



## Week at a Glance

**PARSLEY - Fall/Winter 2018/2019 Ridgeline**  
Week 1

NOV

NOV 2nd

NOV 3

SUNDAY 28		MONDAY 29		TUESDAY 30		WEDNESDAY 31		THURSDAY 1st		FRIDAY		SATURDAY		
Breakfast 7am-9am	Pancakes Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Potato and Onion Baked Omelet Toast Seasonal Fruit Hot or Cold Cereal	Waffles with Ginger Peach Topping Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Eggs O'Brien Toast Seasonal Fruit Hot or Cold Cereal	Baked Egg Casserole Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	French Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Choice of Egg Cinnamon Roll Seasonal Fruit Hot or Cold Cereal							
	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf						
	Lunch 12p-1p	Cran-Pear Roast Pork Whipped Potatoes Whole Green Beans Bread or Roll & Butter or Margarine	Honey Mustard Chicken with Turmeric Wild Rice Blend Roasted Fresh Brussels Sprouts Bread or Roll & Butter or Margarine	Pot Roast With Wine Sauce Parslied Red Potatoes Buttered Peas Bread or Roll & Butter or Margarine	Lemon Pepper Roasted Turkey Breast Cornbread Dressing Seasoned Fresh Broccoli Bread or Roll & Butter or Margarine	Spaghetti with Meat Sauce Buttered Spinach Garlic Bread Stick	Catch of the Day Rice Pilaf Dill Fresh Carrots Bread or Roll & Butter or Margarine	Salisbury Steak Garlic Mashed Potatoes Seasoned Vegetables Bread or Roll & Butter or Margarine						
		Fruits of the Forest Pie Choice of Beverage	Sour Cream Coffee Cake Choice of Beverage	Mousse Parfait Choice of Beverage	Glazed Pumpkin Cake Choice of Beverage	Banana Pineapple Dessert Choice of Beverage	Marbled Sweet Potato Bar Choice of Beverage	Vanilla Chocolate Chip Cake Choice of Beverage						
Dinner 5p-6p	Braised Turkey over Noodles Garlic Roasted Fresh Cauliflower Bread or Roll & Butter or Margarine	Stuffed Green Pepper Seasoned Corn Bread or Roll & Butter or Margarine	Oven Fried Fish and Chips Creamy Coleslaw Bread or Roll & Butter or Margarine	Macaroni and Cheese Roasted Fresh Beets Bread or Roll & Butter or Margarine	Chicken a la King over Puff Pastry Green and Gold Beans Bread or Roll & Butter or Margarine	Beef Stroganoff Parslied Noodles Savory Peas Bread or Roll & Butter or Margarine	BBQ Country Style Spare Ribs Yukon Gold and Sweet Potato Hash Cucumber Tomato Salad Bread or Roll & Butter or Margarine							
	Raisin Rice Pudding Milk Coffee/Tea/Decaf	Walnut Maple Cookie Bars Milk Coffee/Tea/Decaf	Rosy Stewed Apples Milk Coffee/Tea/Decaf	Double Chocolate Chip Cookie Milk Coffee/Tea/Decaf	Lemon Meringue Pie Milk Coffee/Tea/Decaf	Fruited Gelatin with Topping Milk Coffee/Tea/Decaf	Fruit Crisp Milk Coffee/Tea/Decaf							
HS Snack 8p	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice							



