

# Weekly Menu

Evergreen Terrace Assisted Living



	Sun 02-16-2020	Mon 02-17-2020	Tue 02-18-2020	Wed 02-19-2020	Thu 02-20-2020	Fri 02-21-2020	Sat 02-22-2020
B R K	Sausage Scramble Egg of Choice Prunes 100% Juice Whole Grain Toast	Fluffy Pancakes Breakfast Ham Peaches 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Fried Egg Sausage Link Mandarin Oranges 100% Juice Whole Grain Toast	Brown Sugar French Toast Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Baked Omelet Hash Browns Tropical Mixed Fruit 100% Juice English Muffin
L U N	Zesty Meatloaf Baked Fried Potatoes Parsley Carrots Baked Roll Caramel Bars	BBQ Italian Chicken Noodles Garlic Zucchini Saute Baked Roll Ice Cream	Oven Fried Pork Chops Baked Sweet Potato Seasoned Peas Baked Roll Pistachio Cake	Hamburger Steak and Gravy Garlic Mashed Potatoes Roasted Cabbage Baked Roll No Bake Cookie	Roasted Lemon Chicken Rice Steamed Broccoli Baked Roll Banana Split Dessert	Chili Nacho Supper Spanish Rice Vegetable Medley Four Layer Pudding	Ground Beef Casserole Capri Blend Baked Roll Lemon Pumpkin Dessert
D I N	Pork Burrito Crumb Topped Pears Fresh Tomato Salsa Southwest Rice	Ranch Burger Fruit Yogurt Parfait Pickle Relish Plate Sweet Potato Fries	Homestyle Cream Chicken Soup Pineapple Chunks Spinach Salad Biscuits	Tuna Noodle Casserole Whipped Lime Jello California Blend Whole Grain Bread	Hot Ham Cheese Sandwich Soft Fall Fruit Salad Beets Chips	Pepperoni Pizza Peaches Green Salad Garlic Breadsticks	Crispy Garlic Parmesan Wings Assorted Fruit Coleslaw Baked Beans
Milk offered at every meal							Week 1

Dietitian's Signature: *Diane Jager* 11-20-2019  
R.D.N #610128

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	Sun 02-23-2020	Mon 02-24-2020	Tue 02-25-2020	Wed 02-26-2020	Thu 02-27-2020	Fri 02-28-2020	Sat 02-29-2020
B R K	Homemade Pancakes Sausage Link Mandarin Oranges 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Scrambled Egg Hash Browns Pears 100% Juice English Muffin	French Toast Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Hash Browns Peaches 100% Juice	Waffles Breakfast Ham Pineapple Chunks 100% Juice
L U N	Cranberry Glazed Ham Roasted Yams Green Beans Baked Roll Apple Cobbler	Garlic Ranch Chicken Beans, Corn and Rice Normandy Blend Baked Roll Soft Oatmeal Cookies	Meatballs with Pasta Sauce Garlic Pasta Roasted Zucchini Garlic Bread Chocolate Oreo Poke Cake	Oven Roasted Pork Glazed Sweet Potatoes Honey Glazed Pea Pods with Carrots Baked Roll Fruit Crisp	Skillet Beef Patty with Gravy Sour Cream Potatoes Seasoned Cauliflower Baked Roll Fresh Banana Cream Pie	Herb Seasoned Pork Fresh Mashed Potatoes and Gravy Yellow Squash Baked Roll Ice Cream	Honey Glazed Roasted Turkey Homemade Stuffing Brussels Sprouts Baked Roll Pineapple Dream Cake
D I N	Turkey Enchiladas Select Peach Salad Mexicali Corn Refried Beans	Egg Salad Sandwich Mandarin Oranges Green Pepper Tomato Salad Chips	Cobb Salad Pears Veggies in Salad Baked Roll	Beef Macaroni Casserole Ambrosia Jello Salad Italian Green Beans Garlic Breadsticks	Classic Turkey Sandwich Creamy Cocktail Salad Pickle Spear Sweet Potato Fries	Comforting Beef Stew Applesauce Light Caesar Salad Herb Biscuits	Butter Crumb Chicken Casserole Peach Fruit Cup Capri Blend Baked Roll
Milk offered at every meal							Week 2

