

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 11-18-2018 | Mon 11-19-2018 | Tue 11-20-2018 | Wed 11-21-2018 | Thu 11-22-2018 | Fri 11-23-2018 | Sat 11-24-2018 |
|----------------------------|---|--|---|---|--|---|--|
| B R K | Oatmeal Raisin Muffin Yogurt Pears 100% Juice | Perfect Pancakes Breakfast Ham Mandarin Oranges 100% Juice | Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast | Scrambled Egg Sausage Link Applesauce 100% Juice Biscuits | Cinnamon French Toast Bacon Fresh Fruit 100% Juice | Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast | Baked Omelet Squares Hash Browns Apricots 100% Juice Whole Grain Toast |
| L U N | Zesty Meatloaf Onion Roasted Potatoes Roasted Carrots Baked Roll Maple Bar | Honey Curry Chicken Breast Rice Pilaf Broccoli Baked Roll Peach Cobbler | Baked Pork Chops Smashed Sweet Potatoes Corn Baked Roll Cream Pecan Cake | Salisbury Steak Baked Potato Sauteed Spinach Baked Roll Fresh Banana Cream Pie | Slow Roasted Carved Turkey Fresh Mashed Potatoes/Gravy Cranberry Sauce Honey Glazed Carrots Baked Roll Pumpkin Pie | Spanish Cubed Steak Fresh Mashed Potatoes Green Beans Baked Roll Orange Thumbprint Cookie | Beef Sour Cream Noodle Bake Sauteed Zucchini Crusty Garlic Bread Autumn Spice Cake |
| D I N | Scalloped Pork Chops and Potatoes Apple Salad Pickled Beets Biscuits | Cheddar Burger Pineapple Chunks Pickle Relish Plate French Fries | White Bean Chili Pears Capri Blend Cornbread Muffin | Tuna Noodle Casserole Peach Jello Salad Green Beans Baked Roll | Grilled Ham and Swiss Sandwich Banana Apple Coleslaw Chips | Meat Lover's Pizza Grapes Lettuce Tomato Salad Garlic Breadsticks | Western Baked Chicken Fruit Cocktail Salad Steamed Broccoli Tater Tots |
| Milk offered at every meal | | | | | | | Week 1 |

Dietitian's Signature: *Quinn Jagan RDN*
6/0158 10-26-2018

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 11-25-2018 | Mon 11-26-2018 | Tue 11-27-2018 | Wed 11-28-2018 | Thu 11-29-2018 | Fri 11-30-2018 | Sat 12-01-2018 |
|----------------------------|--|---|---|--|--|--|---|
| B R K | Buttermilk Pancakes Sausage Link Mandarin Oranges 100% Juice | Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast | Fried Egg Hash Browns Pears 100% Juice English Muffin | Raisin French Toast Bacon Fresh Fruit 100% Juice | Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast | Blueberry Muffin Egg of Choice Fruit Cocktail 100% Juice | Belgian Waffle Breakfast Ham Fresh Fruit 100% Juice |
| L U N | Brown Sugar Ham Roasted Yams Sauteed Carrots Baked Roll Cherry Pie | Garlic Ranch Chicken Potato Bacon Gratin Corn O'Brien Baked Roll Almond Sugar Cookie | Swedish Meatballs Best Noodles Scandinavian Veg Baked Roll Chocolate Chip Cake | Herb Crusted Pork Roast Parmesan Roasted Potatoes Seasoned Cauliflower Baked Roll Mixed Berry Crisp | Hamburger Steak/Onions Sour Cream Potatoes Capri Blend Baked Roll Maple Bread Pudding | Cheddar Crumb Cod Rice Orzo Pilaf Creamy Coleslaw Baked Roll Raspberry Sherbet Dessert | Cranberry Glazed Turkey Roast Cornbread Dressing Roasted Parmesan Brussels Sprouts Baked Roll Pineapple Cake |
| D I N | Turkey Pot Pie Juicy Fruit Salad Tomatoes, Sliced | Egg Salad Sandwich Apple Slices Marinated Green Bean Salad Chips | Blackened Chicken Salad Mandarin Oranges Veggies in Salad Baked Roll/Cheddar Cheese | Baked Ziti Assorted Fruit Light Caesar Salad Mozzarella Garlic Bread | Turkey Salad Sandwich Carrot Raisin Salad Crackers Peaches | Old Fashion Stew Pears Sweet Spinach Salad Biscuits | Home Chicken Noodle Soup Green Salad Crackers Fruit Yogurt Parfait |
| Milk offered at every meal | | | | | | | Week 2 |

