


Weekly Menu

Mariposa at Ellwood Shores



	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	Whole Grain Waffle Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Bran Muffin Egg of Choice Fresh Fruit 100% Juice	Brown Sugar French Toast Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Raisin Toast	Cheese Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Fluffy Pancakes Sausage Fresh Fruit 100% Juice
L U N	Greek Salad Herb Crusted Chicken Prime Rib Roast/Horseradish Fresh M'Potatoes/Chix Gravy Corn Baked Roll Strawberry Pie	Wilted Spinach Salad BBQ Pork Steak <i>or</i> Quiche Florentine Twice Baked Potato Steamed Broccoli Baked Roll Homemade Carrot Cake	Green Salad Spaghetti/Marinara Meat Sauce <i>or</i> Grilled Tilapia/Aioli Sauce Green Beans Italian Mozzarella Garlic Bread Snickerdoodle Brownie	Four Bean Salad Homestyle Turkey/Gravy <i>or</i> Oven Roasted Pork Cranberry Sage Dressing Baked Seasoned Squash Baked Roll Pear Cobbler	Peach Spring Salad Classic Baked Ham <i>or</i> Braised Balsamic Chicken Scalloped Potatoes Chef's Steamed Vegetable Baked Roll Mandarin Orange Chiffon Pie	Coleslaw Teriyaki Meatballs <i>or</i> Cod/Tomato Cream Sauce Parsley Rice Glazed Baby Carrots Baked Roll Honey Bun Cake	Cucumber Corn Salad Lemon Grilled Chicken <i>or</i> Sweet Corned Beef Herb Roasted Red Potatoes Grilled Asparagus Baked Roll Banana Cream Pudding
D I N	Vegetable Rice Soup Egg Salad Sandwich <i>or</i> Turkey and Potato Casserole Green Bean Tomato Salad Fresh Lemon Bars	Tomato Florentine Soup Alaskan Fish and Chips <i>or</i> French Dip Sandwich Dill Cucumbers Zucchini Bread	Cream of Zucchini Soup Chicken Sweet Potatoes <i>or</i> Farmer's Sausage Sandwich Peas/Mushrooms Marshmallow Treat	Vegetable Medley Soup Sloppy Joes <i>or</i> Monterrey Pasta Salad Sweet Slaw Tapioca Pudding	Creamy Carrot Soup Turkey Spinach Cheese Bake <i>or</i> Clubhouse Wrap Harvard Beets Chocolate Caramel Bars	Potato Mushroom Soup Grilled Ham and Swiss Sandwich <i>or</i> Cobb Salad Cucumber Tomato Salad Dishpan Cookie	Garden Vegetable Soup Crazy Crust Pizza <i>or</i> Beef Stroganoff/Rice Romaine Orange Salad Ice Cream Sandwich
	Milk offered at every meal						Week 1

Dietitian's Signature: 
6-18-2018