

# Weekly Menu

Evergreen Terrace Assisted Living



	Sun 03-14-2021	Mon 03-15-2021	Tue 03-16-2021	Wed 03-17-2021	Thu 03-18-2021	Fri 03-19-2021	Sat 03-20-2021
B R K	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Scrambled Egg Hash Browns Fresh Fruit 100% Juice Breakfast Muffin	Cinnamon French Toast Dish Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Cinnamon Toast	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Waffles Breakfast Ham Fresh Fruit 100% Juice
L U N	Maple Glazed Ham Baked Sweet Potato Skillet Cabbage Baked Roll Peach Pie	Garlic Ranch Chicken Parmesan Pasta Baked Seasoned Squash Baked Roll Soft Oatmeal Raisin Cookie	Seasoned Meatballs with Gravy Red Skin Mashed Potatoes Glazed Carrots Baked Roll Chocolate Chip Cake	Corned Beef Brisket Parsley Potatoes Boiled Cabbage Baked Roll Ice Cream	Hamburger Steak and Onions Homestyle Country Potatoes Green Bean Carrot Blend Baked Roll Ice Cream	Baked Fish Fillet Baked Macaroni Cheese Stir-Fried Broccoli Baked Roll Berry Cottage Salad	Turkey Roast Cornbread Dressing Roasted Brussels Sprouts Baked Roll Pineapple Cake
D I N	Turkey Pot Pie Sour Cream Fruit Salad Vegetable Medley Fresh Mashed Potatoes and Gravy	Egg Salad Sandwich Select Apple Salad Tomato Soup Chips	Cobb Salad Grapes Veggies in Salad Baked Roll	Spaghetti Bake Sprinkled Fruit Salad Sauteed Yellow Squash Parmesan Breadsticks	Turkey Deli Sandwich Fruit Cocktail Cucumber Pepper Salad Red Potato Salad	Hamburger Soup Pears Lettuce Tomato Salad Savory Cheddar Bread	Pork and Noodle Casserole Citrus Fruit Salad Baby Carrots Biscuits
Milk offered at every meal							Week 5

Dietitian's Signature: *Qiana J. Agu RDN 610128*  
11-23-2020

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 03-21-2021	Mon 03-22-2021	Tue 03-23-2021	Wed 03-24-2021	Thu 03-25-2021	Fri 03-26-2021	Sat 03-27-2021
B R K	Fried Egg Hash Browns Peaches 100% Juice Whole Grain Toast	French Toast Sticks Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Peach Muffin	Brunch Burritos Hash Browns 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 Biscuits
L U N	Autumn Pot Roast Baked Potato Mixed Vegetables Baked Roll Pumpkin Pie	Honey Baked Chicken Leg Seasoned Rice Carrots Baked Roll Pear Crisp	Pork Chops and Kraut German Potato Salad Pickled Beets Baked Roll Cinnamon Roll Cake	Beef Parmesan Patty Garlic Pasta Buttered Squash Baked Roll M&M Cookie	Old Fashioned Chicken and Gravy Fresh Mashed Potatoes California Blend Baked Roll Ice Cream	Lemon Garlic Tilapia Simple Pinto Beans Sauteed Spinach Baked Roll White Poke Cake	Meatloaf Lyonnise Potatoes Green Beans Almondine Baked Roll Gingerbread Bar
D I N	Ham and Cheese Sandwich Banana Vegetable Pasta Salad Chips	Three Cheese Ravioli Spiced Apples Green Salad Garlic Bread	White Chicken Chili Orange Slices Corn Salad Herb Biscuits	Tuna Salad on Rolls Fruit Cocktail Zesty Cucumber Salad Cornbread Muffin	Hamburger Hot Pot Yogurt Raspberry Jello Vegetable Medley Baked Parmesan Roll	Chicken Patty Sandwich Assorted Fruit Apple Broccoli Salad Crackers	Chef's Salad Bowl Creamy Mandarin Salad Homestyle Vegetable Soup Crackers
Milk offered at every meal							Week 1

Dietitian's Signature: *Quiana Jagan RDN 610128*  
11-23-2020