

Arcadian Cove Menu Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Breakfast</u></p> <p>Scrambled Eggs Biscuit w Gravy Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Pancakes Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Omelet French Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>
<p><u>Lunch</u></p> <p>Glazed Ham OR Catfish</p>	<p><u>Lunch</u></p> <p>Salisbury Steak OR Pork Cutlets</p>	<p><u>Lunch</u></p> <p>Chicken BBQ OR Salmon Patty</p>	<p><u>Lunch</u></p> <p>Spaghetti w Meat Sauce OR Chicken Cordon Blu</p>	<p><u>Lunch</u></p> <p>Homestyle Meatloaf OR Club Sandwich</p>	<p><u>Lunch</u></p> <p>Fried Shrimp OR Pork Loin w Herbs</p>	<p><u>Lunch</u></p> <p>Honey Mustard Breaded Chicken Breast OR Beef Tips</p>
<p><u>Supper</u></p> <p>Egg Salad Sandwich OR Grilled Chicken Sandwich</p>	<p><u>Supper</u></p> <p>Lasagna OR Salmon Croquette</p>	<p><u>Supper</u></p> <p>Tuna Salad on a bed of lettuce OR Soup of the Day</p>	<p><u>Supper</u></p> <p>Turkey Ranch Wrap OR Polish Sausage and Sauerkraut</p>	<p><u>Supper</u></p> <p>Pulled Pork OR Chicken and Dumplings</p>	<p><u>Supper</u></p> <p>Hot ham and Cheese OR Chicken Enchilada Bake</p>	<p><u>Supper</u></p> <p>Swedish Meatballs OR Ham Salad with Fresh Fruit</p>

Arcadian Cove Menu Week Two

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Breakfast</u></p> <p>Scrambled Eggs Biscuit w Gravy Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Pancakes Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs T French Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal</p>
<p><u>Lunch</u></p> <p>Turkey Breast with Herbs OR Ham and Pineapples</p>	<p><u>Lunch</u></p> <p>Spaghetti with Meat Sauce OR Baked Tilapia</p>	<p><u>Lunch</u></p> <p>Chicken Fried Steak (Beef) OR Chicken Tenders</p>	<p><u>Lunch</u></p> <p>Savory Pork Roast OR Meatball Hoagie</p>	<p><u>Lunch</u></p> <p>Baked Chicken Breast OR Pinto Bean Soup</p>	<p><u>Lunch</u></p> <p>Baked Salmon OR Patty Melt</p>	<p><u>Lunch</u></p> <p>Chicken Spaghetti Casserole OR Beef Tips</p>
<p><u>Supper</u></p> <p>Sloppy Joe OR Sweet and Sour Pork</p>	<p><u>Supper</u></p> <p>BLT Sandwich OR Cheeseburger</p>	<p><u>Supper</u></p> <p>Chicken Patty on a Bun OR Club Sandwich</p>	<p><u>Supper</u></p> <p>Roast Beef Sandwich OR Chef Salad</p>	<p><u>Supper</u></p> <p>Beef Lasagna OR Chili Dog</p>	<p><u>Supper</u></p> <p>Baked Pork Chop OR Pizza Burger</p>	<p><u>Supper</u></p> <p>Chuckwagon Rice and Gravy OR Tuna Salad Sandwich</p>

Arcadian Cove Menu Week Three

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Breakfast</u> Scrambled Eggs Biscuit Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u> Omelet Pancakes Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u> Scrambled Eggs Danish Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u> Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u> Scrambled Eggs French Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u> Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal</p>	<p><u>Breakfast</u> Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal</p>
<p><u>Lunch</u> Beef Roast OR Chicken Alfredo</p>	<p><u>Lunch</u> Salisbury Steak OR Hawaiian Chicken</p>	<p><u>Lunch</u> Deli OR Fried Pork Chop</p>	<p><u>Lunch</u> Meatloaf OR BBQ Pork Riblette</p>	<p><u>Lunch</u> Sliced Turkey with Gravy OR Pulled Pork</p>	<p><u>Lunch</u> Battered Fish OR Chicken Salad Sandwich</p>	<p><u>Lunch</u> Cheese burger OR Baked Ravioli</p>
<p><u>Supper</u> Open Faced Turkey Sandwich OR Hot Dog with Bun</p>	<p><u>Supper</u> Cheese Pizza r OR Fried Bologna Sandwich</p>	<p><u>Supper</u> Soup of the Day OR Stuffed Peppers</p>	<p><u>Supper</u> Chicken Pot Pie OR Ham and Pineapples</p>	<p><u>Supper</u> Macaroni Beef Bake OR Chicken Livers</p>	<p><u>Supper</u> Pork Medallion OR Soup of the Day</p>	<p><u>Supper</u> Sweet and Sour Meatballs OR Chicken Fajitas</p>

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<p><u>Breakfast</u></p> <p>Scrambled Eggs Biscuit Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Pancakes Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs French Toast Bacon, Sausage Fresh Fruit Choice of Cereal Oatmeal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal</p>	<p><u>Breakfast</u></p> <p>Scrambled Eggs Toast Bacon, Sausage Fresh Fruit Choice of Cereal</p>
<p><u>Lunch</u></p> <p>Fried Chicken Legs OR Beef Noodle Casserole</p>	<p><u>Lunch</u></p> <p>Pork Loin with Herbs OR Shrimp and Grits</p>	<p><u>Lunch</u></p> <p>Sloppy Joe Stuffed Peppers OR Honey Mustard Chicken</p>	<p><u>Lunch</u></p> <p>Baked Cod OR Chicken and Broccoli Casserole</p>	<p><u>Lunch</u></p> <p>Supreme Pizza OR Italian Sausage Quiche</p>	<p><u>Lunch</u></p> <p>Crab Cakes OR Beef Stir-Fry</p>	<p><u>Lunch</u></p> <p>Open Faced Roast Beef Sandwich OR Savory Roasted Chicken</p>
<p><u>Supper</u></p> <p>Spaghetti and Meatballs OR Tuna Salad Sandwich</p>	<p><u>Supper</u></p> <p>Soft Beef Taco OR Breakfast Casserole</p>	<p><u>Supper</u></p> <p>BBQ Pork Riblette OR Baked Tilapia with Herbs</p>	<p><u>Supper</u></p> <p>Ham and Swiss Sliders OR Patty Melt</p>	<p><u>Supper</u></p> <p>Chili Cheese Dog OR Vegetable Quiche</p>	<p><u>Supper</u></p> <p>Smoke Sausage with Peppers and Onions OR Cheeseburger</p>	<p><u>Supper</u></p> <p>Chicken Breast Filet OR Crab Cakes</p>