Dietitian's Signature: *Diane Jugu RDN*
6/0158 10-26-2018

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 12-02-2018 | Mon 12-03-2018 | Tue 12-04-2018 | Wed 12-05-2018 | Thu 12-06-2018 | Fri 12-07-2018 | Sat 12-08-2018 |
|----------------------------|--|---|--|--|--|---|---|
| B R K | Scrambled Egg Hash Browns Pineapple Chunks 100% Juice Whole Grain Toast | Fluffy Pancakes Bacon Pears 100% Juice | Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast | Best Apple Muffins Egg of Choice Fruit Cocktail 100% Juice | Brown Sugar French Toast Sausage Link Fresh Fruit 100% Juice | Hot Cereal Egg of Choice Raisins 100% Juice Cinnamon Toast | Fried Egg Breakfast Ham Peaches 100% Juice Whole Grain Toast |
| L U N | Yankee Pot Roast Garlic Mashed Potatoes Baby Carrots Baked Roll Peach Pie | Marinated Drum Sticks Lemon Rice Steamed Sugar Snap Peas Baked Roll Cranberry Apple Crisp | Grilled Pork Chop/Applesauce Baked Yams Herbed Corn Baked Roll Glazed Pumpkin Cake | Bacon Wrapped Patty Baked Potato Greens Baked Roll Chocolate Chip Cookie | Rosemary Lemon Chicken Seasoned Rice Capri Blend Baked Roll Blackberry Vanilla Parfait | Crunch-Topped Fish Roasted Red Potatoes Coleslaw Baked Roll Orange Cake | Meatloaf with Mozzarella O'Brien Potatoes Seasoned Peas Baked Roll Gingerbread Bar |
| D I N | Ham and Cheese Hoagie Grapes Pickle Spear Chips | Cheese Tortellini/Basil Cream Sauce Citrus Fruit Salad Balsamic Roasted Vegetables Garlic Breadsticks | Homestyle Cream Chicken Soup Pears Green Salad Biscuits | Shrimp Salad/Croissant Assorted Fruit Radish Relish Plate | Cowboy Baked Potato Spiced Apples Vegetable Medley Crusty Cheese Bread | Cheesy Chicken Sandwich Cinnamon Fruit Cup Corn Pepper Salad | Pork Fried Rice Pineapple Chunks Stir-Fry Vegetables Vegetable Egg Roll |
| Milk offered at every meal | | | | | | | Week 3 |

