WESTMONT LIVING®
inspired retirement living®

Weekly Menu

Westmont at San Miguel Ranch

	Sun 12-02-2018	Mon 12-03-2018	Tue 12-04-2018	Wed 12-05-2018	Thu 12-06-2018	Fri 12-07-2018	Sat 12-08-2018
BRK	Scrambled Egg Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Best Apple Muffins Egg of Choice Fresh Fruit 100% Juice	Brown Sugar French Toast Sausage Link Fresh Fruit 100% Juice	Bacon and Egg Tart Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Fried Egg Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast
LUN	Green Salad Yankee Pot Roast Baked Salmon/Lemon Dill Sauce Garlic Mashed Potatoes Baby Carrots Baked Roll Homemade Peach Pie	Mixed Vegetable Salad Marinated Drum Sticks *or* Veal/Mushroom Sauce Lemon Rice Steamed Sugar Snap Peas Baked Roll Cranberry Apple Crisp	Green Salad Grilled Pork Cutlet *or* Swiss Steak/Tomatoes Baked Yams Herbed Corn Baked Roll Glazed Pumpkin Cake	Fruited Jello Salad Bacon Wrapped Patty *and* Turkey Roast/Stuffing Baked Potato Greens Baked Roll Graham Streusel Cake	Green Salad Rosemary Lemon Chicken *or* Maple Marinated Pork Roast Seasoned Brown Rice Capri Blend Baked Roll Blackberry Vanilla Parfait	Coleslaw Crunch-Topped Fish *or* Ham and Gravy Roasted Red Potatoes Green Beans Almondine Baked Roll Orange Cake	Classic Waldorf Salad Meatloaf with Mozzarella Turkey Cutlets/Pan Gravy O'Brien Potatoes Peas and Pearl Onions Baked Roll Cherry Crisp
DIN	Cream of Mushroom Soup Ham and Yams Collard Greens Jello & Whip Cups	Black Bean Salsa Soup Cheese Tortellini/Basil Cream Sauce *or* Hot Beef Sandwich Balsamic Roasted Vegetables Orange Glazed Bars	Cream of Cauliflower Soup Chicken Ciabatta Sandwich *or* Canadian Bacon Pizza Fruity Green Salad Coconut Bread	Creamy Tomato Bisque Shrimp Salad/Croissant *or* Skillet Sausage Link and Vegetables Radish Relish Plate Frozen Sherbet Dessert	Vegetable Macaroni Soup Cowboy Baked Potato *or* Turkey Cream Cheese Sandwich Chef's Steamed Vegetable Hershey's Kiss PB Cookie	Potato Spinach Soup Cheesy Chicken Sandwich *or* Sour Cream Burrito/Sauce Corn Pepper Salad Creamy Rice Pudding	Cheesy Vegetable Soup Pork Fried Rice *or* Deli Swiss Sandwich Stir-Fry Vegetables Vegetable Egg Roll Sugar Cookie w/Frosting
	Milk offered at every meal						Week 3

Dietitian's Signature: Diane Fagu RDN 610158 10-26-2018