

# Weekly Menu

Westmont of Morgan Hill



	Sun 09-02-2018	Mon 09-03-2018	Tue 09-04-2018	Wed 09-05-2018	Thu 09-06-2018	Fri 09-07-2018	Sat 09-08-2018
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	Homemade Bean Bacon Soup Chef Salad Deli Swiss Sandwich Braised Carrots and Celery Ranch Potato Salad Ice Cream	Tomato Soup Grilled Cheese Sandwich Cheese Spinach Strata Honeydew Mint Chocolate Chip Ice Cream	Creamy Vegetable Soup Beef Fried Rice Turkey Salad Sandwich Sweet Sour Beets Soft Ginger Cookies	Cabbage Soup Pulled Pork Sandwich Traditional Lasagna Creamy Coleslaw Soft Oatmeal Cookies	Minestrone Soup Spaghetti Carbonara Chicken Patty Sandwich Fresh Asparagus Blonde Brownies	Tortilla Soup Roast Beef Spread Sandwich Egg Salad Plate Cucumber Onion Salad Tortilla Chips/Salsa Layered Pudding	Lentil Soup BBQ Beef Hot Dog Indian Chicken over Rice Sauerkraut Banana Splits
D I N	Coleslaw Roast Beef au Jus <i>or</i> Baked Ham/Mustard Sauce 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
	Week 2						

Dietitian's Signature: *Diana Segun, RDN*  
6-13-2018