

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 Peaches 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 Mandarin Oranges 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Cinnamon Toast	Fried Egg Hash Browns Pears 100% Juice English Muffin	Buttermilk Pancakes Breakfast Ham Applesauce 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: *Dianna Jugu RDN*
 6/0/58 10-26-2018