LAN	DING
TT W	FRISCO

	SUNDAY, 12/1/2024	MONDAY, 12/2/2024	TUESDAY, 12/3/2024	WEDNESDAY, 12/4/2024	THURSDAY, 12/5/2024	FRIDAY, 12/6/2024	SATURDAY, 12/7/2024
Breakfast	Waffles Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Buttermilk Pancakes Seasonal Fruit Hot or Cold Cereal	Waffles Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Pig in a Biscuit Toast Seasonal Fruit Hot or Cold Cereal	Baked French Toast Sticks Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Scrambled Eggs **CHEF'S CHOICE** Toast Seasonal Fruit Hot or Cold Cereal	Scrambled Eggs Cinnamon Roll Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal
	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf
	SOUP OF THE DAY	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**CHEF'S CHOICE**
÷	Baked Ham Red Skinned Mashed Potatoes Capri Blend Vegetables Bread or Roll & Butter	Chef's Burger Special French Fries	Salisbury Steak with Gravy Parmesan Mashed Potatoes Chefs Vegetable Blend Bread or Roll & Butter	Beef Burrito Bowl Pico de Gallo Guacamole Shredded Lettuce Seasoned Pinto Beans Yellow Rice Sour Cream	Beef with Broccoli Potstickers with Dipping Sauce Garlic Buttered Rice	Fried Catfish Dirty Rice Sautéed Fresh Asparagus Spears Corn Cobbette	Herb Baked Chicken Herb Roasted Potatoes Parslied Baby Carrots Bread or Roll & Butter
Lun	Glazed Pork Tenderloin Red Skinned Mashed Potatoes Capri Blend Vegetables Bread or Roll & Butter	Stuffed Green Peppers Mixed Vegetables	Dijon Pork Tenderloin Brown Gravy Parmesan Mashed Potatoes Chefs Vegetable Blend Bread or Roll & Butter	Turkey Burger Club Sandwich Lettuce Leaf and Sliced Tomatoes Baked Sweet Potato Fries	Tortilla Crusted Fish Garlic Buttered Rice Buttered Peas	Sweet and Sour Chicken Steamed White Rice Sautéed Fresh Asparagus Spears	Baked Flounder with Lemon Pepper Herb Roasted Potatoes Parslied Baby Carrots Bread or Roll & Butter
	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage
	SOUP OF THE DAY	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**CHEF'S CHOICE**
Dinner	Albacore Tuna Salad Sandwich Potato Chips	Chicken Breast Parmesan Herb Buttered Pasta Chopped Salad with Dressing	BBQ Beef Brisket BBQ Sauce Loaded Baked Potato Steamed Broccoli Florets	Fried Chicken Cream Gravy Chimichurri Sauce Herb Roasted Potatoes Seasoned Green Beans	Chicken a la King Egg Noodles Italian Vegetable Medley	Maple Glazed Ham Au Gratin Potatoes French Cut Green Beans Bread or Roll & Butter	Open-faced Roast Beef Sandwich with Gravy Garlic Mashed Potatoes Capri Blend Vegetables
	BBQ Pulled Pork Sandwich Sweet Potato Fries	Albacore Tuna Tomato Wrap Fruit Cup	Breaded Shrimp with Cocktail Sauce Loaded Baked Potato Steamed Broccoli Florets	Maryland Style Crab Cake Lemon Butter Sauce Herb Roasted Potatoes Seasoned Green Beans	Shrimp Cobb Salad with Dressing Crackers	Grilled Cheese and Bacon Sandwich Cream of Tomato Soup	Baked Ziti with Cheese and Marinara Sauce Capri Blend Vegetables
	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf
EVE Snack	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice

