

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 11-29-2020	Mon 11-30-2020	Tue 12-01-2020	Wed 12-02-2020	Thu 12-03-2020	Fri 12-04-2020	Sat 12-05-2020
B R K	Buttermilk Pancakes Sausage Link Mandarin Oranges 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Fried Egg Hash Browns Pears 100% Juice English Muffin	Country Gravy and Biscuits Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Belgian Waffle Sausage Link Fruit Cocktail 100% Juice	Blueberry Muffin Breakfast Ham Peaches 100% Juice
L U N	Citrus Glazed Ham Roasted Yams Seasoned Cauliflower Baked Roll Peach Pie	Italian Crusted Chicken Roma Fettuccine Sauteed Yellow Squash Baked Roll Sunrise Salad	Swedish Meatballs Classic Mashed Potatoes Green Beans Baked Roll Chocolate Chip Cake	Pork Roast with Gravy Sweet Yams Glazed Butternut Squash Baked Roll Apple Crisp	Hamburger Steak and Onions Baked Potato Garlic Carrots Baked Roll Pumpkin Pudding	Sour Cream Cheddar Baked Fish White and Wild Rice Pilaf Vegetable Medley Baked Roll Caramel Cookie Cream Dish	Cranberry Glazed Turkey Roast Cornbread Dressing Brussels Sprouts with Lemon Sauce Baked Roll Berry Buckle Cake
D I N	Turkey Casserole Fruit Cocktail Salad Carrots Whole Grain Bread	Egg Salad Sandwich Orange Slices Chickpea Tomato Salad Chips	BBQ Chicken Quarters Five Fruit Salad Corn on the Cob Macaroni Salad	Baked Ziti Assorted Fruit Tossed Vegetable Salad Mozzarella Garlic Bread	Turkey Sandwich Special Peaches Cottage Cheese Vegetable Salad Tater Tots	Old Fashion Stew Pears Mixed Green Tomato Cucumber Salad Crusty Garlic Bread	Southwest Garbanzo Chicken Perfect Pineapple Salad Squash Medley Baked Tortilla Chips
Milk offered at every meal							Week 3

Dietitian's Signature: *Deena Jagan RDN 10-29-20*

# Weekly Menu

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	Sun 12-06-2020	Mon 12-07-2020	Tue 12-08-2020	Wed 12-09-2020	Thu 12-10-2020	Fri 12-11-2020	Sat 12-12-2020
B R K	Scrambled Egg Hash Browns Pineapple Chunks 100% Juice Whole Grain Toast	Fluffy Pancakes Bacon Pears 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Best Apple Muffins Egg of Choice Fruit Cocktail 100% Juice	Brown Sugar French Toast Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Cinnamon Toast	Fried Egg Breakfast Ham Peaches 100% Juice Whole Grain Toast
L U N	Beef Roast with Gravy Garlic Mashed Potatoes Sautéed Carrots Baked Roll Ice Cream	Chicken Thigh Bake Seasoned Rice Roasted Broccoli with Lemon Baked Roll Pear Crisp	Grilled Pork Chop with Applesauce Smashed Red Potatoes Baked Acorn Squash Baked Roll Carrot Cake	Beef Patty with Mushroom Gravy Baked Sweet Potato Mixed Vegetables Baked Roll Soft Chocolate Chip Cookie	Chicken Marsala Parsley Egg Noodles Yellow Squash Baked Roll Blackberry Vanilla Parfait	Tilapia Fillet with Lemon Sauce Quinoa Spinach and Grape Tomatoes Baked Roll Lemon Cream Cake	Mozzarella Meatloaf O'Brien Potatoes Peas and Onions Baked Roll Pumpkin Spice Bar
D I N	Ham Bunwich Soft Fall Fruit Salad Green Beans with Bacon Chips	Mushroom Ravioli with Supreme Sauce Fresh Fruit with Lemon Dip Romaine Salad Garlic French Bread	Chicken Pot Pie Soup Fruited Jello Salad California Blend Fresh Biscuit	Shrimp Salad Croissant Pears Tomato Wedges Vegetable Pasta Salad	Stuffed Baked Potato Peach Salad Steamed Broccoli Baked Roll	Chicken Bacon Wrap Apple Slices Corn Pepper Salad	All Beef Hot Dog Citrus Fruit Salad Sauerkraut Pork and Beans
Milk offered at every meal							Week 4

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	Sun 12-13-2020	Mon 12-14-2020	Tue 12-15-2020	Wed 12-16-2020	Thu 12-17-2020	Fri 12-18-2020	Sat 12-19-2020
B R K	Sausage Country Gravy and Biscuits Hash Browns Tropical Mixed Fruit 100% Juice	Blueberry Pancakes Bacon Banana 100% Juice	Pumpkin Spice Muffins Egg of Choice Applesauce 100% Juice	Baked Salsa Omelet Hash Browns Pears 100% Juice	Cheesy Scrambled Eggs Hash Browns Peaches 100% Juice Whole Grain Toast	Breakfast Burrito Yogurt Fresh Fruit 100% Juice	Homestyle Pancakes Sausage Link Mandarin Oranges 100% Juice
L U N	Buttermilk Fried Chicken Potato Salad Country Trio Medley Baked Roll Cherry Pie	Roasted Rosemary Pork Glazed Sweet Potatoes Green Beans Almondine Baked Roll Blueberry Coffee Cake	Beef Stroganoff Roasted Carrots Baked Roll Peanut Butter Brownie	Herb Roasted Turkey Homestyle Stuffing Honey Butternut Squash Baked Roll Southern Peach Cobbler	Baked Sliced Ham AuGratin Potatoes Cauliflower with Cheese Sauce Baked Roll Molasses Sugar Cookie	Honey Glazed Meatballs Fried Rice Sesame Snap Peas Baked Roll Spiced Pear Cake	Bacon Roasted Chicken Breast Steamed Red Potatoes Capri Blend Baked Roll Berry Trifle
D I N	Grilled Cheese and Apple Sandwich Fruit Compote Tomato Soup	Fish and Chips Orange Slices Creamy Coleslaw Vegetable Pasta Salad	Chicken and Biscuits Raspberry Jello Salad Mixed Vegetables Garlic Breadsticks	Swiss Burger Assorted Fruit Greek Pasta Salad Onion Rings	Turkey Tetrazzini Creamy Cranberry Salad Sauteed Yellow Squash Garlic Bread	Navy Bean Soup Peaches Apple Bacon Salad Cornbread Muffin	Homestyle Cheese Pizza Fresh Fruit Salad Roasted Brussels Sprouts Garlic Breadsticks
	Milk offered at every meal						Week 5

Dietitian's Signature: *Deena Jagan RDN 10-29-20*