## Week at a Glance

**PARSLEY - Fall/Winter 2018/2019 Ridgeline**  
Week 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 7am-9am	<p>Banana Oatmeal Buttermilk Pancakes</p> <p>Breakfast Meat of Choice</p> <p>Seasonal Fruit</p> <p>Hot or Cold Cereal</p> <p>Choice of Juice</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Choice of Egg Toast</p> <p>Hash Browns</p> <p>Seasonal Fruit</p> <p>Hot or Cold Cereal</p> <p>Choice of Juice</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Belgian Waffle</p> <p>Breakfast Meat of Choice</p> <p>Seasonal Fruit</p> <p>Hot or Cold Cereal</p> <p>Choice of Juice</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Vegetable Baked Omelet Toast</p> <p>Seasonal Fruit</p> <p>Hot or Cold Cereal</p> <p>Choice of Juice</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Breakfast Brunch Casserole</p> <p>Seasonal Fruit</p> <p>Hot or Cold Cereal</p> <p>Choice of Juice</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Honey-Drizzled French Toast Casserole</p> <p>Breakfast Meat of Choice</p> <p>Seasonal Fruit</p> <p>Hot or Cold Cereal</p> <p>Choice of Juice</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Choice of Egg</p> <p>Coffee Cake</p> <p>Seasonal Fruit</p> <p>Hot or Cold Cereal</p> <p>Choice of Juice</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>
Lunch 12p-1p	<p>Roasted Turkey Breast with Maple Mustard Glaze</p> <p>Red Bliss Potatoes</p> <p>Broccoli Polonaise</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Gingerbread with Whip Topping</p> <p>Choice of Beverage</p>	<p>Pork Steak Scallopini</p> <p>Parmesan Noodles</p> <p>Buttered Beets</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Cranberry Orange Dessert</p> <p>Choice of Beverage</p>	<p>Pan Seared Chicken</p> <p>Wild Rice and Cranberries</p> <p>Seasoned Zucchini</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Brown Butter Blondie</p> <p>Choice of Beverage</p>	<p>BBQ Meat Loaf</p> <p>Mashed Sweet Potatoes</p> <p>Peas and Cauliflower</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Chocolate Silk Pie</p> <p>Choice of Beverage</p>	<p>Braised Pork Chop</p> <p>Spinach Rice Bake</p> <p>Seasoned Succotash</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Blueberry Pear Cobbler</p> <p>Choice of Beverage</p>	<p>Pecan Crusted Fish</p> <p>Orzo with Vegetables</p> <p>Parilled Fresh Baby Carrots</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Coconut Topped Oatmeal Cake</p> <p>Choice of Beverage</p>	<p>Roast Beef Au Jus</p> <p>Scalloped Potatoes</p> <p>Buttered Peas</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Bread Pudding with Rum Sauce</p> <p>Choice of Beverage</p>
Dinner 5p-6p	<p>Baked Cheese Lasagna</p> <p>French Green Bean Medley</p> <p>Garlic Bread</p> <p>Lemon Square</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Hearty Beef Stew</p> <p>House Salad</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Frosted Marble Cake</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Kielbasa with Apple Sauerkraut</p> <p>Oven Browned Potatoes</p> <p>Mixed Vegetables</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Fresh Fruit Cup</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Tuna Noodle Casserole</p> <p>Stewed Tomatoes with Onions</p> <p>Tossed Salad</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Peanut Butter Cookie</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Pot Roast with Vegetables</p> <p>Baked Potato</p> <p>Broccoli Florets</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Pumpkin Bar</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Crispy Chicken Tenders</p> <p>Dipping Sauce</p> <p>Herb Roasted Potato Wedges</p> <p>Coleslaw Over Greens</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Peach Melba Shortcake</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>	<p>Autumn Pork Loin</p> <p>Harvest Roasted Vegetables</p> <p>Savory Green Beans</p> <p>Bread or Roll &amp; Butter or Margarine</p> <p>Dutch Apple Pie</p> <p>Milk</p> <p>Coffee/Tea/Decaf</p>
HS Snack 8p	<p>Assorted Snack</p> <p>Juice</p>	<p>Assorted Snack</p> <p>Juice</p>	<p>Assorted Snack</p> <p>Juice</p>	<p>Assorted Snack</p> <p>Juice</p>	<p>Assorted Snack</p> <p>Juice</p>	<p>Assorted Snack</p> <p>Juice</p>	<p>Assorted Snack</p> <p>Juice</p>