Seasonal Menu

Regular Diet

LAN	DING
T W	FRISCO

	SUNDAY, 12/8/2024	MONDAY, 12/9/2024	TUESDAY, 12/10/2024	WEDNESDAY, 12/11/2024	THURSDAY, 12/12/2024	FRIDAY, 12/13/2024	SATURDAY, 12/14/2024
rfast	Scrambled Eggs Toast, Muffin or Pastry Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Waffles Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal Hot or Cold Cereal	Pig in a Biscuit with Cheese Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Scrambled Eggs Baked French Toast Sticks Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Scrambled Eggs Danish Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Choice of Egg Scrambled Eggs Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal
Brea	Choice of Juice Choice of Juice Milk 2% Milk 2% Coffee / Tea / Decaf Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf
	SOUP OF THE DAY **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**
ch	Ranch Meat Loaf Scalloped Potatoes California Blend Vegetables	Chicken and Mushroom Marsala Rosemary Red Potatoes Chefs Vegetable Blend Dinner Roll & Butter	BBQ Pork Buttered Corn Stir Fried Cabbage Bread or Roll & Butter	Shepherds Turkey Pie Fresh Whole Green Beans	Crispy Chicken Tenders and Waffles Fresh Fruit Cup	Fried Catfish Macaroni and Cheese Seasoned Black-Eyed Peas	Salisbury Steak with Gravy Herbed Orzo Yellow Squash with Red Peppers
Lun	Chicken Enchilada Casserole California Blend Vegetables	Quiche Lorraine Seasoned Red Potatoes Chefs Vegetable Blend Dinner Roll & Butter	Albacore Tuna Salad Sandwich Southern Style Green Beans	**CHEF'S CHOICE**	BBQ Pulled Pork on a Bun Fried Zucchini Creamy Coleslaw	Hot Dog on a Bun with Chili French Fries	Tuna Noodle Casserole Yellow Squash with Red Peppers Bread or Roll & Butter
	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Brownie Ala Mode Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage
	SOUP OF THE DAY **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**	**SOUP OF THE DAY** **SOUP OF THE DAY**
ler	Shrimp Scampi Pasta with Pesto Sauce Italian Blend Vegetables	Meatballs Brown Gravy White Rice Mixed Vegetables	Biscuit with Sausage Gravy Smoked Rope Sausage Scrambled Eggs with Cheese Watermelon	Beef Stew with Vegetables French Fries Choice of Bread & Butter	Sloppy Joe on a Bun Potato Chips	Cranberry Orange Roast Pork Roasted Garlic Mashed Potatoes Fresh Spinach and Mushrooms	Cheese Manicotti with Marinara Sauce Mashed Potatoes Capri Blend Vegetables
Dinner	Turkey Tetrazzini Italian Blend Vegetables	Grilled Ham and Cheese Sandwich Potato Chips Pickled Beets	Chicken Caesar Salad Lemon Wedge Caesar Dressing Garlic Bread	Seafood Gumbo White Rice Fried Okra	Pork Carnitas Taco Potato Chips	**CHEF'S CHOICE**	Deli Roast Beef Sandwich Potato Chips
	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Orange Pineapple Upside-Down Cake Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf
EVE Snack	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice

Seasonal Menu

Regular Diet

Approved By: ____

____ December 9, 2024

LAN	DING
T W	FRISCO

	SUNDAY, 12/15/2024	MONDAY, 12/16/2024	TUESDAY, 12/17/2024	WEDNESDAY, 12/18/2024	THURSDAY, 12/19/2024	FRIDAY, 12/20/2024	SATURDAY, 12/21/2024
akfast	Waffles Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Pig in a Biscuit Seasonal Fruit Hot or Cold Cereal	Pancakes Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Sausage Egg Bake Toast Seasonal Fruit Hot or Cold Cereal	Scrambled Eggs with Onions and Peppers Toast Seasonal Fruit Hot or Cold Cereal	Very Vanilla French Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Cinnamon Rolls Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal
Bre	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf
	SOUP OF THE DAY	**SOUP OF THE DAY**	Soup of the Day	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**
÷	Dry Rub Seasoned Chicken Garlic Mashed Potatoes Savory Peas Bread or Roll & Butter	Spiral Baked Ham Herb Roasted Potatoes Whole Green Beans Bread or Roll & Butter	Fried Catfish Tartar Sauce Lemon Wedge Dirty Rice Seasoned Fresh Spinach Garlic French Bread	Herb Roasted Pork Tenderloin Roasted Yukon Potatoes Steamed Mixed Vegetables Bread or Roll & Butter	Citrus Salmon with Mango Salsa Coconut Rice Basil Green Beans Bread or Roll & Butter	Burgundy Beef Puff Pastry Square	Braised Pork Cutlet Buttermilk Mashed Potatoes Buttered Carrots Bread or Roll & Butter
Lunc	Country Fried Steak Garlic Mashed Potatoes Savory Peas Bread or Roll & Butter	Lemon Ginger Chicken Herb Roasted Potatoes Whole Green Beans Bread or Roll & Butter	**CHEF'S CHOICE**	Baked Fish Fillet Roasted Yukon Potatoes Steamed Mixed Vegetables Bread or Roll & Butter	Patty Melt Sandwich Potato Chips	**RESIDENT'S CHOICE MEAL**	Roasted Turkey Breast with Balsamic Apple Glaze Buttermilk Mashed Potatoes Buttered Carrots Bread or Roll & Butter
	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage
	SOUP OF THE DAY	**SOUP OF THE DAY**	Soup of the Day	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**
er	Shrimp Alfredo over Fettuccine Cucumber Onion Salad	Shepherds Pie Mixed Vegetables	BBQ Baby Back Ribs Sour Cream / Butter or Margarine for Baked Potato Fresh Asparagus Spears	**CHEFS SPECIAL MEAL**	BBQ Pork on a Bun Sweet Potato Fries	Chicken Breast with Herbed Tomatoes Parslied Red Potatoes Green Bean Casserole	Green Chile Cheese Enchiladas Tangy Black Beans Bread or Roll & Butter
Dinner	BLT Turkey Salad	Pepperoni Pizza Mixed Green Salad with Dressing	Sour Cream / Butter or Margarine for Baked Potato Fresh Asparagus Spears	Paprika Baked Chicken **CHEF'S CHOICE** **CHEF'S CHOICE**	Egg Salad Sandwich Pickled Beets	Tuna Salad Plate	Philly Cheese Steak Sandwich French Fries
	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf
EVE Snack	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice

