

Regular Menu

Meadow Oaks



	Sun 07-15-2018	Mon 07-16-2018	Tue 07-17-2018	Wed 07-18-2018	Thu 07-19-2018	Fri 07-20-2018	Sat 07-21-2018
B R K	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
L U N	Green Salad <i>or</i> Broccoli Cheese Soup Parmesan Cod Fillets <i>or</i> Beef Pot Roast Red Skin Mash Oven Roasted Broccoli Baked Roll Fresh Coconut Cream Pie	Green Salad Chicken Rice Soup Veal Piccata/Wine Sauce <i>or</i> Chef's Choice Entree Fresh Mashed Potatoes Green Beans/Bacon Baked Roll Peach Crisp	Green Salad <i>or</i> Egg Flower Soup Sweet Pear Pork Chop <i>or</i> Soy Sauce Chicken Breast Oven Brown Rice Orange Glazed Carrots Baked Roll Baked Flan	Green Salad <i>or</i> Potato Spinach Soup Turkey Cutlets/Pan Gravy <i>or</i> Classic Beef Stroganoff Fresh Mashed Potatoes Mixed Vegetables Baked Roll Marble Cake	Green Salad <i>or</i> Italian Sausage Soup Rosemary Lemon Pork Chop <i>or</i> Spaghetti Bolognese Seasoned Rice Roasted Parmesan Brussels Sprouts Baked Roll Blueberry Coffee Cake	Green Salad <i>or</i> Homemade Clam Chowder Tropical Tilapia <i>or</i> Autumn Pot Roast Delicious Rice Chef's Steamed Vegetable Baked Roll Caramel Apple Upside Down Cake	Green Salad <i>or</i> Cream of Zucchini Soup Brown Sugar Meatloaf <i>or</i> Almond Crusted Haddock with Citrus Sauce Fresh Mashed Potatoes Green Beans Baked Roll Chocolate Praline Cake
S U P	Broccoli Cheese Soup Turkey Reuben Sandwich Chef's Steamed Vegetable <i>or</i> Balsamic Roasted Pork Chef's Steamed Vegetable Lemon Pesto Rice Boston Cream Pie	Chicken Rice Soup Italian Meatball Dish Light Caesar Salad Garlic Bread <i>or</i> Apricot Brown Sugar Ham Light Caesar Salad Garlic Bread Berry Oat Bars	Egg Flower Soup BLT Sandwich Peas and Pearl Onions <i>or</i> Classic Lasagna Dijon Asparagus Salad Parmesan Bread Sticks Mint Brownie	Potato Spinach Soup Smoked Sausage Garlic Green Beans Cornbread Muffin <i>or</i> Philly Deli Sandwich Chips Banana Pudding Cake	Italian Sausage Soup Meat and Potato Casserole Seasoned Broccoli <i>or</i> Sausage and Mushroom Pizza Garden Green Salad Herbed Dinner Roll Cherry Pudding Cake	Homemade Clam Chowder Chicken and Vegetable Pasta Sauteed Mushrooms <i>or</i> Apricot Barbeque Grilled Cod Sauteed Mushrooms Brown Rice Bread Pudding/Vanilla Sauce	Cream of Zucchini Soup Stir Fry Pork with Snap Peas Garlic Carrots <i>or</i> Chicken Madras Garlic Carrots Delicious Rice American Apple Pie
	Milk offered at every meal						Week 5

Dietitian's Signature: *Diana Jager, RDN*
6-18-2018