## Week at a Glance

**PARSLEY - Fall/Winter 2018/2019 Ridgeline**  
Week 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 7am-9am	<p>Pancakes with Fruit Topping Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Cheese Omelet Toast Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Waffles Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Choice of Egg Toast Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Country Style Scrambled Eggs Toast Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Cinnamon French Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Choice of Egg Biscuit Sausage Gravy Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>
Lunch 12p-1p	<p>Southern Fried Chicken Sweet Potatoes and Beans Country Cabbage Bread or Roll &amp; Butter or Margarine Red Velvet Cake Choice of Beverage</p>	<p>Herb Roasted Beef Scalloped Corn Broccoli Spears Bread or Roll &amp; Butter or Margarine Cherry Orchard Bar Choice of Beverage</p>	<p>Pork Roast with Sauerkraut Oven Roasted Red Potatoes Skillet Green Beans Bread or Roll &amp; Butter or Margarine Cranberry Chiffon Pie Choice of Beverage</p>	<p>Honey Dijon Chicken Lyonnais Potatoes Seasoned Fresh Spinach Bread or Roll &amp; Butter or Margarine Caramel Cheesecake Choice of Beverage</p>	<p>Paprika Baked Turkey Breast Baked Butternut Squash Brussels Sprouts with Bacon Bread or Roll &amp; Butter or Margarine Warm Winter Lemon Cake Choice of Beverage</p>	<p>Lemon Fish Almondine Rice with Mushrooms Peas and Pearl Onions Bread or Roll &amp; Butter or Margarine Apple Custard Square Choice of Beverage</p>	<p>Tomato Swiss Steak Buttermilk Mashed Potatoes Herbed Whole Green Beans Bread or Roll &amp; Butter or Margarine Chocolate Mousse Pudding Choice of Beverage</p>
Dinner 5p-6p	<p>Beef and Mushroom Florentine Yellow Rice Sautéed Zucchini Bread or Roll &amp; Butter or Margarine Soft Molasses Cookie Milk Coffee/Tea/Decaf</p>	<p>Chicken and Dumplings Roasted Fresh Beets Bread or Roll &amp; Butter or Margarine Heavenly Fruit Salad Milk Coffee/Tea/Decaf</p>	<p>Turkey Pot Pie Mixed Salad Greens with Creamy Tarragon Dressing Bread or Roll &amp; Butter or Margarine Citrus Angel Food Cake Milk Coffee/Tea/Decaf</p>	<p>Italian Crusted Fish Lentils and Vegetables Roasted Tomatoes Bread or Roll &amp; Butter or Margarine Berry Brownie Milk Coffee/Tea/Decaf</p>	<p>Vegetable Frittata Julienne Carrots Bread or Roll &amp; Butter or Margarine Creamy Gelatin Milk Coffee/Tea/Decaf</p>	<p>Chili Con Carne Sweet and White Potato Spears Cucumber Red Onion Salad Bread or Roll &amp; Butter or Margarine Peach Pie Milk Coffee/Tea/Decaf</p>	<p>Seafood Imperial Barley Pilaf Seasoned Fresh Broccoli Bread or Roll &amp; Butter or Margarine Glazed White Sheet Cake Milk Coffee/Tea/Decaf</p>
HS Snack 8p	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>

Approved by: Linda L. Cardillo, Registered Dietitian  
October 23, 2018



## Week at a Glance

**PARSLEY - Fall/Winter 2018/2019 Ridgeline**  
Week 4

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 7am-9am		Pancakes Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Choice of Egg Toast Hash Browns Seasonal Fruit Hot or Cold Cereal	Waffles with Fruit Topping Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Fried Egg and Cheese Sandwich Seasonal Fruit Hot or Cold Cereal	Blintz Brunch Bake with Blueberry Topping Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Zesty Orange French Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Choice of Egg Pumpkin Bread & Butter or Margarine Seasonal Fruit Hot or Cold Cereal
		Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf	Choice of Juice Milk Coffee/Tea/Decaf
Lunch 12p-1p		Crispy Pork Cutlet Roasted Carrots, Parsnips and Potato Coins Creamed Spinach Bread or Roll & Butter or Margarine	Baked Rosemary Chicken Roasted Sweet Potatoes Buttered Zucchini Bread or Roll & Butter or Margarine	Slow Cooked Shredded Beef Roast Seasoned New Potatoes Green and Gold Beans Bread or Roll & Butter or Margarine	Roasted Turkey Breast Pan Gravy Cornbread Stuffing Mashed Potatoes Seasoned Baby Carrots Bread or Roll & Butter or Margarine	Lemon Herb Chicken Confetti Rice Glazed Beets Bread or Roll & Butter or Margarine	Oven Fried Fish Au Gratin Potatoes Seasoned Brussels Sprouts Bread or Roll & Butter or Margarine	Pork Loin with Glazed Apples Baked Winter Squash Peas with Red Peppers Bread or Roll & Butter or Margarine
		Cinnamon Roll Fruit Cobbler Choice of Beverage	Banana Cream Cheesecake Choice of Beverage	Raspberry Custard Cake Choice of Beverage	Praline Pumpkin Pie Choice of Beverage	Chocolate Caramel Bread Pudding Choice of Beverage	Ginger Molasses Bar Choice of Beverage	Frosted Chocolate Cake Choice of Beverage
Dinner 5p-6p		Ravioli with Tomato Sauce Parslited Cauliflower Breadstick	Baked Ham with Raisin Sauce Onion Stuffing Casserole Savory Peas Bread or Roll & Butter or Margarine	Hawaiian Fish Vegetable Couscous Corn O'Brien Bread or Roll & Butter or Margarine	Braised Country Style Ribs Yukon Gold Potato Wedges Buttered Broccoli Bread or Roll & Butter or Margarine	French Dip Sandwich with Au Jus Rosemary Parmesan Tots Creamy Cucumber Salad	Chicken and Root Vegetable Stew Marinated Tomatoes and Onions Cornbread & Butter or Margarine	Philly Style Chopped Steak Home Fried Potatoes French Cut Green Beans Bread or Roll & Butter or Margarine
		Lemon Shortbread Bar Milk Coffee/Tea/Decaf	Coconut Macaroon Milk Coffee/Tea/Decaf	Gelatin Parfait Milk Coffee/Tea/Decaf	Tapioca Pudding with Topping Milk Coffee/Tea/Decaf	Pound Cake Milk Coffee/Tea/Decaf	Peaches and Cream Dessert Milk Coffee/Tea/Decaf	Cherry Pie Milk Coffee/Tea/Decaf
HS Snack 8p		Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice	Assorted Snack Juice



