

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 11-15-2020	Mon 11-16-2020	Tue 11-17-2020	Wed 11-18-2020	Thu 11-19-2020	Fri 11-20-2020	Sat 11-21-2020
B R K	Egg Sausage Casserole Hash Browns Applesauce 100% Juice	Lemon Poppy Seed Muffin Egg of Choice Fresh Fruit 100% Juice	Texas French Toast Breakfast Ham Peaches 100% Juice	Sausage Country Gravy and Biscuits Hash Browns Apricots 100% Juice	Fried Egg Bacon Fresh Fruit 100% Juice English Muffin	Waffles Sausage Link Pears 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast
L U N	Maple Crusted Pork Roast Scalloped Potatoes Buttered Squash Baked Roll Pumpkin Pecan Cobbler	Smothered Cube Steak Baked Yams Parmesan Green Beans Baked Roll Chocolate Love Cake	Chicken with Dijon Sauce Penne Pasta Brussels Sprouts Baked Roll Apple Crumble	Ham Patty with Sweet Mustard Sauce Baked Macaroni Cheese Herb Roasted Vegetables Baked Roll Lemon Meringue Pie	Sour Cream Beef Patty Parmesan Mashed Potatoes Peas and Carrots Baked Roll Chocolate Eclair Dessert	Chicken Almondine Linguine Putenesca Seasoned Broccoli Baked Roll Pineapple Upside Down Cake	St. Louis BBQ Pork Ribs Baked Beans Herbed Corn Baked Roll Drizzled Chocolate Chip Cookies
D I N	Baked Chicken Tenders and Fries Apple Slices Garden Pasta Salad Simple Pinto Beans	Tuna Melts Mandarin Oranges Cucumber Slaw Chips	Blue Ribbon Chili Pears Colorful Corn Salad Skillet Cornbread	Shredded Pork on a Bun Assorted Fruit Southern Coleslaw French Fries	Ham and Cheese Macaroni Bake Strawberry Jello Green Beans Parmesan Bread Sticks	Classic Taco Salad Fresh Fruit Taco Salad Veggies Tortilla Chips and Salsa	Grilled Turkey Sandwich Banana Marinated Green Bean Salad Crackers
Milk offered at every meal							Week 1

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