

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 10-04-2020	Mon 10-05-2020	Tue 10-06-2020	Wed 10-07-2020	Thu 10-08-2020	Fri 10-09-2020	Sat 10-10-2020
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 Crackers	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

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 10-11-2020	Mon 10-12-2020	Tue 10-13-2020	Wed 10-14-2020	Thu 10-15-2020	Fri 10-16-2020	Sat 10-17-2020
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: *Diane Agui RDN 4-12-2020 #610128*

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 10-18-2020	Mon 10-19-2020	Tue 10-20-2020	Wed 10-21-2020	Thu 10-22-2020	Fri 10-23-2020	Sat 10-24-2020
B R K	Oatmeal Raisin Muffin Yogurt Fresh Fruit 100% Juice	Perfect Pancakes Breakfast Ham Mandarin Oranges 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Scrambled Egg Sausage Link Applesauce 100% Juice Biscuits	Cinnamon French Toast Bacon Pineapple Chunks 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast	Potato Omelet Bake Apricots 100% Juice Whole Grain Toast
L U N	Glazed Meatloaf Onion Roasted Potatoes Baby Carrots Baked Roll Pumpkin Pie	Chicken with Honey Lemon Sauce Lemon Chive Rice Green Bean Cauliflower Blend Baked Roll White Poke Cake	Baked Pork Chops Smashed Sweet Potatoes Beets with Orange Sauce Baked Roll Pear Cobbler	Classic Pot Roast and Potatoes Capri Blend Baked Roll Ice Cream	Grilled Chicken Fresh Mashed Potatoes and Gravy Mixed Vegetables Baked Roll Fresh Banana Cream Pie	Cajun Seasoned Fish Potato Wedges Southern Turnip Greens Baked Roll Soft Oatmeal Cookies	Lasagna Seasoned Zucchini Garlic Bread Autumn Spice Cake
D I N	Bacon Tomato Quiche Apple Salad Grilled Mixed Vegetables Crusty Cheese Bread	Ranch Burger Tangy Fruit Salad Pickle Relish Plate Steak Fries	Chicken Rice Soup Pineapple Chunks Tomatoes with Cottage Cheese Herb Pull Apart Roll	Shrimp Parmesan Fruit Medley Steamed Broccoli Garlic French Bread	Ham and Swiss Sandwich Peaches Apple Coleslaw Chips	Meat Lover's Pizza Assorted Fruit Caesar Salad Garlic Breadsticks	Cranberry Apple Chicken Salad Pears Veggies in Salad Cornbread Muffin
Milk offered at every meal							Week 2

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

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 10-25-2020	Mon 10-26-2020	Tue 10-27-2020	Wed 10-28-2020	Thu 10-29-2020	Fri 10-30-2020	Sat 10-31-2020
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: *Diana Agui RDN 4-12-2020 #610128*

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 11-01-2020	Mon 11-02-2020	Tue 11-03-2020	Wed 11-04-2020	Thu 11-05-2020	Fri 11-06-2020	Sat 11-07-2020
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 Coconut Cream Pie	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

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