WESTMONT LIVING®
inspired retirement living®

Weekly Menu

Oceanview

	Sun 09-09-2018	Mon 09-10-2018	Tue 09-11-2018	Wed 09-12-2018	Thu 09-13-2018	Fri 09-14-2018	Sat 09-15-2018
BRK	Hot Cereal *or* Monkey Bread 100% Juice Whole Grain Toast	Hot Cereal *or* Bacon and Egg Casserole Mandarin Oranges 100% Juice Whole Grain Toast	Hot Cereal *or* Breakfast Broccoli Quiche Pears 100% Juice Whole Grain Toast	Hot Cereal *or* Sausage Country Gravy/Biscuits Peaches 100% Juice Whole Grain Toast	Hot Cereal *or* Cinnamon French Toast Bacon Pineapple Chunks 100% Juice Whole Grain Toast	Hot Cereal *or* Egg and Ham Wrap Fruit Cocktail 100% Juice Whole Grain Toast	Hot Cereal *or* Pancakes Sausage Link Fresh Fruit 100% Juice Whole Grain Toast
LUN	Cream of Cauliflower Soup Bacon Meatloaf *or* Tarragon Chicken Fresh Mashed Potatoes Chef's Steamed Vegetable Baked Roll Lemon Meringue Pie	Green Salad Bourbon Chicken *or* Seasoned Parmesan Haddock Seasoned Mushroom Rice California Blend Baked Roll Homemade Cherry Cobbler	Lentil Soup Dilled Pork Roast *or* Slow Roasted Turkey Breast Baked Yams Buttery Carrots Baked Roll Rainbow Cake	Homestyle Vegetable Soup Beef Burgundy *or* Baked Ham/Peach Sauce Rice Mixed Vegetables Baked Roll Frosted Banana Bars	Green Salad Sweet Pineapple Chicken *or* Garlic-Herb Pork Roast Sugar Topped Sweet Potatoes Caribbean Blend Baked Roll Pear Crisp	Homemade Clam Chowder Pepper Smothered Steak *or* Baked Cod Fillet Lemon Pasta Green Beans Baked Roll Strawberry Custard Tart	Green Pea Soup Beef Tips Au Jus *or* Marinated Turkey Best Noodles Brussels Sprouts Baked Roll Rice Krispie Rolls
DIN	Cream of Cauliflower Soup Skillet Pork Chops/Vegetables *or* Crab Salad Croissant Mixed Vegetables Cinnamon Pull-Aparts	Soup Du Jour Seasoned Burgers *or* Pork and Sausage Jambalaya Green Salad Tater Tots Vanilla Pudding	Lentil Soup Asparagus and Red Pepper Quiche *or* Baked Chicken Drumsticks Green Beans Mint Brownie	Homestyle Vegetable Soup Teriyaki Turkey Rice Bowl *or* Baked Tilapia Fillet Seasoned Peas Rice and Raisin Pudding	Soup Du Jour BBQ Ham Sandwich *or* Beef Swiss Sandwich Coleslaw Vinaigrette Baked Beans Chocolate Sugar Cookies	Homemade Clam Chowder Lemon Chicken over Rice *or* Beef Pot Roast Chef's Steamed Vegetable BLT Pasta Salad Chocolate Banana Bread	Green Pea Soup Chicken Philly Sandwich *or* Apricot Maple Ham Capri Blend Herb Roasted Red Potatoes Italian Knot Cookie
							Week 3

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