

# Regular Menu

## Mariposa at Ellwood Shores



	Sun 07-01-2018	Mon 07-02-2018	Tue 07-03-2018	Wed 07-04-2018	Thu 07-05-2018	Fri 07-06-2018	Sat 07-07-2018
B R K	Raspberry Muffin Egg of Choice Fresh Fruit 100% Juice	Homemade Pancakes Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Scrambled Egg Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	French Toast Sticks Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Baked Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N	Sour Cream Carrot Salad Bacon Meatloaf Butter Crumb Chicken O'Brien Potatoes Spinach Polonaise Baked Roll Lemon Meringue Pie	Pineapple Cucumber Salad Bourbon Chicken <i>or</i> Seasoned Parmesan Haddock Seasoned Mushroom Rice California Blend Baked Roll Homemade Cherry Cobbler	Classic Waldorf Salad Crispy Pork Chops <i>or</i> Slow Roasted Turkey Breast Baked Yams Stewed Tomatoes Baked Roll Rainbow Cake	Carrot Celery Cucumber Salad Hamburger Steak/Onions <i>or</i> Baked Ham/Peach Sauce Baked Potato Mixed Vegetables Baked Roll Pineapple Cream Pie	Green Salad Grilled Chicken <i>or</i> Garlic-Herb Pork Roast Cheesy Potato Rounds Caribbean Blend Baked Roll Blueberry Cream Angel Dessert	Juicy Fruit Salad Tilapia/Savory Herb Butter <i>or</i> Pepper Smothered Steak Garlic Mashed Potatoes Green Beans Baked Roll Pistachio Cake	Jello Salad Beef Tips Au Jus <i>or</i> Marinated Turkey Best Noodles Fresh Cooked Zucchini Baked Roll Cinnamon Coffee Cake
D I N	Cream of Cauliflower Soup Skillet Pork Chops/Vegetables <i>or</i> BLT Wrap Mixed Vegetables Cinnamon Pull-Aparts	Garden Tomato Soup Seasoned Burgers <i>or</i> Macaroni Sausage Casserole Pickle Relish Plate Fudge Crinkle	Lentil Soup Mediterranean Chicken Salad <i>or</i> Pepper Cheese Sandwich Veggies in Salad Pita Chips Sherbet w/ Raspberry Sauce	Homestyle Vegetable Soup Seafood Alfredo <i>or</i> Hot Turkey Sandwich/Gravy Seasoned Peas Rice and Raisin Pudding	Cheesy Vegetable Soup BBQ Ham Sandwich <i>or</i> Tamale Pie Coleslaw Vinaigrette Tropical Citrus Bar	Plantation Vegetable Soup Pepperoni Pizza Muffins <i>or</i> Honey Mustard Deli Sandwich Sweet Spinach Salad Chocolate Banana Bread	Green Pea Soup Parmesan Chicken Strips <i>or</i> Veggie Burger Seasoned Broccoli Steak Fries Italian Knot Cookie
	Milk offered at every meal						Week 3

Dietitian's Signature: *Quinn Jagan, RDN 610128*  
5-15-2018