

Sunday (Day 1)	Monday (Day 2)	Tuesday (Day 3)	Wednesday (Day 4)	Thursday (Day 5)	Friday (Day 6)	Saturday (Day 7)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice (FR) Hot or Cold Cereal Sausage Gravy Buttermilk Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Denver Omelet Bake Cinnamon Coffee Cake Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Pancakes Sausage Patty Margarine/Syrup Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Canadian Bacon, Egg & Cheese Breakfast Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Cheese Omelet Breakfast Hash Brown Patty Banana Bread Square Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal French Toast Sticks Sausage Patty Margarine/Syrup Milk/Beverage
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Breaded Chicken Breast Chicken Gravy Rice Pilaf Prince Edward Vegetable Fruit Salad (FR) Milk/Beverage	Cheese Tortellini w/Alfredo Sauce Tossed Salad/Dressing Garlic Bread Hot Spiced Apples Milk/Beverage	Breaded Pork Chop Seasoned Butternut Squash Peas Pineapple Crisp (FR) Milk/Beverage	Roast Turkey *Mashed Potatoes Turkey Gravy Mixed Vegetables Cherry Gelatin with Pears (FR) Milk/Beverage	Meatloaf Brown Gravy Scalloped Potatoes Sauteed Zucchini & Onions Blonde Brownie Milk/Beverage	Fish & Cheese Sandwich Tartar Sauce Sweet Potato Wedges (A) Cole Slaw Frosted Cake Milk/Beverage	Swedish Meatballs w/Gravy Buttered Pasta Broccoli (A) Bread/Margarine Apple Crisp (FR) Milk/Beverage
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Hot Beef & Cheddar Sandwich Potato Wedges Frosted Cake Milk/Beverage	Baked Ham Au Gratin Potatoes Capri Vegetable Blend (A) Cornbread/Margarine Cookies Milk/Beverage	Chicken & Noodles Buttered Carrots (A) Bread/Margarine Frosted Cake Milk/Beverage	Egg Salad on Croissant Macaroni Salad Pickled Beets Peanut Butter Banana Oat Bar Milk/Beverage	Baked Chicken Marinara Buttered Pasta Seasoned Spinach (A) Bread Stick Gelatin Poke Cake Milk/Beverage	Tossed Salad/Dressing Cheese Pizza Fruit Cup Milk/Beverage	Chicken Tenders French Fries Peas & Carrots (A) Brownie Milk/Beverage
<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>
Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx

Dietitian: Mary Roberson

RD, LD  
CDR#: 13835  
8/1/2024

*Mary C. Roberson RD*

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Sunday (Day 8)	Monday (Day 9)	Tuesday (Day 10)	Wednesday (Day 11)	Thursday (Day 12)	Friday (Day 13)	Saturday (Day 14)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice (FR) Hot or Cold Cereal Sausage Gravy Buttermilk Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Denver Omelet Bake Cinnamon Coffee Cake Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Pancakes Sausage Patty Margarine/Syrup Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Canadian Bacon, Egg & Cheese Breakfast Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Cheese Omelet Breakfast Hash Brown Patty Banana Bread Square Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal French Toast Sticks Sausage Patty Margarine/Syrup Milk/Beverage
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pot Roast Buttered Egg Noodles Brown Gravy Mixed Vegetables Frosted Cake Milk/Beverage	Lasagna Roll Up Italian Blend Vegetables (A) Bread/Margarine Blueberry Cobbler (FR) Milk/Beverage	Salisbury Steak *Mashed Potatoes Prince Edward Vegetable Brown Gravy Frosted Cake Milk/Beverage	Sweet & Sour Glazed Pork Loin Steamed Rice Oriental Vegetables (A) Bread/Margarine Pineapple Milk/Beverage	Buttermilk Ranch Chicken Buttered Pasta Country Style Tomatoes Strawberry Shortcake (FR) Milk/Beverage	Breaded Fish Tartar Sauce Broccoli (A) Cole Slaw Lemon Bar Milk/Beverage	Pasta & Meatballs Seasoned Green Beans Garlic Bread Ambrosia (FR) Milk/Beverage
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
BBQ Pulled Pork on Bun Oven Browned Potatoes Seasoned Green Beans Fresh Watermelon Milk/Beverage	Baked Chicken Breast Garden Blend Rice Buttered Carrots (A) Cinnamon Applesauce Milk/Beverage	Tuna Noodle Casserole Steamed Brussel Sprouts Bread Stick Lime Gelatin with Pears (FR) Milk/Beverage	Chicken Salad on Croissant Marinated Cucumber Salad Sidekick Ice Fruit Cup (FR) Milk/Beverage	Hamburger on Bun French Fries Cookies Milk/Beverage	Baked Macaroni & Cheese Tossed Salad/Dressing Cream Cheese Brownie Milk/Beverage	Bratwurst Patty on Bun Baked Beans Apricots (A) Milk/Beverage
<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>
Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx

