

Weekly Menu

Westmont at San Miguel Ranch



	Sun 01-13-2019	Mon 01-14-2019	Tue 01-15-2019	Wed 01-16-2019	Thu 01-17-2019	Fri 01-18-2019	Sat 01-19-2019
B R K	Deluxe Waffles Egg of Choice Fresh Fruit 100% Juice	Cheese Blintz Egg of Choice Fresh Fruit 100% Juice	Pumpkin Spice Muffins Egg of Choice Fresh Fruit 100% Juice	Apple Raisin Toast Dish Breakfast Ham Fresh Fruit 100% Juice	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice	Breakfast Burrito Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Homemade Pancakes Sausage Link Fresh Fruit 100% Juice
L U N	Carrot Coin Salad Parmesan Crusted Chicken Tender Beef Roast Herb Mashed Potatoes Oven Roasted Broccoli Baked Roll Grandma's Apple Pie	7-Up Salad Oven Roasted Pork <i>or</i> Bacon Tomato Quiche Glazed Sweet Potatoes Green Beans Italian Baked Roll Homemade Carrot Cake	Green Salad Classic Lasagna <i>or</i> Grilled Catfish Romaine Salad Garlic Bread Peanut Butter Brownie	Caesar Salad Sliced Turkey Breast <i>and</i> Crispy Pork Chops Cornbread Dressing Roasted Squash Baked Roll Blueberry Cobbler	Fruit Compote Ham Roast <i>or</i> Chicken Riviera Cream and Cheese Potatoes Seasoned Cauliflower Baked Roll Butterscotch Cream Pie	Fresh Fruit/Lemon Dip Honey Glazed Meatballs <i>or</i> Cod AuGratin Rice Snap Pea Vegetable Blend Baked Roll Spiced Pear Cake	Green Salad Mushroom and Swiss Chicken Corned Beef Brisket Steamed Red Potatoes Country Trio Medley Baked Roll Peach Pudding Cup
D I N	Garden Tomato Soup Grilled Cheese Sandwich <i>or</i> Turkey Pasta Casserole Pear Fruit Medley Baked S'more	Cream of Zucchini Soup Alaskan Fish and Chips <i>or</i> Philly Deli Sandwich Sour Cream Cucumber Salad Classic Banana Bread	Plantation Vegetable Soup Garden Chicken Sandwich <i>or</i> Red Beans and Cornbread Vegetable Pasta Salad Rice Krispie Rolls	Cream of Broccoli Soup Sloppy Joes <i>or</i> Cottage Cheese/Fruit Platter Sweet Slaw Layered Pudding	Vegetable Rice Soup Hot Turkey Sandwich/Gravy <i>or</i> Beef and Noodles Buttery Carrots Berry Oat Bars	French Onion Soup Eggs Benedict Bake <i>or</i> Chicken Bacon Wrap Dutch Spinach Salad No Bake Cookie	Homestyle Vegetable Soup Roasted Vegetable Alfredo Flatbread <i>or</i> Irish Beef Pie Romaine Orange Salad Fudge Bar
	Milk offered at every meal						Week 4

Dietitian's Signature: *Diana Jugu RDN*
610158 10-26-2018