



evergreen terrace
assisted living

a division of BARUCH

Weekly Menu

Evergreen Terrace Assisted Living

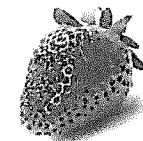


	Sun 05-29-2022	Mon 05-30-2022	Tue 05-31-2022	Wed 06-01-2022	Thu 06-02-2022	Fri 06-03-2022	Sat 06-04-2022
B R K	Cold Cereal <i>or</i> Scrambled Egg Fresh Fruit 100% Juice	Scrambled Egg and Bacon <i>or</i> Cold Cereal Yogurt Fresh Fruit 100% Juice Biscuits	Waffles <i>or</i> Hard-Boiled Egg Bacon Fresh Fruit 100% Juice	Pancakes <i>or</i> Fried Egg Bacon Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits <i>or</i> Hot Cereal Fresh Fruit 100% Juice	Cinnamon French Toast Dish <i>or</i> Cold Cereal Sausage Link Fresh Fruit 100% Juice	Baked Egg Casserole <i>or</i> Hot Cereal Banana 100% Juice Whole Grain Toast
L U N	BBQ Pork Cutlet Roasted Red Potatoes Green Beans Baked Roll Coconut Cream Pie	Country Fried Steak with Gravy Garlic Mashed Potatoes Peas and Carrots Crusty Garlic Bread Banana Sheet Cake	Monterey Chicken Red Skin Mashed Potatoes Buttered Squash Baked Roll Soft Chocolate Chip Cookie	Baked Ham Roasted Potato Medley Spinach and Tomatoes Baked Roll Creamy Lime Squares	Glazed Hamburger Steak Baked Sweet Potato Capri Blend Baked Roll Oreo Cheesecake	Chicken Bruschetta Parmesan Pasta Grilled Asparagus Garlic French Bread Fruit Crisp	BBQ Glazed Meatballs Baked Beans Corn Raspberry Crumb Cake
D I N	Salsa Chicken and Rice Pineapple Salad Mexican Roasted Vegetables Cornbread	Caesar Salad Wrap Fresh Fruit Salad BLT Pasta Salad Cornbread	Deluxe Hamburger Watermelon Pickle Relish Plate BBQ Baked Beans	Club Sandwich Coconut Ambrosia Salad Sour Cream Cucumber Salad Baked Roll	Scalloped Ham and Potatoes Pear Fruit Medley Honey Glazed Carrots Cornbread Muffin	Taco Salad Peaches Spanish Rice	Turkey Salad Sandwich Grapes Three Bean Salad Chips
Milk offered at every meal							Week 3



Weekly Menu

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	Sun 06-05-2022	Mon 06-06-2022	Tue 06-07-2022	Wed 06-08-2022	Thu 06-09-2022	Fri 06-10-2022	Sat 06-11-2022
B R K	Sausage Scramble <i>or</i> Cold Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Homestyle Pancakes <i>or</i> Hard-Boiled Egg Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal <i>or</i> Fried Egg Banana 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	French Toast Sticks <i>or</i> Cold Cereal Sausage Link Fresh Fruit 100% Juice	Egg and Ham Wrap <i>or</i> Scrambled Egg 100% Juice Biscuits	Baked Omelet <i>or</i> Hot Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast
L U N	Classic Meatloaf Seasoned Fried Potatoes Oven Roasted Cauliflower Baked Roll Pecan Pie	Sweet Pineapple Chicken AuGratin Potatoes Steamed Broccoli Baked Roll Ice Cream	Creamy Herbed Pork Chops Classic Macaroni Salad Harvard Beets Baked Roll Chocolate Sour Cream Cake	Hamburger Steak and Onions Herb Mashed Potatoes Glazed Baby Carrots Baked Roll Chocolate Eclair Dessert	Chicken with Mushroom Gravy Buttered Noodles Seasoned Peas Baked Roll Apple Pie	Baked Parmesan Fish Onion Roasted Potatoes Green Beans Baked Roll Bread Pudding	Lemon Herb Turkey Roast with Gravy Summer Pasta Salad Fresh Asparagus Baked Roll Angel Food Cake with Fresh Berries
D I N	Crispy Fish Sandwich Apple Salad Sauteed Zucchini	Sloppy Joes Cantaloupe Southern Vegetable Salad Steak Fries	Chicken Manicotti Fruit Compote Italian Seasoned Green Beans Crusty Garlic Bread	Tuna Salad Spring Fruit Cup Vegetable Medley	Ham Sandwich Peaches Capri Blend Chips	Mozzarella Mini Pizzas Assorted Fruit Caesar Salad Garlic Breadsticks	Grilled Cheese Sandwich Melon Salad Basil Tomato Soup Crackers

