

## Fresh Menus-Fall/Winter Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/24/2023	12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pastry Hard Boil Eggs Toast of Choice Fruit Yogurt	Pastry Hard Boil Eggs Choice of Toast Fruit Yogurt	Breakfast Sand. Choice of Egg Choice of Toast Fruit Yogurt	Omelet Choice of Egg Choice of Toast Fruit Yogurt	Biscuit & Gravy Choice of Egg Choice of Toast Fruit Yogurt	French Toast Choice of Egg Choice of Toast Fruit Yogurt	Pastry Hard Boil Eggs Choice of toast Fruit Yogurt
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad
Turkey Parmesan w/Stewed Tomatoes & Zucchini over Penne Pasta Garden Salad Wheat Dinner Roll	Prime Rib Roast w/ Butter Mushroom Sauce Fingerling Potatoes Fresh Green Beans Dinner Roll	Tacos w/ Seasoned Beef, Tomatoes, Cheddar, & Sour Cream Tortilla Chips & Salsa	Grilled Tuna Melt on Wheat Bread Waldorf Salad w/ Apples & Grapes Pickles	Kielbasa w/ Peppers, Onions & Honey Mustard Glaze Roasted Potatoes, Braised Cabbage w/ Fennel	Egg Salad on Multigrain Bread w/Lettuce Orange Slices Sun Chips	Roasted Turkey Salad w/Craisins & Candied Pecans on a Bed of Greens Seasonal Fresh Fruit
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Beef Deli Sand. Red Onions, Roasted Red Pepper Mayo Chips	Deli Sandwich Potato Chips Fruit Weges	Braised Pork Chops w/Onions & Gravy Cornbread Stuffing Vegetable Medley	Meatloaf w/ Tomato Glaze Red Skinned Mashed Potatoes Fresh Green Beans	Creamy Chicken Florentine w/ Mushrooms & Spinach Roasted Carrots Warm French Bread	Coconut Fried Shrimp w/ Chili Dipping Sauce Vegetable Fried Rice Pea Pods	Beef Stroganoff w/Mushrooms & Sour Cream Egg Noodles Green Peas

\*Optional Menu Items Available

\*Menu is subject to change


**EBENEZER**  
*Choices for vibrant senior living*

## Fresh Menus-Fall/Winter Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/3/2023	12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pastry Hard Boil Eggs Choice of Toast Fruit Yogurt	Pancake W/ Syrup Choice of Egg Choice of Toast Fruit Yogurt	Breakfast Sand. Choice of Egg Choice of Toast Fruit Yogurt	Omelet Choice of Egg Choice of Toast Fruit Yogurt	Biscuits & Gravy Choice of Egg Choice of Toast Fruit Yogurt	French Toast Choice of Egg Choice of Toast Fruit Yogurt	Pastry Hard Boil Eggs Choice of Toast Fruit Yogurt
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad
Herb Marinated Roast Beef & Gravy Mashed Potatoes Fresh Green Beans Fresh Bread	Club Sand. W/ Bacon, Ham, Tomato, Avocado & Lettuce Fruit	Turkey Burger w/ Lettuce & Cran. Mayo Celery & Carrot Sticks W/ Ranch	Sloppy Joe on a Bun Bread & Butter Pickles Baked Beans	Asian Noodle Salad w/Lettuce, Napa Cabbage, Cilantro, Mint, & Chicken Egg Roll W/ Dipping Sauce	Meatball & Marinara Sub w/Pickles & Peppers Garden Salad	Pork Enchilada Casserole Lettuce, Tomato, Guacamole & Sour Cream Street Corn Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Grilled Cheese Sandwich w/ Pickles Fresh Fruit Salad	Mahi Mahi w/ Garlic Cream Sauce Baked Rice w/ Spinach Roasted Carrots	Homemade Lasagna W/ Italian Sausage Caesar Salad Garlic Bread	Roasted Pork Tenderloin W/ Apricot Glaze Sweet Potatoes Roasted Cauliflower Dinner Roll	Chicken Tenders W/ Honey Mustard American Fried Potatoes Broccoli Salad	Parmesan Crusted Tilapia w/Lemon Butter Sauce Roasted Potatoes Vegetable Medley	Honey & Orange Glazed Boneless Chicken Rice Peas & Carrots

