week 2

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