

Weekly Menu

Oceanview



	Sun 12-16-2018	Mon 12-17-2018	Tue 12-18-2018	Wed 12-19-2018	Thu 12-20-2018	Fri 12-21-2018	Sat 12-22-2018
B R K	Hot Cereal <i>or</i> Quick Cinnamon Roll Pears 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Scrambled Egg/Bacon Fruit Cocktail 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Texas French Toast Sausage Link Applesauce/Topping 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Sausage Country Gravy/Biscuits 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Fried Egg Hash Browns <i>or</i> Sausage Link Mandarin Oranges 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Homemade Waffle Breakfast Ham Peaches 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Pancakes Sausage Link Fruit Cocktail 100% Juice Whole Grain Toast
L U N	Garden Cheese Soup North Carolina Pork Roast <i>or</i> Hamburger Steak/Gravy Fried Potatoes/Onions California Blend Baked Roll Lemon Meringue Pie	Green Salad Country Fried Steak/Gravy <i>or</i> Rosemary Roasted Turkey Fresh Mashed Potatoes Green Beans Baked Roll Chocolate Love Cake	Soup Du Jour Sausage and Peppers <i>or</i> Baked Drumsticks Delicious Rice Mixed Vegetables Baked Roll Berry Cobbler	Vegetable Medley Soup Pan Seared Tilapia <i>or</i> Cranberry Glazed Ham Roasted Red Potatoes Parsley Carrots Baked Roll Peach Melba Ribbon Pie	Green Salad Lemon Oregano Turkey <i>or</i> Salisbury Steak Best Noodles Sauteed Zucchini Baked Roll Chocolate Vanilla Pudding Dessert	Homemade Clam Chowder Grilled Chicken/Roasted Pepper Sauce <i>or</i> Baked Cod Fillet Herb Roasted Red Potatoes Green Beans Baked Roll Pineapple Blueberry Crumble	Homemade Bean Bacon Soup Dilled Pork Roast <i>or</i> Meatballs/Marinara Sauce Parmesan Pasta Garlic Spinach Baked Roll Marshmallow Treat
D I N	Garden Cheese Soup Baked Chicken Fingers/Fries <i>or</i> Baked Cod/Basil Cream Sauce Honey Glazed Carrots Baked Roll Cinnamon Pull-Aparts	Soup Du Jour Tuna Melts <i>or</i> Beef Pot Roast Cucumber Onion Salad Baked Roll Ice Cream Sandwich	Soup Du Jour Beef Stroganoff/Rice <i>or</i> Classic Turkey Sandwich Seasoned Broccoli Baked Roll Soft Brown Sugar Cookie	Vegetable Medley Soup Shredded Pork/Bun <i>or</i> Barbecue Beef Meatballs Green Beans Chocolate Chip Cranberry Cookies	Soup Du Jour Ham Cheese Fettuccine <i>or</i> Chicken Parmesan Dish Seasoned Peas German Chocolate Brownie	Homemade Clam Chowder Classic Taco Salad <i>or</i> Garden Frittata Bake Veggies in Salad Baked Tortilla Chips Carrot Cake Cookie	Homemade Bean Bacon Soup Chicken Caesar Sandwich <i>or</i> Rigatoni Italian Normandy Blend Baked Roll Caramel Bars
	Week 5						

Dietitian's Signature:

Diane J. RDN
6/10/18 10-26-2018