

Weekly Menu

Mariposa at Ellwood Shores



	Sun 10-14-2018	Mon 10-15-2018	Tue 10-16-2018	Wed 10-17-2018	Thu 10-18-2018	Fri 10-19-2018	Sat 10-20-2018
B R K	Oatmeal Raisin Muffin Yogurt Fresh Fruit 100% Juice	Perfect Pancakes Breakfast Ham Fresh Fruit 100% Juice	Wake Up Dish Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Scrambled Egg Sausage Link Fresh Fruit 100% Juice Fresh Biscuits	Cinnamon French Toast Bacon Fresh Fruit 100% Juice	Broccoli Cheese Frittata Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Baked Omelet Squares Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N	Yogurt Jello Salad Zesty Meatloaf Mushroom and Swiss Chicken Onion Roasted Potatoes Roasted Carrots Baked Roll Maple Bar	Asian Cabbage Salad Honey Curry Chicken Breast <i>or</i> Apple Cider Pork Loin Rice Pilaf Broccoli Baked Roll Peach Cobbler	Cinnamon Fruit Cup Almond Crusted Pork Cutlet <i>or</i> Broccoli Ham Quiche Smashed Sweet Potatoes Corn Baked Roll Cream Pecan Cake	Green Salad Salisbury Steak <i>or</i> Chicken Fettuccine Alfredo Baked Potato Sauteed Spinach Baked Roll Fresh Banana Cream Pie	Vegetable Pasta Salad Oven Roasted Chicken Breast <i>or</i> Pork & Pineapple Kabobs Lyonnais Potatoes Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	Ambrosia Seasoned Baked Tilapia <i>or</i> Cube Steak Oriental Potato Wedges Lemon Pepper Green Beans Baked Roll Texas Sheet Cake	Green Salad Braised Beef Cubes <i>or</i> Beef Goulash Fresh Mashed Potatoes/Gravy Winter Sunset Blend Baked Roll Autumn Spice Cake
D I N	Plantation Vegetable Soup Scalloped Pork Chops and Potatoes <i>or</i> Seafood Salad Pickled Beets Fudge Squares	Potato Mushroom Soup Cheddar Burger <i>or</i> Chicken Salad on Croissants Pickle Relish Plate M&M Cookie	Homestyle Vegetable Soup Parmesan Chicken Sandwich <i>or</i> Vegetable Quiche Tangerine Salad Sherbet	Basil Tomato Soup Tuna Noodle Capers Dish <i>or</i> Baked Tuna Dish Green Beans Honey Bread Pudding	Vegetable Rice Soup Grilled Ham and Swiss Sandwich Apple Coleslaw Butterscotch Squares	Vegetable Barley Soup Meat Lover's Pizza <i>or</i> Grilled Sandwich House Green Salad Cinnamon Bread	Creamed Spinach Soup Western Baked Chicken <i>or</i> Corn Beef and Swiss on Rye Steamed Broccoli Tater Tots Soft Ginger Cookies
	Milk offered at every meal						

Week 1

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