

# Weekly Menu

Westmont Escondido



	Sun 10-28-2018	Mon 10-29-2018	Tue 10-30-2018	Wed 10-31-2018	Thu 11-01-2018	Fri 11-02-2018	Sat 11-03-2018
B R K	Sausage Country Gravy/Biscuits Breakfast Muffin Egg of Choice Bacon Hash Browns 100% Juice	Fluffy Pancakes Breakfast Muffin Egg of Choice Bacon Hash Browns 100% Juice	Classic Corned Beef Hash Breakfast Muffin Egg of Choice Breakfast Ham Hash Browns 100% Juice	Raisin French Toast Breakfast Muffin Egg of Choice Bacon Hash Browns 100% Juice	Eggs Benedict Breakfast Muffin Egg of Choice Sausage Patty Hash Browns 100% Juice	Egg and Ham Scramble Pastry Egg of Choice Bacon Hash Browns 100% Juice	Belgian Waffle Breakfast Muffin Egg of Choice Breakfast Ham Hash Browns 100% Juice
L U N	Cream of Tomato Soup Meatballs/Marinara Sauce Tropical Tilapia Garlic Mashed Potatoes Carrot Green Bean Blend Baked Roll Key Lime Pie	Autumn Ham Soup Barbecued Chicken Veal/Mushroom Sauce Rice Orzo Pilaf Chef's Steamed Vegetable Spice Cake	Homestyle Vegetable Soup Burgundy Pork Chicken Tamale and Beans Baked Yams Succotash Baked Roll Fruit Cobbler	Chicken Broccoli Soup Spaghetti/Meat Marinara Sauce Turkey Roast/Stuffing Homemade Stuffing Roasted Summer Squash Garlic Bread Homemade Carrot Cake	Vegetable Macaroni Soup Rosemary Lemon Chicken North Carolina Pork Roast Seasoned Brown Rice Capri Blend Baked Roll Pudding	Potato Spinach Soup Crunch-Topped Fish Ham/Pineapple Sauce Candied Yams Green Beans Almondine Baked Roll Banana Sheet Cake	Cream of Mushroom Soup Seasoned Meatloaf Baked Ziti/Four Cheese Sauce Fresh Mashed Potatoes/Gravy Peas and Pearl Onions Baked Roll Classic Pecan Pie
D I N	Cream of Tomato Soup Turkey Pot Pie Ham and Cheese Hoagie Spinach Assorted Desserts	Autumn Ham Soup Beef Taco Pasta Cheese Casserole Guacamole <i>and</i> California Blend Spice Cake	Homestyle Vegetable Soup Chicken Melt Canadian Bacon Pizza Fresh Cooked Carrots Fruit Cobbler	Chicken Broccoli Soup Crab Salad Croissant Skillet Sausage Link and Vegetables Broccoli/Cheese Sauce Homemade Carrot Cake	Vegetable Macaroni Soup Shepherds Pie California Chef Salad Chef's Steamed Vegetable Pudding	Potato Spinach Soup Chicken and Vegetable Pasta Cheesy Jack Quesadilla Mixed Vegetables Banana Sheet Cake	Cream of Mushroom Soup Sweet Pork Sandwich Beef Stuffed Cabbage Caribbean Blend Classic Pecan Pie
	Milk offered at every meal						Week 3

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