

Regular Menu

Pinole Senior Village



	Sun 07-29-2018	Mon 07-30-2018	Tue 07-31-2018	Wed 08-01-2018	Thu 08-02-2018	Fri 08-03-2018	Sat 08-04-2018
B R K	Hot Cereal Egg and Ham Scramble Fresh Fruit 100% Juice	Hot Cereal Blueberry Muffin Egg of Choice Sausage Link Fresh Fruit 100% Juice	Hot Cereal Deluxe Waffles Scrambled Egg Breakfast Ham Fresh Fruit 100% Juice	Hot Cereal Corned Beef Hash Scrambled Egg Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Quick Cinnamon Roll Bacon Fresh Fruit 100% Juice	Hot Cereal Breakfast Burrito Hash Browns Fresh Fruit 100% Juice	Hot Cereal Pancakes Breakfast Ham Fresh Fruit 100% Juice
L U N	Soup Du Jour Beef Short Ribs Fresh Mashed Potatoes/Gravy Mixed Vegetables American Apple Pie	Tomatoes/Cottage Cheese Slow Roasted Turkey Breast AuGratin Potatoes Chef's Steamed Vegetable Pumpkin Pie	Green Salad Sausage Tortellini Grilled Zucchini Chocolate Cupcake	Soup Du Jour Shrimp Stuffed Sole Fresh Mashed Potatoes Sauteed Spinach Fresh Banana Cream Pie	Green Salad Italian Beef Pot Roast Parsley Egg Noodles Mixed Vegetables Lemon Meringue Pie	Soup Du Jour Baked Citrus Salmon Sugar Topped Sweet Potatoes Green Bean Cauliflower Blend Pineapple Upside Down Cake	Green Salad Seasoned Meatballs/Gravy Parsley Egg Noodles Honey Glazed Carrots Baked Roll Blackberry Pie
D I N	Soup Du Jour Chicken Salad on Bun Pickle Spear Chips Assorted Desserts	Basil Tomato Soup Grilled Cheese Sandwich Honeydew Ice Cream Bar	BBQ Hamburgers Mixed Greens with Beets Steak Fries Coconut Cookie	Soup Du Jour Pulled Pork BBQ/Bun Creamy Coleslaw Soft Oatmeal Cookies	House Green Salad Ham Tetrazzini Fresh Asparagus Ice Cream Sandwich	Soup Du Jour Taco Salad Taco Salad Veggies Cinnamon Cookies	BBQ Beef Hot Dog Watermelon Salad Classic Macaroni Salad Citrus Cupcake
	Milk offered at every meal						Week 2

Dietitian's Signature: *Diane Jagan, RDN*
6-18-2018