



Independent Living

Week of September 9

Week 4

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Juice of Choice Hot or Cold Cereal Egg of choice Bacon/Sausage Hot Glazed Donuts Cheese Toast Fresh Fruit Yogurt White or Wheat Toast Assorted Breads	Juice of Choice Hot or Cold Cereal Egg of Choice Bacon/Sausage Hot Sweet Rolls Fresh Fruit Yogurt White or Wheat Toast Assorted Breads	Juice of Choice Hot or Cold Cereal Egg of Choice Bacon//Sausage Build Your Own Biscuit Sandwich Fresh Fruit Yogurt White or Wheat Toast Assorted Breads	Juice of Choice Hot or Cold Cereal Egg of Choice Waffles/Berries/Syrup Bacon/Sausage Fresh Fruit Yogurt White or Wheat Toast Assorted Breads	Juice of Choice Hot or Cold Cereal Egg of Choice Custom Omelets Bacon/Sausage Fresh Fruit Yogurt White or Wheat Toast Assorted Breads	Juice of Choice Hot or Cold Cereal Egg of Choice Pancakes Bacon/Sausage Fresh Fruit Yogurt White or Wheat Toast Assorted Breads	Juice of Choice Hot or Cold Cereal Egg of Choice Biscuits/Gravy Bacon/Sausage Fresh Fruit Yogurt White or Wheat Toast Assorted Breads
L U N C H	Savory Baked Chicken Rice Pilaf Mixed Vegetables Stuffed Peppers Spinach Northern Beans Homemade Rolls Assorted Pies	Baked Perch Au Gratin Potatoes Beef Enchiladas Mexican Rice Refried Beans Carrots Lettuce and Tomatoes Blondies	Rib Eye Steak Twice Baked Potatoes Asparagus Chicken & Dumplings Broccoli Slaw Garlic Biscuits Cheesecake Cherry Crisp	Homemade Fried Chicken Mashed Potatoes Old Fashion Gravy Antigua Vegetables Stuffed Cabbage Kidney Beans Banana Pudding Ice Cream Bars	Beef Teriyaki Steamed Rice Stir Fried Vegetables Vegetable Egg Rolls Breaded Pork Chops Pinto Beans Cornbread Pineapple Upside down Cake Chocolate Cream Pie	Chopped Steak Mashed Potatoes Brown Gravy Mustard Greens Fried Cod Fish Baked Fish upon request Light Spiced Beets Peach Cobbler Ice Cream	Pot Roast w/Vegetables Collard Greens Capri Vegetables Baked Skinless Chicken Peas & Carrots Navy Beans Blueberry Cobbler Chocolate Cake
D I N N E R	Corn Chowder Rueben Sandwich Sandwich Bar Turkey Vegetable Casserole Hot Dog Quilt Cauliflower w/Cheese Fruit/Salad/Cottage Cheese Tapioca Pudding	Broccoli Soup Sonoma Sandwich Sandwich Bar Meat Lasagna Italian Green Beans Garlic Bread Fruit/Salad/Cottage Cheese Cookies	Split Pea Soup Ham & Turkey Sandwich w/Lettuce and Tomatoes Cocktail Shrimp and Tossed Salad Served by Shannon Fruit/Salad/Cottage Cheese Bread Pudding	Lumberjack Soup BLT on Croissant Sandwich Bar Sausage Penne Roasted Squash Fruit/Salad/Cottage Cheese Flan	Beef Vegetable Soup Pimiento Cheese Sandwich Pea Salad on Lettuce w/Crackers Ham & Potato Skillet Broccoli & Cauliflower Fruit/Salad/Cottage Cheese Jell-o Cake	Chicken Noodle Soup Open Face Turkey Sandwich Sandwich Bar Caesar Salad on the side Cube Steak w/Onions and Mushrooms Asian Vegetables Fruit/Salad/Cottage Cheese Cookies	Potato Soup Peanut Butter Sandwich on bar Hot Dogs w/trimmings Baked Fish Asparagus Fruit/Salad/Cottage Cheese Assorted Desserts