Dietitian's Signature: *Diane Jugu RDN*
6/0158 10-26-2018

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 12-09-2018 | Mon 12-10-2018 | Tue 12-11-2018 | Wed 12-12-2018 | Thu 12-13-2018 | Fri 12-14-2018 | Sat 12-15-2018 |
|----------------------------|---|--|--|---|--|--|--|
| B R K | Waffles Egg of Choice Tropical Mixed Fruit 100% Juice | Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast | Pumpkin Spice Muffins Egg of Choice Applesauce 100% Juice | Apple Raisin Toast Dish Breakfast Ham Fresh Fruit 100% Juice | Cheesy Scrambled Eggs Hash Browns Peaches 100% Juice Whole Grain Toast | Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice | Homemade Pancakes Sausage Link Mandarin Oranges 100% Juice |
| L U N | Parmesan Crusted Chicken Herb Mashed Potatoes Oven Roasted Broccoli Baked Roll Apple Pie | Oven Roasted Pork Glazed Sweet Potatoes Italian Seasoned Green Beans Baked Roll Carrot Cake | Classic Lasagna Romaine Salad Garlic Bread Peanut Butter Brownie | Sliced Turkey Breast Cornbread Dressing Roasted Squash Baked Roll Blueberry Cobbler | Ham Roast Cream and Cheese Potatoes Seasoned Cauliflower Baked Roll Molasses Sugar Cookie | Honey Glazed Meatballs Rice Snap Pea Vegetable Blend Baked Roll Spiced Pear Cake | Mushroom and Swiss Chicken Steamed Red Potatoes Country Trio Medley Baked Roll Peach Pudding Cup |
| D I N | Grilled Cheese Sandwich Pear Fruit Medley Tomato Soup Crackers | Fish and Chips Orange Slices Sour Cream Cucumber Salad Dill Pickle Pasta Salad | Chicken/Sage Dressing, Gravy 24-Hour Fruit Salad Capri Blend Baked Roll | Sloppy Joes BBQ/Bun Applesauce Sweet Slaw | Hot Turkey Sandwich/Gravy Cranberry Salad Buttery Carrots Fresh Mashed Potatoes | Navy Bean Soup Banana Dutch Spinach Salad Cornbread | Pepperoni Pizza Assorted Fruit Green Salad |
| Milk offered at every meal | | | | | | | Week 4 |

Dietitian's Signature: *Quinn Jagan RDN*
6/0158 10-26-2018

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 12-16-2018 | Mon 12-17-2018 | Tue 12-18-2018 | Wed 12-19-2018 | Thu 12-20-2018 | Fri 12-21-2018 | Sat 12-22-2018 |
|----------------------|--|---|---|--|---|---|---|
| B R K | Cold Cereal Egg of Choice Pears 100% Juice Whole Grain Toast | Lemon Poppy Seed Muffin Egg of Choice Fruit Cocktail 100% Juice | Texas French Toast Sausage Link Fresh Fruit 100% Juice | Sausage Country Gravy/Biscuits Hash Browns Apricots 100% Juice | Fried Egg Bacon Fresh Fruit 100% Juice English Muffin | Waffles Breakfast Ham Peaches 100% Juice | Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast |
| L U N | Pulled Pork Roast Aloha Sweet Potatoes California Blend Baked Roll Crescent Cream Bars | Country Fried Steak/Gravy Fresh Mashed Potatoes Green Beans Baked Roll Chocolate Love Cake | Melt In Your Mouth Chicken Penne Pasta Mixed Vegetables Baked Roll Banana Split Dessert | Pan Seared Tilapia Scalloped Potatoes Parsley Carrots Baked Roll Ice Cream | Beef Parmesan Patty Ranch Potato Bake Sauteed Zucchini Baked Roll Chocolate Vanilla Pudding Dessert | Grilled Chicken/Roasted Pepper Sauce Rice Baked Seasoned Squash Baked Roll Dump Cake | BBQ Saint Louis Pork Ribs Baked Potato Corn on the Cob Baked Roll Chocolate Sugar Cookies |
| D I N | Baked Chicken Fingers/Fries Fruit Toss Coleslaw Vinaigrette Herb Biscuits | Tuna Melts Mandarin Oranges Tomato Soup Chips | Hearty Beef Cream Stew Pears Seasoned Broccoli Biscuits | Shredded Pork/Bun Tropical Pineapple Salad Green Beans | Ham Cheese Fettuccine Baked Cinnamon Apples Seasoned Peas Garlic Breadsticks | Classic Taco Salad Fresh Fruit Veggies in Salad Baked Tortilla Chips | Hot Dog Peachy Salad Sauerkraut Pork and Beans |
| | Milk offered at every meal | | | | | | Week 5 |

Dietitian's Signature: *Quinn Jagan RDN*
6/0158 10-26-2018