WESTMONT LIVING®
inspired retirement living®

Weekly Menu

Oceanview

	Sun 10-07-2018	Mon 10-08-2018	Tue 10-09-2018	Wed 10-10-2018	Thu 10-11-2018	Fri 10-12-2018	Sat 10-13-2018
BRK	Hot Cereal *or* Quick Cinnamon Roll 100% Juice Whole Grain Toast	Hot Cereal *or* Scrambled Egg/Bacon Hash Browns Pears 100% Juice Whole Grain Toast	Hot Cereal *or* French Toast Sausage Link Applesauce/Topping 100% Juice Whole Grain Toast	Hot Cereal *or* Sausage Country Gravy/Biscuits 100% Juice Whole Grain Toast	Hot Cereal *or* Baked Hash Browns/Bacon Mandarin Oranges 100% Juice Whole Grain Toast	Hot Cereal *or* Garden Veggie Frittata Peaches 100% Juice Whole Grain Toast	Hot Cereal *or* Pancakes Sausage Patty Fruit Cocktail 100% Juice Whole Grain Toast
LUN	Homemade Bean Bacon Soup Creamy Herbed Pork Chops *or* Roast Beef au Jus Rice/Gravy Mixed Vegetables Baked Roll Pecan Pie	Tomato Soup Country Fried Steak/Gravy *or* Turkey Roast/Zesty Rub Fresh Mashed Potatoes Chef's Steamed Vegetable Baked Roll Chocolate Sour Cream Cake	Creamy Vegetable Soup Baked Drumsticks *or* Kielbasa/Peppers Baked Beans Grilled Zucchini Baked Roll Apple Cobbler	Hamburger Soup Glazed Baked Ham *or* Baked Cod Fillet Delicious Rice Lemon Pepper Green Beans Baked Roll Key Lime Pie	Soup Du Jour Lemon Oregano Turkey *or* Salisbury Steak/Gravy Roasted Red Potatoes Mixed Vegetables Baked Roll Chocolate Lush	Homemade Clam Chowder Garlic Parmesan Chicken *or* Baked Tilapia/Dill Sauce Herb Roasted Red Potatoes Capri Blend Baked Roll Fruit Crisp	Lentil Soup Herb Seasoned Pork *or* Homestyle BBQ Glazed Meatballs Parmesan Pasta Honey Glazed Carrots Baked Roll Buttermilk Spice Cake
DIN	Homemade Bean Bacon Soup Cornflake Chicken *or* Apricot Brown Sugar Ham Braised Carrots and Celery Baked Fried Potatoes Fruit Marshmallow Dessert	Tomato Soup Crab Salad Croissant *or* Bacon Wrapped Pork Tenderloin Peas Mint Chocolate Chip Ice Cream	Creamy Vegetable Soup Turkey Summer Pasta Salad *or* Beef Fried Rice Broccoli Spring Egg Roll Soft Ginger Cookies	Hamburger Soup Pulled Pork Sandwich *or* BBQ Meatloaf Creamy Coleslaw Chips Soft Oatmeal Cookies	Soup Du Jour Ham Tetrazzini *or* Classic Spaghetti Meat Sauce Chef's Steamed Vegetable Garlic Breadsticks Blonde Brownies	Homemade Clam Chowder Taco Salad *or* Chili Taco Salad Veggies Tortilla Chips/Salsa Sugar Drop Cookie	Lentil Soup German Sausage and Kraut *or* Baked Beef Brisket Green Beans Baked Roll Orange Glazed Bars

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							Week 2

Dietitian's Signature: Diana Sagun, RDN 6-18-2018