

Weekly Menu

Meadow Oaks



	Sun 09-30-2018	Mon 10-01-2018	Tue 10-02-2018	Wed 10-03-2018	Thu 10-04-2018	Fri 10-05-2018	Sat 10-06-2018
B R K	Chef's Choice Pastry Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice	Chef's Choice Pastry Fluffy Pancakes French Toast Egg of Choice Bacon Sausage Link Fresh Fruit 100% Juice
L U N	Ham and Lentil Soup <i>or</i> Green Salad Herb Crusted Chicken <i>or</i> Citrus Grilled Fish Tomato Cilantro Rice Roasted Summer Squash Baked Roll Strawberry Pie	Tomato Florentine Soup Green Salad Four Cheese Ziti <i>or</i> Beef and Broccoli Fresh Mashed Potatoes Steamed Broccoli Baked Roll Homemade Carrot Cake	Cream of Zucchini Soup <i>or</i> Green Salad Spaghetti/Marinara Meat Sauce <i>or</i> Almond Crusted Chicken Green Beans Italian Mozzarella Garlic Bread Snickerdoodle Brownie	Italian Sausage Soup <i>or</i> Green Salad Homestyle Turkey/Gravy <i>or</i> Veal Marengo Cranberry Sage Dressing Mixed Vegetables Baked Roll Pear Cobbler	Creamy Carrot Soup <i>or</i> Green Salad Classic Baked Ham <i>or</i> Pot Roast Milano Glazed Sweet Potatoes Cauliflower/Cheese Sauce Baked Roll Mandarin Orange Chiffon Pie	Potato Mushroom Soup <i>or</i> Green Salad Cod/Tomato Cream Sauce <i>or</i> Chicken Dumpling Stew Parsley Rice Glazed Baby Carrots Baked Roll Honey Bun Cake	Navy Bean Soup <i>or</i> Green Salad Sweet Corned Beef <i>or</i> Club Steak/Country Gravy Herb Roasted Red Potatoes Green Beans Baked Roll Banana Cream Pudding
S U P	Soup Du Jour Egg Salad Sandwich Green Bean Tomato Salad Chips <i>or</i> Bacon Ranch Chicken Mixed Vegetables AuGratin Potatoes Fresh Lemon Bars	Soup Du Jour Lazy Stuffed Peppers Seasoned Cauliflower <i>or</i> Baked Potato Sausage Link Casserole Seasoned Cauliflower Fresh Cornbread Zucchini Bread	Soup Du Jour Farmer's Sausage Sandwich Black Bean Corn Salad <i>or</i> Aldilla Braised Beef Peas/Mushrooms Roasted Red Potatoes Marshmallow Treat	Soup Du Jour Stuffed Baked Potato Broccoli <i>or</i> Monte Cristo Sandwich Pasta Bacon Salad Tapioca Pudding	Soup Du Jour Clubhouse Wrap Capri Blend <i>or</i> Alaskan Fish and Chips Capri Blend Chocolate Caramel Bars	Soup Du Jour Chicken Salad Sandwich Herbed Corn <i>or</i> BBQ Pork Chop Bake Herbed Corn Fingerling Potatoes Dishpan Cookie	Soup Du Jour Crazy Crust Pizza Normandy Blend <i>or</i> Baked Tilapia w/Dijon Dill Sauce Normandy Blend Herb Couscous Ice Cream Sandwich
	Milk offered at every meal						Week 1

Dietitian's Signature: 
6-18-2018