

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 08-16-2020	Mon 08-17-2020	Tue 08-18-2020	Wed 08-19-2020	Thu 08-20-2020	Fri 08-21-2020	Sat 08-22-2020
B R K	Perfect Pancakes Sausage Link Mandarin Oranges 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Pancakes Hash Browns Pears 100% Juice	Cinnamon French Toast Dish Bacon Fruit Cocktail 100% Juice	Hot Cereal Raisins 100% Juice Whole Grain Toast	Banana Nut Muffin Egg of Choice Apricots 100% Juice	Waffles Breakfast Ham Fresh Fruit 100% Juice
L U N	Apricot Brown Sugar Ham Baked Yams Roasted Cabbage Baked Roll Apple Pie	Cheese Crusted Chicken Fresh Mashed Potatoes and Gravy Glazed Baby Carrots Baked Roll Soft Snickerdoodle	Meatballs Fettuccine Alfredo Sauteed Zucchini Baked Roll Fudge Cake	Garlic Herb Pork Roast Roasted Red Potatoes Fresh Asparagus Baked Roll Ice Cream	Beef Patty with BBQ Sauce Baked Beans Mixed Vegetables Baked Roll Cinnamon Bread	Chef Tony Hot Dogs on a Bun Macaroni Salad Cucumber Slices Ice Cream Sandwiches	Sliced Turkey Breast Cornbread Dressing Peas and Mushrooms Baked Roll Pineapple Upside Down Cake
D I N	Turkey Salad with Crackers Tropical Pineapple Salad Homestyle Bean Bacon Soup	Egg Salad Sandwich Cantaloupe Cucumber Onion Salad Chips	Asian Chicken Salad Grapes Veggies in Salad Baked Roll	Beef Rigatoni Bake Mandarin Oranges Caesar Salad Crusty Garlic Bread	Bratwurst and Sauerkraut Pear Fruit Medley Green Beans German Potato Salad	Beef and Vegetable Soup Peaches Garden Penne Salad Crackers	Pork with Noodles Fruit Cocktail Fresh Vegetable Stir Fry Biscuits
Milk offered at every meal							Week 1

Dietitian's Signature: *Deann Agui RDN 4-12-2020*
#610128

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 08-23-2020	Mon 08-24-2020	Tue 08-25-2020	Wed 08-26-2020	Thu 08-27-2020	Fri 08-28-2020	Sat 08-29-2020
B R K	Scrambled Egg and Bacon Hash Browns Mandarin Oranges 100% Juice Whole Grain Toast	Texas French Toast Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Fried Egg Hash Browns Mandarin Oranges 100% Juice Whole Grain Toast	Homestyle Pancakes Sausage Link Applesauce 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Biscuits	Cheesy Scrambled Eggs Breakfast Ham Pears 100% Juice English Muffin
L U N	Braised Beef Roast Garlic Herb Mashed Potatoes Parsley Carrots Baked Roll Chocolate Cream Pie	Baked Lemon Chicken Delicious Rice Beets Baked Roll Pear Crisp	Smothered Pork Chops Fresh Cooked Yams Corn O'Brien Baked Roll Oatmeal Cake	Beef Parmesan Patty Garlic Pasta Roasted Cauliflower Baked Roll Ice Cream	Grilled Chicken Breast Creamy AuGratin Potatoes California Blend Baked Roll Dream Dessert	Classic Baked Ham Fresh Mashed Potatoes and Gravy Vegetable Medley Baked Roll White Almond Cake	Meatloaf Rice with Gravy Parmesan Green Beans Baked Roll Best Pecan Bar
D I N	Ham and Cheese Hoagie Assorted Fruit Four Bean Salad Sweet Potato Fries	Cheese Ravioli with Pasta Sauce Pineapple Chunks Sweet Spinach Salad Garlic Bread	Italian Sub Sandwich Grapes Romaine Salad	Tuna Sandwich Banana Zesty Cucumber Salad Chips	Tater Tot Dish Strawberry Jello Sauteed Carrots	Sweet BBQ Chicken Sandwich Watermelon Colorful Corn Salad Baked Beans	Shredded Pork Over Rice Select Apple Salad Stir-Fry Zucchini
	Milk offered at every meal						Week 2

Dietitian's Signature: *Diana Agui RDN 4-12-2020 #610128*

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 08-30-2020	Mon 08-31-2020	Tue 09-01-2020	Wed 09-02-2020	Thu 09-03-2020	Fri 09-04-2020	Sat 09-05-2020
B R K	Waffles Bacon Applesauce 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Blueberry Muffin Egg of Choice Fresh Fruit 100% Juice	Cinnamon French Toast Breakfast Ham Pineapple Chunks 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Bacon Cheese Omelet Hash Browns Pears 100% Juice English Muffin	Buttermilk Pancakes Sausage Link Fruit Cocktail 100% Juice
L U N	Ranch Chicken Onion Roasted Potatoes Peas and Carrots Baked Roll Cherry Pie	Roasted Pork Smashed Sweet Potatoes Beets Baked Roll Carrot Cake	Beef Stroganoff Green Beans Baked Roll Chocolate Chip Brownie	Smoked Roasted Turkey Homestyle Stuffing Brussels Sprouts Baked Roll Peach Cobbler	Baked Ham with Mustard Sauce Mashed Yams Cauliflower Baked Roll Banana Sheet Cake	Honey Glazed Meatballs Lemon Pasta California Blend Baked Roll Citrus Cake	Greek Grilled Chicken Angel Pasta Scandinavian Veg Baked Roll Fruit Crisp
D I N	Grilled Cheese Sandwich Assorted Fruit Tomato Soup Crackers	Baked Crab Macaroni Cheese Tropical Spring Fruit Mix Seasoned Broccoli Garlic Bread	Classic Chicken Salad Sandwich Grapes Garden Pasta Salad	Hamburger Pot Pie Mandarin Oranges Wilted Spinach Salad Whole Grain Bread	Grilled Turkey Swiss Sandwich Jello with Fruit Cocktail Pickle Spear Chips	Farmhouse Ham Chowder Watermelon Light Caesar Salad Cornbread	Meat Supreme Pizza Fresh Fruit Salad Green Salad Parmesan Bread Sticks
	Milk offered at every meal						Week 3

Dietitian's Signature: *Quinn Agui RDN 4-12-2020 #610128*