## Week at a Glance

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b> 7am-9am	<p>Buttermilk Pancakes Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Bacon and Cheese Omelet Toast Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Belgian Waffle Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Sausage Egg Bake Toast Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Scrambled Eggs with Cheese Toast Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Banana French Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>	<p>Choice of Egg Biscuit Country Gravy Seasonal Fruit Hot or Cold Cereal</p> <p>Choice of Juice Milk Coffee/Tea/Decaf</p>
<b>Lunch</b> 12p-1p	<p>Breaded Italian Chicken Spaghetti &amp; Marinara Sauce Garlic Lemon Cauliflower Bread or Roll &amp; Butter or Margarine</p> <p>No-Bake Strawberry Cheesecake Choice of Beverage</p>	<p>Cranberry Glazed Turkey Baked Sweet Potato Green Bean Casserole Bread or Roll &amp; Butter or Margarine</p> <p>Frosted Cinnamon Brownie Choice of Beverage</p>	<p>Smothered Pork Chop Country Potatoes Orange Spiced Carrots Bread or Roll &amp; Butter or Margarine</p> <p>Pecan Pie Choice of Beverage</p>	<p>Chopped Steak with Gravy Caramelized Onion Mashed Potatoes Broccoli Spears Bread or Roll &amp; Butter or Margarine</p> <p>Black Forest Cake Choice of Beverage</p>	<p>Citrus BBQ Chicken Roasted Root Vegetables Buttered Green Beans Bread or Roll &amp; Butter or Margarine</p> <p>Apple Brown Betty Choice of Beverage</p>	<p>Cornmeal Fish Fillet Pan-Fried Cabbage and Noodles Seasoned Peas Bread or Roll &amp; Butter or Margarine</p> <p>Ambrosia Choice of Beverage</p>	<p>Beef with Mushroom Sauce Baked Butternut Squash Steamed Spinach Bread or Roll &amp; Butter or Margarine</p> <p>Glazed Buttermilk Cake Choice of Beverage</p>
<b>Dinner</b> 5p-6p	<p>Scalloped Potatoes with Ham Baby Lima Beans Bread or Roll &amp; Butter or Margarine</p> <p>Pudding with Topping Milk Coffee/Tea/Decaf</p>	<p>Marble Reuben Sandwich Pickle Spear Steak Fries</p> <p>Poached Pears Milk Coffee/Tea/Decaf</p>	<p>Pasta with Spinach and Mushrooms Roasted Fresh Beets Breadstick</p> <p>Peanut Butter Blondie Milk Coffee/Tea/Decaf</p>	<p>Potato Crunch Fish Tomato Herb Rice Mixed Vegetables Bread or Roll &amp; Butter or Margarine</p> <p>Peachy Chiffon Dessert Milk Coffee/Tea/Decaf</p>	<p>Meatball Parmesan Orzo Pilaf Zucchini and Yellow Squash Garlic French Bread</p> <p>Coconut Custard Pie Milk Coffee/Tea/Decaf</p>	<p>Open-faced Roast Turkey Sandwich with Gravy Mashed Potatoes Corn Medley Bread or Roll &amp; Butter or Margarine</p> <p>Orange Pumpkin Mousse Dessert Milk Coffee/Tea/Decaf</p>	<p>Chicken, Broccoli and Rice Casserole Parslied Carrots Bread or Roll &amp; Butter or Margarine</p> <p>Oatmeal Gingersnap Cookie Milk Coffee/Tea/Decaf</p>
<b>HS Snack</b> 3p	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>	<p>Assorted Snack Juice</p>