

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 01-06-2019	Mon 01-07-2019	Tue 01-08-2019	Wed 01-09-2019	Thu 01-10-2019	Fri 01-11-2019	Sat 01-12-2019
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: *Dianna Jugu RDN*
6/10/158 10-26-2018

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 01-13-2019	Mon 01-14-2019	Tue 01-15-2019	Wed 01-16-2019	Thu 01-17-2019	Fri 01-18-2019	Sat 01-19-2019
B R K	Waffles Bacon Fresh Fruit 100% Juice	Hot Cereal Raisins 100% Juice Whole Grain Toast	Denver Egg Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Cinnamon Toast	Fried Egg Hash Browns Fresh Fruit 100% Juice English Muffin	Buttermilk Pancakes Breakfast Ham Fresh Fruit 100% Juice
L U N	Oven Fried Chicken Herb Roasted Red Potatoes Lemon Buttered Broccoli Baked Roll Apple Pie	Balsamic Roasted Pork Mashed Yams Sauteed Carrots Baked Roll Spiced Pear Cake	Beefy Baked Ravioli Garden Green Salad Garlic Bread Snickerdoodle Brownie	Rosemary Roasted Turkey Cranberry Sage Dressing Baked Seasoned Squash Baked Roll Cherry Cobbler	Baked Ham Scalloped Potatoes Roasted Parmesan Brussels Sprouts Baked Roll Maple Oatmeal Cookie	Party Meatballs Delicious Rice Green Beans Baked Roll Marble Cake	Oven Roasted Chicken Breast Garlic Mashed Potatoes Carrots Baked Roll Wafer Banana Dessert
D I N	Grilled Cheese Sandwich Can Do Salad Tomato Soup Crackers	Tuna Vegetable Casserole Citrus Fruit Salad Vegetable Medley Biscuits	Chicken Caesar Sandwich Peach Lemon Salad Tomatoes, Sliced Pita Chips	Two Cheese Beef and Potatoes Fruit Cocktail Salad Corn	Grilled Turkey Swiss Sandwich Grapes Carrot Raisin Salad Chips	Ham and Northern Bean Soup Fruit Yogurt Parfait Pickle Relish Plate Cornbread Muffin	Crazy Crust Pizza Pineapple Chunks Romaine Orange Salad
Milk offered at every meal							Week 1

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

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 12-23-2018	Mon 12-24-2018	Tue 12-25-2018	Wed 12-26-2018	Thu 12-27-2018	Fri 12-28-2018	Sat 12-29-2018
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 Sautéed Spinach Baked Roll Fresh Banana Cream Pie	Oven Roasted Chicken Breast Lyonnaise Potatoes Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	Spanish Cubed Steak Fresh Mashed Potatoes Green Beans Baked Roll Orange Thumbprint Cookie	Beef Sour Cream Noodle Bake Sautéed 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 12-30-2018	Mon 12-31-2018	Tue 01-01-2019	Wed 01-02-2019	Thu 01-03-2019	Fri 01-04-2019	Sat 01-05-2019
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 Marinated Green Bean Salad Chips Apple Slices	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*
610158 10-26-2018