Seasonal Menu

Regular Diet

LANDING	
AT W FRISCO	

	SUNDAY, 12/22/2024	MONDAY, 12/23/2024	TUESDAY, 12/24/2024	WEDNESDAY, 12/25/2024	THURSDAY, 12/26/2024	FRIDAY, 12/27/2024	SATURDAY, 12/28/2024
Breakfast	French Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Cheese Omelet Toast Seasonal Fruit Hot or Cold Cereal	Breakfast Scone & Honey Butter Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Choice of Egg Toast Breakfast Muffin & Butter Seasonal Fruit Hot or Cold Cereal	Waffles with Blueberry Topping Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Potato and Onion Omelet Toast Seasonal Fruit Hot or Cold Cereal	Biscuit with Country Gravy Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal
	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf	Choice of Juice Milk 2% Coffee / Tea / Decaf
	SOUP OF THE DAY	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**
Lunch	Pepper Steak Garlic Buttered Rice Buttered Zucchini	Turkey Meat Loaf Garlic Noodles Mixed Vegetables	Baked Ham with Cider Glaze Smashed Potatoes Chefs Vegetable Blend Bread or Roll & Butter	Lemon Pepper Baked Chicken Garlic Mashed Potatoes Mixed Vegetables Bread or Roll & Butter	Marinated Steak Tostada Confetti Corn Pinto Beans Pico de Gallo Guacamole Cilantro Lime Coleslaw	Breaded Shrimp with Cocktail Sauce Onion Rings Broccoli and Cauliflower Cheese Sauce	Glazed Pork Loin Cider Baked Squash Confetti Corn Bread or Roll & Butter
	Creamed Chicken over Garlic Buttered Rice Buttered Zucchini	Beef Ravioli with Sauce Mixed Vegetables	Four Cheese Pasta Chefs Vegetable Blend Bread or Roll & Butter	Balsamic Glazed Pork Loin Garlic Mashed Potatoes Mixed Vegetables Bread or Roll & Butter	Herb Roasted Chicken Breast Roasted Root Vegetables Mustard Cream Sauce	Hot Dog with Toppings Beef Chili Potato Chips	**CHEF'S CHOICE**
	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Dessert of the Day Choice of Beverage	Ice Cream Cone Choice of Beverage	Dessert of the Day Choice of Beverage
	SOUP OF THE DAY	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**	**SOUP OF THE DAY**
Dinner	Baked Haddock Garlic Buttered Rice Steamed Spinach	**CHEF'S CHOICE**	Tamale Pie Southwest Salad with Dressing	Breaded Baked Fish Creamy Coleslaw Fried Okra	Dijon Pork Tenderloin Mashed Potatoes Dilled Green Beans Bread or Roll & Butter	Steak Teriyaki Fried Rice Garlic Green Beans Fortune Cookies	Chicken Thighs and Orzo Bake Boiled Carrots
	Ham and Swiss Sandwich Potato Chips	Seafood Salad on a Bed of Romaine	Shrimp Cobb Salad with Dressing Garlic Breadstick & Butter	French Dip Sandwich with Au Jus Steak Fries	Turkey Salad Plate with Croissant Potato Chips	Parmesan Crusted Chicken Sandwich French Fries Broccoli Onion Salad	Corned Beef on Rye Fried Zucchini
	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf	Dessert of the Day Milk 2% Coffee / Tea / Decaf
EVE Snack	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice	Snack of Choice Snack Juice

Seasonal Menu

Regular Diet

Approved By: _____

Registered Dietitian

_____ December 9, 2024