

Tender Hearts Assisted Living Bld1

2017 Menu

October 15 - 21

Week 3

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Orange Juice Cold Cereal or Toast Fruit Low Fat Milk	Orange Juice Cold Cereal or Fried Eggs Toast Fruit Low Fat Milk	Orange Juice Cold Cereal or Oatmeal Toast Fruit Low Fat Milk	Orange Juice Cold Cereal or Bacon Cheese & Onion Egg Bake Toast Fruit Low Fat Milk	Orange Juice Cold Cereal English muffin Fruit Low Fat Milk	Orange Juice Cold Cereal Toast Fresh Fruit Low Fat Milk	Orange Juice Cold Cereal or Toast Scrambled Eggs Fruit Low Fat Milk
Lunch	Salisbury Steak Mashed Potato w/gravy Corn Fruit Low Fat Milk	Shrimp Stir Fry over Rice Fruit Low Fat Milk	Strawberry French Toast Sausage Links Fruit Low Fat Milk	Tacos Spanish Rice Fruit Low Fat Milk	Ham,Cabbage,Carrots &Potato Boiled Dinner Fruit Low Fat Milk	Chicken Alfredo over Noodles Broccoli Fruit Low Fat Milk	Roasted Turkey Mashed Potato Carrots Fruit Low Fat Milk
2:00 Snack	Snack Pass	Snack Pass	Snack Pass	Snack Pass	Snack Pass	Happy Hour	Snack Pass
Dinner	Hot Dog on a Bun Peas Fruit Baked Beans Low Fat Milk Ice Cream Cone	Chili with Cheese/Onion Corn Bread Crackers Fruit Low Fat Milk Brownies	Chicken ALA King Over Bisquit Low Fat Milk Buckeye Bars	Tuna Noodle Casserole Buttered Bread Fruit Low Fat Milk Dessert	Bacon Cheeseburgers with lettuce & mayo Wedges Fruit Low Fat Milk Fruit Pie	Cream of Potatoe and Ham Breadstick Fruit Low Fat Milk Jello Cake	Meat Sandwich Cheese,Lettuce,Mayo Cheese Puffs Cottage Cheese Peaches Low Fat Milk Cookie
7:00 Snack	Snack on Request	Snack on Request	Snack on Request	Snack on Request	Snack on Request	Snack on Request	Snack on Request

Menu Subject to Change By Cook