

Weekly Menu

Westmont Escondido



	Sun 05-05-2019	Mon 05-06-2019	Tue 05-07-2019	Wed 05-08-2019	Thu 05-09-2019	Fri 05-10-2019	Sat 05-11-2019
B R K	Cheesy Scrambled Eggs <i>or</i> Breakfast Muffin <i>or</i> Egg of Choice Bacon <i>or</i> Hash Browns 100% Juice	Pancakes <i>or</i> Breakfast Muffin <i>or</i> Egg of Choice Bacon <i>or</i> Hash Browns 100% Juice	Denver Egg Scramble <i>or</i> Breakfast Muffin <i>or</i> Egg of Choice Breakfast Ham <i>or</i> Hash Browns 100% Juice	Classic Corned Beef Hash <i>or</i> Coffee Cake Muffin <i>or</i> Egg of Choice Bacon <i>or</i> Hash Browns 100% Juice	French Toast <i>or</i> Cinnamon Roll <i>or</i> Egg of Choice Sausage <i>or</i> Hash Browns 100% Juice	Sausage Country Gravy/Biscuits <i>or</i> Chef's Choice Pastry <i>or</i> Egg of Choice Bacon <i>or</i> Hash Browns 100% Juice	Eggs Benedict <i>or</i> Breakfast Muffin <i>or</i> Egg of Choice Bacon <i>or</i> Hash Browns 100% Juice
L U N	Soup Du Jour Orange Apricot Glazed Pork <i>or</i> Chicken Tamale and Beans Savory Mexican Rice Spanish Green Beans Baked Roll Baked Flan	Vegetable Rice Soup Country Fried Steak/Gravy <i>or</i> Broccoli Ham Quiche Garlic Mashed Potatoes Chef's Steamed Vegetable Cake Chocolates	Cream of Potato Soup Grilled Kielbasa with Summer Squash <i>or</i> Classic Stuffed Bell Pepper Roasted Yukon Potatoes Mixed Vegetables Baked Roll Apple Crisp	Manhattan Clam Chowder Lemon Baked Tilapia <i>or</i> Classic Spaghetti Meat Sauce Oven Brown Rice Parsley Carrots Lemon Meringue Pie	Cream of Broccoli Soup Pot Roast/Potatoes <i>or</i> Pasta Cheese Casserole Parsley Egg Noodles Roasted Tomato Half Baked Roll Tapioca Pudding	Tomato Lentil Soup Chicken Diane <i>or</i> Beefy Baked Ravioli Rice Pilaf Chef's Steamed Vegetable Yellow Cake	Split Pea Soup Savory Pork Roast <i>or</i> Swedish Meatballs Noodles Normandy Blend Baked Roll Sherbet
D I N	Cream of Mushroom Soup Grilled Sandwich <i>or</i> Cornmeal Breaded Catfish Capri Blend Assorted Desserts	Vegetable Rice Soup Shrimp Tomato Salad <i>or</i> Baked Lemon Chicken California Blend Cake Chocolates	Cream of Potato Soup Beef Fried Rice <i>or</i> BBQ Chicken Breast Chef's Steamed Vegetable Apple Crisp	Manhattan Clam Chowder BBQ Pulled Pork/Bun <i>or</i> Chicken and Vegetable Pasta Creamy Coleslaw Lemon Meringue Pie	Cream of Broccoli Soup Ham Turkey Deli Sandwich <i>or</i> Breaded Cod/Fry Basket Lemon Pepper Green Beans Tapioca Pudding	Tomato Lentil Soup Philly Steak Sandwich <i>or</i> Spinach and Feta Quiche Corn on the Cob Yellow Cake	Split Pea Soup Open Face Turkey Sandwich/Gravy <i>or</i> Beef Stuffed Cabbage Mixed Vegetables Sherbet
Milk offered at every meal							Week 4

Dietitian's Signature: *Quane Jager* RDN # 610128
2-1-2019