

# Weekly Menu

Evergreen Terrace Assisted Living



	Sun 09-06-2020	Mon 09-07-2020	Tue 09-08-2020	Wed 09-09-2020	Thu 09-10-2020	Fri 09-11-2020	Sat 09-12-2020
B R K	Egg Sausage Casserole Hash Browns Raisins 100% Juice Whole Grain Toast	Best Apple Muffins Egg of Choice Fresh Fruit 100% Juice	Belgian Waffle Sausage Link Pineapple Chunks 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Bacon and Egg Casserole Pears 100% Juice English Muffin	French Toast Sticks Bacon Mandarin Oranges 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Raisin Toast
L U N	Pork Roast Teriyaki Fried Rice Stir-Fry Vegetables Vegetable Egg Roll Blueberry Crumb Bar	Cube Steak and Gravy Baked Potato Capri Blend Baked Roll Chocolate Sour Cream Cake	Chicken with Mushroom Gravy Buttered Noodles Grilled Mixed Vegetables Baked Roll Berry Cobbler	Greek Pasta with Shrimp Pickled Beets Baked Roll Fresh Banana Cream Pie	Glazed Hamburger Steak Herb Mashed Potatoes Garlic Green Beans Baked Roll Layered Dessert	Saucy Cordon Bleu Angel Pasta Roasted Asparagus Baked Roll Strawberry Shortcake	Oven Baked Glazed Ribs Baked Beans Corn Baked Roll Chocolate Sugar Cookies
D I N	Chicken Strips and Fry Basket Pear Fruit Cup Vegetable Pasta Salad	Tuna Bun Melt Five Fruit Salad Tomato Wedges Chips	Beef Noodle Soup Applesauce Spring Salad Cornbread Muffin	Pineapple Pulled Pork Slider Honeydew Salad Corn on the Cob Baked Beans	Ham Pasta Salad Ambrosia Jello Salad Steamed Broccoli Crescent Rolls	Taco Salad Peaches Taco Salad Veggies Baked Tortilla Chips	Turkey Reuben Sandwich Watermelon Marinated Green Bean Salad Chips
Milk offered at every meal							Week 4

Dietitian's Signature: *Diana Agui RDN 4-12-2020 #610128*

# Weekly Menu

Evergreen Terrace Assisted Living



	Sun 09-13-2020	Mon 09-14-2020	Tue 09-15-2020	Wed 09-16-2020	Thu 09-17-2020	Fri 09-18-2020	Sat 09-19-2020
B R K	Cinnamon Nut Muffins Egg of Choice Peaches 100% Juice	Blueberry Pancakes Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Egg Mushroom Scramble Hash Browns Fruit Cocktail 100% Juice Whole Grain Toast	Brown Sugar French Toast Bacon Applesauce 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Raisins 100% Juice	Cheese Omelet Hash Browns Pineapple Chunks 100% Juice Whole Grain Toast
L U N	BBQ Meatloaf Fried Potatoes and Onions Baked Squash Baked Roll Peanut Butter Fingers	Sweet Tangy Chicken Fresh Mashed Potatoes and Gravy Grilled Zucchini Baked Roll Pear Cobbler	Crispy Pork Chop Candied Yams Parmesan Green Beans Baked Roll Rootbeer Float Cake	Hamburger Steak with Gravy Roasted Rosemary Potatoes Seasoned Peas Baked Roll Mandarin Orange Chiffon Pie	Lemon Pepper Chicken Seasoned Rice Stir-Fried Broccoli Baked Roll Blueberry Cream Angel Dessert	Oven Fried Cod Ranch Potato Wedges Sauteed Spinach Baked Roll Pina Colada Cake	Spaghetti with Meat Marinara Sauce Garden Green Salad Garlic Bread Spice Cake
D I N	Pork Egg Roll with Sweet Sour Sauce Mandarin Oranges Steamed Bok Choy Fried Rice	Deluxe Hamburger Fruit Cocktail Dill Cucumbers Steak Fries	Chicken Dumpling Stew Cantaloupe Spinach Salad Crackers	Tuna Noodle Casserole Fruity Ginger Ale Jello Vegetable Medley Whole Grain Bread	Grilled Ham Swiss Tomato Sandwich Four Fruit Compote Basil Tomato Soup Crackers	Hawaiian Pizza Melon Layered Fruit Fresh Cooked Zucchini Garlic Breadsticks	Baked Breadcrumbs Chicken Tangy Pear Salad Roasted Carrots Tater Tots
Milk offered at every meal							Week 5

