

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 03-10-2019 | Mon 03-11-2019 | Tue 03-12-2019 | Wed 03-13-2019 | Thu 03-14-2019 | Fri 03-15-2019 | Sat 03-16-2019 |
|----------------------------|---|---|---|---|--|---|---|
| B R K | Homemade Pancakes Sausage Link Fresh Fruit 100% Juice | Cold Cereal Banana 100% Juice Whole Grain Toast | Scrambled Egg Hash Browns Pears 100% Juice Breakfast Muffin | French Toast Bacon Fruit Cocktail 100% Juice | Hot Cereal Egg of Choice Raisins 100% Juice Cinnamon Toast | Egg Mushroom Scramble Hash Browns Peaches 100% Juice Whole Grain Toast | Waffles Breakfast Ham Fresh Fruit 100% Juice |
| L U N | Maple Glazed Ham Fresh Cooked Yams Skillet Cabbage Baked Roll Peach Pie | Chicken/Breadcrumbs Topping Parsley Buttered Noodles Mashed Winter Squash Baked Roll Soft Oatmeal Raisin Cookie | Seasoned Meatballs/Gravy Red Skin Mash Roasted Brussels Sprouts Baked Roll Fudge Cake | Herb Crusted Pork Roast Glazed Sweet Potatoes Vegetable Medley Baked Roll Fruit Crisp | Skillet Beef Patty/Gravy Parmesan Pasta Green Bean Carrot Blend Baked Roll Pecan Pie | Baked Fish Fillet Seasoned Rice Broccoli Baked Roll Berry Cottage Salad | Lemon Oregano Turkey Cornbread Dressing Green Beans Baked Roll Pineapple Cake |
| D I N | Turkey Cream Cheese Sandwich Fresh Fruit/Lemon Dip Corn Salad Crackers | Egg Salad Sandwich Mandarin Oranges Tomato Soup Chips | Cobb Salad Grapes Veggies in Salad Biscuits | Spaghetti Bake Sprinkled Fruit Salad Balsamic Roasted Vegetables Mozzarella Garlic Bread | Turkey Deli Sandwich Fruit Cocktail Cucumber Pepper Salad Sweet Potato Fries | Hamburger Soup Pears Lettuce Tomato Salad Crackers Ice Cream | Fresh Chicken Pot Pie Peach Yogurt Salad Harvard Beets Whole Grain Bread |
| Milk offered at every meal | | | | | | | Week 4 |

Dietitian's Signature: *Diane Jagn* RDN #610128
2-1-2019

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 03-17-2019 | Mon 03-18-2019 | Tue 03-19-2019 | Wed 03-20-2019 | Thu 03-21-2019 | Fri 03-22-2019 | Sat 03-23-2019 |
|----------------------------|---|--|--|--|---|--|---|
| B R K | Fried Egg Hash Browns Peaches 100% Juice Whole Grain Toast | French Toast Bacon Fresh Fruit 100% Juice | Hot Cereal Egg of Choice Raisins 100% Juice Peach Muffin | Brunch Burritos Fresh Tomato Salsa Mandarin Oranges 100% Juice | Fluffy Pancakes Sausage Link Fruit Cocktail 100% Juice | Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast | Scrambled Egg Hash Browns Pears 100% Juice English Muffin |
| L U N | Tender Cranberry Roast Herb Mashed Potatoes Mixed Vegetables Baked Roll Pumpkin Pie | Chicken Thigh Bake Seasoned Rice Parsley Carrots Baked Roll Pear Crisp | Grilled Pork Chop/Applesauce Smashed Sweet Potatoes Oven Roasted Cauliflower Baked Roll Cinnamon Roll Cake | Beef Patty/BBQ Sauce Baked Potato Buttered Squash Baked Roll M&M Cookie | Chicken/Dijon Sauce Garlic Pasta California Blend Baked Roll Ice Cream | Lemon Garlic Tilapia Long Grain Wild Rice Pilaf Roasted Carrots Baked Roll White Poke Cake | Meatloaf Lyonnaise Potatoes Green Beans Baked Roll Gingerbread Bar |
| D I N | Ham Salad Sandwich Banana Vegetable Pasta Salad Crackers | Cheese Tortellini/Basil Cream Sauce Fresh Fruit Salad Roasted Tomato Half Crusty Garlic Bread | Tasty Chicken Soup Orange Slices Romaine Salad/Avocado Dressing Biscuits | Tuna Salad on Rolls Fruit Cocktail Zesty Cucumber Salad Chips | Meat Lover's Pie Yogurt Raspberry Jello Vegetable Medley Baked Roll | Garden Chicken Sandwich Assorted Fruit Apple Broccoli Salad Crackers | Pork Fried Rice Creamy Mandarin Salad Grilled Mixed Vegetables Vegetable Egg Roll |
| Milk offered at every meal | | | | | | | Week 5 |

Dietitian's Signature: *Quiana Jager* RDN #610128
2-1-2019

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 03-24-2019 | Mon 03-25-2019 | Tue 03-26-2019 | Wed 03-27-2019 | Thu 03-28-2019 | Fri 03-29-2019 | Sat 03-30-2019 |
|----------------------------|--|--|---|--|--|---|---|
| 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: *Quane Jager* RDN # 610128
2-1-2019

Weekly Menu

Evergreen Terrace Assisted Living



| | Sun 03-31-2019 | Mon 04-01-2019 | Tue 04-02-2019 | Wed 04-03-2019 | Thu 04-04-2019 | Fri 04-05-2019 | Sat 04-06-2019 |
|----------------------------|--|---|--|---|---|--|---|
| B R K | Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast | Scrambled Egg/Bacon Hash Browns Tropical Mixed Fruit 100% Juice Whole Grain Toast | Belgian Waffle Sausage Link Fresh Fruit 100% Juice | Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast | Scrambled Egg Country Potatoes Mandarin Oranges 100% Juice English Muffin | Texas French Toast Bacon Fresh Fruit 100% Juice | Hot Cereal Egg of Choice Raisins 100% Juice Muffin |
| L U N | Tangy Pork Roast Candied Yams with Apples California Blend Baked Roll Raspberry Crumb Bars | Meatloaf/Gravy Sour Cream Potatoes Green Beans Baked Roll Chocolate Love Cake | Smothered Chicken Breasts Garlic Pasta Balsamic Roasted Vegetables Baked Roll Pear Cobbler | Seasoned Parmesan Tilapia Rice Pilaf Spinach Baked Roll Coconut Cream Pie | Beef Patty/Cranberry Sauce Roasted Rosemary Potatoes Parsley Carrots Baked Roll Ice Cream | Oven Baked Chicken Sweet Baked Yams Zucchini Corn Saute Baked Roll Mandarin Orange Cake | Shredded Pork Tomato Cilantro Rice Mixed Vegetables Baked Roll Double Chocolate Chip Cookie |
| D I N | Crispy Chicken Strips Grapes Picnic Salad Bowl Biscuits | Tuna Melts Peaches Garden Vegetable Soup | Comforting Beef Stew Fruit Cocktail Garden Green Salad Baked Roll | Shredded Pork Sandwich Assorted Fruit Pineapple Coleslaw Potato Wedges | Ham and Swiss Casserole Fruited Jello Salad Seasoned Peas Baked Roll | Bucket Salad Pineapple Chunks Veggies in Salad Whole Grain Bread | Corn Dog Fresh Fruit/Lemon Dip Romaine Salad Pork and Beans |
| Milk offered at every meal | | | | | | | Week 2 |

Dietitian's Signature: *Quiana Jager* RDN #610128
2-1-2019