

# Tender Hearts Assisted Living

## Weekly Menu

Week 1

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Orange Juice Cereal Toast Fruit Low Fat Milk	Orange Juice Strawberry Waffles Cereal Fruit Low Fat Milk	Orange Juice Cold Cereal or Oatmeal Toast Fruit Low Fat Milk	Orange Juice Cold Cereal or Egg Bake w/Onions, Ham,Cheese Toast Fruit Low Fat Milk	Orange Juice Sausage Bisquits and Gravy Cereal Fruit Low Fat Milk	Orange Juice Cold Cereal Toast Fresh Fruit Low Fat Milk	Orange Juice Cold Cereal Toast Over Easy Eggs Fruit Low Fat Milk
Lunch	Baked Chicken Alfredo Broccoli Fruit Low Fat Milk	Baked Ham Cheesy Potatoes Veggie Blend Fruit Low Fat Milk	Meatloaf Mac N Cheese Beets Fruit Low Fat Milk	Lasagna Salad Garlic Bread Fruit Low Fat Milk	Roasted Turkey Mashed Potatoes and Gravy Carrots Fruit Low Fat Milk	Breaded Flounder Baked Potato Coleslaw Fruit Low Fat Milk	Baked Pork Loin w/Gravy on Bread California Blend Fruit Low Fat Milk
2:00	Snack Pass	Snack Pass	Snack Pass	Snack Pass	Snack Pass	Happy Hour	Snack Pass
Dinner	Roast Beef Sandwich Lettuce and Mayo Cottage Cheese Chips Fruit Low Fat Milk Blonde Brownies	Chicken Salad Sandwich w/Lettuce Side Salad Fruit Low Fat Milk Jelly Bar	Beef Barley Soup Crackers Fruit Low Fat Milk Bowl of Icecream	Hot Ham and Cheese Green Beans Fruit Low Far Milk Dessert	Hamburger Rice Casserole Pea Low Fat Milk Cherry Pie	Egg Salad Sandwich Pea Salad Cheese Puffs Fruit Low Fat Milk Pudding Cups	Cheeseburger w/ Lettuce and Onion Tater Tots Pickle Fruit Low Fat Milk Cookies
7:00	Snack upon Request	Snack upon Request	Snack upon Request	Snack upon Request	Snack upon Request	Snack upon Request	Snack upon Request

Menu Subject to Change By Cook