

Weekly Menu

Westmont of Morgan Hill



	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
B R K	Buttermilk Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice
L U N	Chicken and Corn Soup Deli Sandwich <i>or</i> Ham Salad Pickle Spear Potato Chips Pound Cake with Fresh Berries	Tomato Soup Grilled Cheese Sandwich <i>or</i> Cheese Spinach Strata Honeydew Marble Cake	Creamy Vegetable Soup Beef Fried Rice <i>or</i> Turkey Salad Sandwich Broccoli Tapioca Pudding	Pumpkin Soup Italian Sub Sandwich <i>or</i> Stuffed Shells Creamy Coleslaw Assorted Cookies	Vegetable Barley Soup Chicken Patty Sandwich <i>or</i> Tuna Salad Croissant Fresh Asparagus Apple Pie	Tomato Bean Soup Taco Salad <i>or</i> Classic French Dip Sandwich Tangy Fruit Salad Chocolate Mousse	Lentil Soup Classic Chili Dog <i>or</i> Grilled 3 Cheese Sandwich Green Beans White Cake
D I N	Coleslaw Rosemary Pot Roast <i>or</i> Beef Patty/Mushroom Gravy Fresh Mashed Potatoes Mixed Vegetables Baked Roll Vanilla Pudding	Apple Salad Swiss Steak/Tomatoes <i>or</i> Rosemary Roasted Chicken Thighs Parsley Egg Noodles Roasted Cauliflower Baked Roll Boston Cream Pie	Green Salad Chicken/Pineapple Mango Salsa <i>or</i> Kielbasa/Peppers Long Grain Wild Rice Pilaf Sauteed Zucchini Baked Roll Pear Crisp	Hawaiian Fruit Salad Pan Seared Cod <i>or</i> Smothered Pork Chop Roasted Red Potatoes Sauteed Spinach Baked Roll Lemon Meringue Pie	Broccoli Raisin Salad Homestyle Salisbury Steak <i>or</i> Turkey Piccata Boiled Potatoes Mixed Vegetables Baked Roll Brownies	Ambrosia Marinated Rosemary Chicken <i>or</i> Seasoned Baked Fish Brown Rice Capri Blend Baked Roll Fruit Crisp	Green Salad Herb Seasoned Pork <i>or</i> Meatballs/Pasta Sauce Penne Pasta Yellow Squash/Onions Baked Roll Strawberry Ice Cream
	Week 2						

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