

Menu Day at a Glance

Sunday January 13, 2019	Monday January 14, 2019	Tuesday January 15, 2019	Wednesday January 16, 2019	Thursday January 17, 2019	Friday January 18, 2019	Saturday January 19, 2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Egg and Sausage Muffin Scrambled Egg Grilled Ham Assorted Pastry Honeydew	Cream of Wheat Strawberry French Toast Scrambled Egg Bacon Assorted Pastry Orange Wedges	Oatmeal Spinach Mushroom Scramble Scrambled Egg Hash Browns Pastry Pear Halves	Cream of Wheat Cinnamon French Toast Western Scramble Turkey Sausage Donuts Pineapple Chunks	Oatmeal Pancakes Scrambled Eggs Corned Beef Hash Apple Raisin Cake Prunes	Cream of Wheat Waffles Denver Scramble Bacon Pastry Peach Slices	Oatmeal Pancakes Vegetable Scrambled Egg Breakfast Ham Pastry Fruit Cup
Brunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Split Pea Soup Seafood Salad Steamship of Beef Monterey Chicken Lemon Grilled Salmon ✓ Cranberry Almond Rice Scalloped Potatoes Brown Butter Butternut Squash Garlic Green Beans Triple Chocolate Cake Raspberry Cheesecake No Sugar Added Cheesecake Diet Ice Cream	Egg Drop Soup Cream of Cheddar Broccoli Coleslaw Kung Pao Chicken Pork Marsala ✓ Jasmine Rice Bok Choy with Peppers White Cake with Butter Cream Frosting Blueberry Pie Diet Pudding Diet Cake	Chicken Noodle Soup Tomato Basil Bisque Loaded Potato Salad Beef Stew Garlic Parsley Shrimp ✓ Herbed Quinoa Peas w/ pearl onions Strawberry Short Cake Whiskey Bread Pudding Diet Cake Diet Cherries	Sausage Potato Spinach Cream of Red Pepper Cherry Tomato Bacon Salad Country Fried Steak with gravy Sole au Champignons✓ Mashed Potatoes Corn & Peppers Apple Slab Squares Marble Cake Diet Mousse Diet Cake	Chicken Tortilla Soup Bean with Bacon Carrot & Raisin Salad Chicken Piccata London Broil ✓ Mac & Cheese Mixed Vegetables Banana Cream Pie Chocolate Kahlua Cake Diet Ice Cream Diet Trifle	Chicken Gumbo New England Clam Chowder Black Bean and Corn Fish and Chips Carnitas Tostada Salad ✓ French Fries Steamed Broccoli Pinto Beans Ooey Gooley Butter Cake Black Forest Cake Diet Cookies Diet Pudding	Chef's Choice Soup Chicken Orzo Soup Greek Pasta Salad Teriyaki Chicken Stuffed Shells with Marinara ✓ Hawaiian Fried Rice California Vegetables Orange Cake Tiramisu Sugar Free Tiramisu Diet Ice Cream
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Split Pea Soup Seafood Salad Cheeseburger Egg salad on Croissant Onion Rings Fresh Fruit Triple Chocolate Cake Raspberry Cheesecake Diet Ice Cream No Sugar Added Cheesecake	Egg Drop Soup Cream of Cheddar Broccoli Coleslaw Beef Stroganoff Seattle Marinated Porkloin Herbed Chicken ✓ Mashed Potatoes Egg Noodles Bacon Brussel Sprouts Vegetable Blend White Cake with Butter Cream Frosting Blueberry Pie Diet Cake Diet Pudding	Chicken Noodle Soup Tomato Basil Bisque Loaded Potato Salad Dragon Legs Sauerbraten Cod Puttanesca ✓ Roasted Rosemary Potatoes Rice Pilaf Braised Red Cabbage Zucchini & Onions Strawberry Shortcake Whiskey Bread Pudding Diet Cherries Diet Cake	Sausage Potato Soup Cream of Red Pepper Cherry Tomato Bacon Salad Beef Lasagna Chicken Parma Rosa Herb de Provence Sole ✓ Rotini Pasta Cheese Polenta Roasted Root Vegetables Steamed Broccoli Apple Slab Squares Marble Cake diet Cake Diet Mousse	Chicken Tortilla Soup Bean with Bacon Carrot & Raisin Salad Pork Colorado with Tortillas Chicken Tamale Shrimp Fajitas ✓ Mexican Rice Refried Black Beans Baja Lime squash Mexicali Corn Banana Cream Pie Chocolate Kahlua Cake Diet Trifle Diet Ice Cream	Chicken Gumbo New England Clam Chowder Black Bean and Corn Salad Pot Roast Chicken and biscuits Sweet and Sour Tilapia ✓ Home style Macaroni & Cheese Jasmine Rice Stir Fried Vegetables Sautéed Green Beans Ooey Gooley Butter Cake Black Forest Cake Diet Pudding Diet Cookies	Chef's Choice Soup Chicken Orzo Soup Greek Pasta Salad Flat Iron Steak with Soy and Green Onion served with Cilantro Sesame Rice and Braised Baby Bok Choy Buttery Cod with a Roasted Bell Pepper Crust served with Parmesan Polenta and Mediterranean Vegetable and Olive Blend Orange Cake Tiramisu Sugar Free Tiramisu Diet Ice Cream