Dietitian's Signature: *Diana Agui RDN 4-12-2020 #610128*

# Weekly Menu

Evergreen Terrace Assisted Living



	Sun 09-20-2020	Mon 09-21-2020	Tue 09-22-2020	Wed 09-23-2020	Thu 09-24-2020	Fri 09-25-2020	Sat 09-26-2020
B R K	Perfect Pancakes Sausage Link Mandarin Oranges 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Pancakes Hash Browns Pears 100% Juice	Cinnamon French Toast Dish Bacon Fruit Cocktail 100% Juice	Hot Cereal Raisins 100% Juice Whole Grain Toast	Banana Nut Muffin Egg of Choice Apricots 100% Juice	Waffles Breakfast Ham Fresh Fruit 100% Juice
L U N	Apricot Brown Sugar Ham Baked Yams Roasted Cabbage Baked Roll Apple Pie	Cheese Crusted Chicken Fresh Mashed Potatoes and Gravy Glazed Baby Carrots Baked Roll Soft Snickerdoodle	Meatballs Fettuccine Alfredo Sauteed Zucchini Baked Roll Fudge Cake	Garlic Herb Pork Roast Roasted Red Potatoes Fresh Asparagus Baked Roll Ice Cream	Beef Patty with BBQ Sauce Baked Beans Mixed Vegetables Baked Roll Cinnamon Bread	Baked Parmesan Fish Seasoned Rice Steamed Broccoli Baked Roll Orange Cream Pie	Sliced Turkey Breast Cornbread Dressing Peas and Mushrooms Baked Roll Pineapple Upside Down Cake
D I N	Turkey Salad with Crackers Tropical Pineapple Salad Homestyle Bean Bacon Soup	Egg Salad Sandwich Cantaloupe Cucumber Onion Salad Chips	Asian Chicken Salad Grapes Veggies in Salad Baked Roll	Beef Rigatoni Bake Mandarin Oranges Caesar Salad Crusty Garlic Bread	Bratwurst and Sauerkraut Pear Fruit Medley Green Beans German Potato Salad	Beef and Vegetable Soup Peaches Garden Penne Salad Crackers	Pork with Noodles Fruit Cocktail Fresh Vegetable Stir Fry Biscuits
Milk offered at every meal							Week 1

Dietitian's Signature: *Deann Agui RDN 4-12-2020*  
#610128

# Weekly Menu

Evergreen Terrace Assisted Living



	Sun 09-27-2020	Mon 09-28-2020	Tue 09-29-2020	Wed 09-30-2020	Thu 10-01-2020	Fri 10-02-2020	Sat 10-03-2020
B R K	Scrambled Egg and Bacon Hash Browns Mandarin Oranges 100% Juice Whole Grain Toast	Texas French Toast Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Fried Egg Hash Browns Mandarin Oranges 100% Juice Whole Grain Toast	Homestyle Pancakes Sausage Link Applesauce 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Biscuits	Cheesy Scrambled Eggs Breakfast Ham Pears 100% Juice English Muffin
L U N	Braised Beef Roast Garlic Herb Mashed Potatoes Parsley Carrots Baked Roll Chocolate Cream Pie	Baked Lemon Chicken Delicious Rice Beets Baked Roll Pear Crisp	Smothered Pork Chops Fresh Cooked Yams Corn O'Brien Baked Roll Oatmeal Cake	Beef Parmesan Patty Garlic Pasta Roasted Cauliflower Baked Roll Ice Cream	Grilled Chicken Breast Creamy AuGratin Potatoes California Blend Baked Roll Dream Dessert	Classic Baked Ham Fresh Mashed Potatoes and Gravy Vegetable Medley Baked Roll White Almond Cake	Meatloaf Rice with Gravy Parmesan Green Beans Baked Roll Best Pecan Bar
D I N	Ham and Cheese Hoagie Assorted Fruit Four Bean Salad Sweet Potato Fries	Cheese Ravioli with Pasta Sauce Pineapple Chunks Sweet Spinach Salad Garlic Bread	Italian Sub Sandwich Grapes Romaine Salad Crackers	Tuna Sandwich Banana Zesty Cucumber Salad Chips	Tater Tot Dish Strawberry Jello Sauteed Carrots	Sweet BBQ Chicken Sandwich Watermelon Colorful Corn Salad Baked Beans	Shredded Pork Over Rice Select Apple Salad Stir-Fry Zucchini
Milk offered at every meal							Week 2

Dietitian's Signature: *Diana Agui RDN 4-12-2020 #610128*