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# Weekly Menu

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	Sun 03-01-2020	Mon 03-02-2020	Tue 03-03-2020	Wed 03-04-2020	Thu 03-05-2020	Fri 03-06-2020	Sat 03-07-2020
B R K	Fried Egg Hash Browns Peaches 100% Juice Biscuits	French Toast Sticks Bacon Pineapple Chunks 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Egg and Ham Scramble Hash Browns Mandarin Oranges 100% Juice Whole Grain Toast	Fluffy Pancakes Sausage Link Fruit Cocktail 100% Juice	Cold Cereal Banana 100% Juice Whole Grain Toast	Scrambled Egg Breakfast Ham Pears 100% Juice English Muffin
L U N	Beef Pot Roast Herb Mashed Potatoes Roasted Carrots Baked Roll Butterscotch Cream Pie	Chicken Thigh Bake Delicious Rice Green Beans with Bacon Baked Roll Caramel Apple Crisp	Grilled Pork Chop with Applesauce Baked Yams Mixed Vegetables Baked Roll Carrot Cake	Bacon Wrapped Patty Penne Pasta California Blend Baked Roll Soft Chocolate Chip Cookie	Chicken with Mushroom Gravy Steamed Red Potatoes Corn Baked Roll Banana Pudding	Ham and Gravy Fresh Mashed Potatoes and Gravy Vegetable Medley Baked Roll Chocolate Pumpkin Cake	Meatloaf O'Brien Potatoes Oven Roasted Broccoli Baked Roll S'mores Bars
D I N	Ham and Swiss Sandwich Assorted Fruit Apple Coleslaw Chips	Tomato Mac and Cheese Fruit Medley Broccoli	Home Chicken Noodle Soup Banana Cottage Cheese Veggie Salad Garlic Breadsticks	Tuna Sandwich Peaches Tomato Cucumber Salad Crackers	Tater Tot Dish Grape Juicy Jello Carrots Whole Grain Bread	Chicken Salad Sandwich Fruit Cocktail Marinated Green Bean Salad Pasta Salad	Pork Chop Rice Casserole Sour Cream Fruit Salad Yellow Squash Cornbread
Milk offered at every meal							Week 3

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	Sun 03-08-2020	Mon 03-09-2020	Tue 03-10-2020	Wed 03-11-2020	Thu 03-12-2020	Fri 03-13-2020	Sat 03-14-2020
B R K	Waffles Bacon Peaches 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Denver Egg Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Egg of Choice Mandarin Oranges 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Cinnamon Toast	Fried Egg Sausage Link Pears 100% Juice English Muffin	Buttermilk Pancakes Hash Browns Applesauce 100% Juice
L U N	Italian Crusted Chicken Garlic Pasta Green Beans Apple Pie	Roasted Rosemary Pork Mashed Yams Squash Medley Baked Roll Spice Cake	Beef Tips in Gravy Baked Potato Harvard Beets Baked Roll German Chocolate Brownie	Homestyle Turkey and Gravy Cornbread Dressing Braised Carrots and Celery Fruit Cobbler	Ham Roast Cheesy Scalloped Potatoes Greens Baked Roll Molasses Sugar Cookie	Teriyaki Meatballs Fried Rice Snap Pea Vegetable Blend Baked Roll Chocolate Chip Cake	Garlic Lime Chicken Best Black Beans Mixed Vegetables Baked Roll Vanilla Fruit Pudding
D I N	Grilled Cheese Sandwich Fruit Compote Tomato Soup Crackers	Crab Corn and Tomato Quiche Layered Fruit Salad Baby Carrots Onion Roasted Potatoes	Chicken Taco Salad Grapes Veggies in Salad Pinto Beans	Mini Burgers Peachy Salad Pickle Relish Plate Baked Beans	Turkey Pot Pie Tropical Pineapple Salad Roasted Brussels Sprouts Fresh Mashed Potatoes	Ham and Northern Bean Soup Assorted Fruit Cauliflower Salad Cornbread Muffin	Crazy Crust Pizza Apple Slices Garden Green Salad Garlic Breadsticks
Milk offered at every meal							Week 4

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	Sun 03-15-2020	Mon 03-16-2020	Tue 03-17-2020	Wed 03-18-2020	Thu 03-19-2020	Fri 03-20-2020	Sat 03-21-2020
B R K	Baked French Toast with Cream Cheese Breakfast Ham Raisins 100% Juice	Cinnamon Buns Egg of Choice Fresh Fruit 100% Juice	Belgian Waffle Sausage Link Peaches 100% Juice	Cold Cereal Banana 100% Juice Whole Grain Toast	Scrambled Egg Country Potatoes Mandarin Oranges 100% Juice English Muffin	Egg Sausage Croissant Hash Browns Pears 100% Juice	Hot Cereal Raisins 100% Juice Cinnamon Toast
L U N	Honey Roasted Pork Fresh Cooked Yams Green Beans Baked Roll Sour Cream Cranberry Bar	Swiss Steak and Tomatoes Classic Mashed Potatoes Peas Baked Roll Texas Sheet Cake	German Sausage and Kraut Angel Pasta Normandy Blend Baked Roll Pear Crisp	Ham Patty with Sweet Mustard Sauce Glazed Sweet Potatoes Spinach Baked Roll Coconut Cream Pie	Salisbury Steak and Gravy Parmesan Mashed Potatoes Buttery Carrots Baked Roll Ice Cream	Skillet Chicken with Cream Sauce Parsley Pasta with Marinara Sauce Sauteed Yellow Squash Baked Roll Striped Cookie Dessert	Pork Ribs and Potatoes Vegetable Medley Baked Roll M&M Cookie
D I N	Reuben Sandwich Peach Yogurt Salad Homestyle Vegetable Soup	Grilled Tuna Sandwich Banana Zesty Cucumber Salad Chips	Beef Potato Stew Cottage Cheese and Fruit Lettuce Tomato Salad Baked Roll	Shredded Pork Sandwich Assorted Fruit Pineapple Coleslaw Ranch Potato Salad	Ham and Macaroni Dish Orange Cottage Salad Seasoned Broccoli Garlic Bread	Hamburger Soup Grapes Green Salad Garlic Breadsticks	Turkey Bacon Melt Apple Slices Butternut Squash Soup Steak Fries
Milk offered at every meal							Week 5

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