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## .Fresh Menus-Fall/Winter Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/10/23	12/11/23	12/12/23	12/13/23	12/14/23	12/15/23	12/16/23
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Pastry Hard Boil Eggs Choice of Toast Fruit Yogurt	Pancakes W/ Syrup Choice of Egg Choice of Toast Fruit Yogurt	Breakfast Sandwich Choice of Egg Choice of Toast Fruit Yogurt	Omelet Choice of Egg Choice of Toast Fruit Yogurt	Biscuits & Gravy Choice of Egg Choice of Toast Fruit Yogurt	French Toast Choice of Eggs Choice of Toast Fruit Yogurt	Pastry Hard Boil Eggs Choice of Toast Fruit Yogurt
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad
Roast Turkey & Gravy w/ Cranberry Sauce Apple Dressing Fresh Steamed Green Beans	Pizza Burger on a Bun w/Italian Sausage Marinated Tomato Salad	Brown Ale Pork on a Bun w/ Pickled Onions Squash & Couscous Salad over Lettuce Greens	Grilled Reuben on Marble Rye German Potato Salad Roasted Beets	Salad w/Figs Roasted Fennel & Pork Tenderloin Chunky Spiced Applesauce Wheat Breadstick	Ravioli W/ Butternut Squash Sauce & Spinach Roasted Multi Color Carrots Garlic Toast	BBQ Chicken & Havarti Sandwich on Rosemary Flatbread w/Lettuce & Tomato Marinated Veggie Salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Tuna Salad on a Croissant w/ Lettuce Tomato & Sweet Pickles Sun Chips	Beer Braised Beef Short Ribs Dilled Red Potatoes Whipped Squash	Hungarian Paprika Chicken Egg Noodles Vegetable Blend	Oven Baked Cod w/Lemon Dill Sauce Quinoa Blend Roasted Zucchini, Peppers & Onions	Swedish Meatballs over Mashed Potatoes Cranberry Sauce Steamed Broccoli	Beer Battered Cod W/ Homemade Tartar Sauce Jo-Jo Potatoes Apple Coleslaw	Traditional Pot Roast w/Carrots, Onions & Potatoes Fresh Green Beans Warm French Bread

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## Fresh Menus-Fall/Winter Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/17/2023	12/18/2023	12/19/2023	12/20/2023	11/21/2023	11/22/2023	11/23/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pastry Hard Boil Eggs oast of Choice Fruit Yogurt	Pancakes W/ Syrup Egg of Choice Toast Fruit Yogurt	Breakfast Sand. Egg of Choice Toast Fruit Yogurt	Omelet Egg of Choice Toast Fruit Yogurt	Biscuit & Gravy Egg of Choice Toast Fresh Fruit Yogurt	French Toast Egg of Choice Toast Fruit Yogurt	Pastry Hard Boil Eggs Toast Fruit Yogurt
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad	Soup du Jour or Garden Salad
Ham w/Cranberry Chutney Scalloped Potatoes Root Vegetable Blend Wheat Dinner Roll	Cobb Salad w/ Chicken, Bacon Tomato, Hardboiled Eggs & Avocado on Lettuce Greens Fresh Bread	Mushroom & Swiss Burger w/Pickles French Fries Creamy Coleslaw	Chicken Fajitas in a Flour Tortilla w/ Onions, Peppers, Cheddar Cheese, Sour Cream & Salsa Black Beans & Rice	Naan Bread Pizza w/Italian Sausage & Roasted Vegetables Garden Salad	Tomato & Bacon Quiche w/Swiss Cheese Banana Bread Grapes & Melon Wedges	Philly Beef on a Hoagie w/Peppers, & Onions Cheese Sauce Fries
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Beef & Cheddar Sandwich Roasted Red Pepper Horseradish Ambrosia Salad	Spaghetti w/ Tomato Meat Sauce Garden Salad Garlic Bread	Fried Chicken w/ Country Gravy Mashed Potatoes Seasoned Vegetables	Pasta w/Red Pepper Shrimp & Fire Roasted Tomatoes Breadstick	Breaded Pork Chop w/Cinnamon Apples Sweet Potato Gratin Roasted Brussel	Grilled Salmon w/ Herb & Garlic Sauce Brown & Wild Rice Blend Fresh Steamed Broccoli	Pork Chow Mein w/Oriental Vegetables & Chow Mein Noodles Over Rice



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