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Sunday (Day 15)	Monday (Day 16)	Tuesday (Day 17)	Wednesday (Day 18)	Thursday (Day 19)	Friday (Day 20)	Saturday (Day 21)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice (FR) Hot or Cold Cereal Sausage Gravy Buttermilk Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Denver Omelet Bake Cinnamon Coffee Cake Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Pancakes Sausage Patty Margarine/Syrup Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Canadian Bacon, Egg & Cheese Breakfast Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Cheese Omelet Breakfast Hash Brown Patty Banana Bread Square Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal French Toast Sticks Sausage Patty Margarine/Syrup Milk/Beverage
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chicken Alfredo Over Pasta Sauteed Zucchini & Onions Bread Stick Hot Spiced Apples Milk/Beverage	Citrus Glazed Roast Turkey *Mashed Potatoes Turkey Gravy Capri Vegetable Blend (A) Bread/Margarine Frosted Cake Milk/Beverage	Meatloaf Brown Gravy Au Gratin Potatoes Mixed Vegetables Bread/Margarine Fruit Salad (FR) Milk/Beverage	Cheeseburger on Bun French Fries Tossed Salad/Dressing Brownie Milk/Beverage	Breaded Chicken Breast Buttered Pasta Broccoli (A) Cherry Apple Cobbler (FR) Milk/Beverage	Battered Cod Tartar Sauce Baked Macaroni & Cheese Cole Slaw Frosted Cake Milk/Beverage	Italian Marinated Chicken Buttered Pasta Italian Blend Vegetables (A) Strawberry Shortcake (FR) Milk/Beverage
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
BBQ Beef Sandwich Potato Wedges Blonde Brownie Milk/Beverage	Baked Ham Seasoned Butternut Squash Seasoned Spinach (A) Cornbread/Margarine Pineapple Crisp (FR) Milk/Beverage	Tuna Salad Sandwich Marinated Fresh Tomato Salad Cookies Milk/Beverage	Breaded Pork Chop Rice Pilaf Buttered Carrots (A) Mandarin Oranges Milk/Beverage	Sloppy Joes on Bun Oven Browned Potatoes Raspberry Gelatin with peaches (FR) Milk/Beverage	Cheese Pizza Tossed Salad/Dressing Bread Stick Chilled Pears Milk/Beverage	Ham & Cheddar Wrap Potato Salad Pickled Beets Peanut Butter Banana Oat Bar Milk/Beverage
<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>
Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx

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Sunday (Day 22)	Monday (Day 23)	Tuesday (Day 24)	Wednesday (Day 25)	Thursday (Day 26)	Friday (Day 27)	Saturday (Day 28)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice (FR) Hot or Cold Cereal Sausage Gravy Buttermilk Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Denver Omelet Bake Cinnamon Coffee Cake Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Pancakes Sausage Patty Margarine/Syrup Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Canadian Bacon, Egg & Cheese Breakfast Biscuit Fruit of the Day Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal Cheese Omelet Breakfast Hash Brown Patty Banana Bread Square Milk/Beverage	Assorted Juice (FR) Hot or Cold Cereal French Toast Sticks Sausage Patty Margarine/Syrup Milk/Beverage
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pot Roast *Mashed Potatoes Brown Gravy Peas & Carrots (A) Frosted Cake Milk/Beverage	Teriyaki Glazed Pork Tenderloin Steamed Rice Oriental Vegetables (A) Gelatin Poke Cake Milk/Beverage	Salisbury Steak Buttered Egg Noodles Brown Gravy Mixed Vegetables Frosted Cake Milk/Beverage	Herbed Pork Roast Scalloped Potatoes Buttered Cabbage Apple Crisp (FR) Milk/Beverage	Country Fried Steak *Mashed Potatoes Cream Gravy Peas Frosted Cake Milk/Beverage	Potato Crunch Pollock Garden Blend Rice Cole Slaw Lemon Cream Cake Milk/Beverage	Baked Macaroni & Cheese Tossed Salad/Dressing Seasoned Spinach (A) Ambrosia (FR) Milk/Beverage
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Chicken Burger on Bun Sweet Red Pepper Mayo Baked Beans Brownie Fresh Watermelon Milk/Beverage	Lasagna Roll Up Tossed Salad/Dressing Steamed Brussel Sprouts Blueberry Cobbler (FR) Milk/Beverage	BBQ Pulled Chicken on Bun Potato Wedges Capri Vegetable Blend (A) Mandarin Orange Gelatin (FR) Milk/Beverage	Hamburger on Bun Potato Salad Baked Beans Rice Pudding Milk/Beverage	Baked Chicken Breast Buttered Pasta Country Style Tomatoes Bread Stick Cream Cheese Brownie Milk/Beverage	Club Turkey Wrap Marinated Cucumber Salad Sidekick Ice Fruit Cup (FR) Cookies Milk/Beverage	Italian Sausage Patty on Bun w/Peppers & Onions French Fries Patriotic Fruit Bar Milk/Beverage
<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>
Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx

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