Milk offered at every meal

Week 4

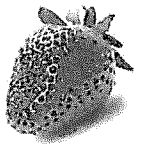


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	Sun 06-12-2022	Mon 06-13-2022	Tue 06-14-2022	Wed 06-15-2022	Thu 06-16-2022	Fri 06-17-2022	Sat 06-18-2022
B R K	Buttermilk Pancakes <i>or</i> Scrambled Egg Sausage Link Fresh Fruit 100% Juice	Cold Cereal <i>or</i> Fried Egg Fresh Fruit 100% Juice Muffin	Egg Mushroom Scramble <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice English Muffin	Blueberry French Toast Bake <i>or</i> Hard-Boiled Egg Breakfast Ham Fresh Fruit 100% Juice	Hot Cereal <i>or</i> Scrambled Egg Bacon Raisins 100% Juice Whole Grain Toast	Scrambled Egg <i>or</i> Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast	Belgian Waffle <i>or</i> Cold Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast
L U N	Honey Glazed Ham Garlic Mashed Potatoes Garden Green Salad Baked Roll Lemon Cake	Oven Fried Chicken Sour Cream Potato Salad Broccoli with Cheese Sauce Baked Roll Peanut Butter Chocolate Cookie	Baked Meatballs with Gravy Parsley Egg Noodles Roasted Asparagus Baked Roll Chocolate Cream Pie	Pork Roast with Gravy Parmesan Potatoes Butternut Squash Baked Roll White Poke Cake	Seasoned Salisbury Steak Classic Mashed Potatoes Roasted Carrots Baked Roll Apple Walnut Cake	Baked Fish Barataria Penne Pasta Salad Bacon Ranch Pea Salad Baked Roll Pineapple Blueberry Crumble	Herb Roasted Turkey with Gravy Ranch Potato Wedges Roasted Parmesan Brussels Sprouts Baked Roll Cinnamon Coffee Cake
D I N	All Beef Hot Dog Mandarin Oranges Cauliflower Corn and Cucumber Salad	American Hamburgers Pear Fruit Cup Classic Lima Beans	Broccoli Ham Casserole Pineapple Chunks Baked Roll	Spaghetti with Meat Marinara Sauce Peaches Tossed Vegetable Salad Garlic Bread	Classic Turkey Sandwich Grapes Beet Salad	Taco Casserole Tangy Fruit Salad Corn Salad	Breadcrumbs Chicken Tenders Watermelon Southern Coleslaw Tater Tots

Milk offered at every meal

Week 5



Weekly Menu

Evergreen Terrace Assisted Living



	Sun 06-19-2022	Mon 06-20-2022	Tue 06-21-2022	Wed 06-22-2022	Thu 06-23-2022	Fri 06-24-2022	Sat 06-25-2022
B R K	Breakfast Burrito <i>or</i> Scrambled Egg Hash Browns Fresh Fruit 100% Juice	Texas French Toast <i>or</i> Hard-Boiled Egg Bacon Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits <i>or</i> Hot Cereal Fresh Fruit 100% Juice Whole Grain Toast	Denver Egg Scramble <i>or</i> Cold Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Pancakes <i>or</i> Fried Egg Sausage Link Fresh Fruit 100% Juice	Cold Cereal <i>or</i> Cheesy Scrambled Eggs Banana 100% Juice Biscuits	Egg Sausage Croissant <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice
L U N	Beef Pot Roast Red Skin Mashed Potatoes Baby Carrots Baked Roll Fresh Banana Cream Pie	Chicken Parmesan Macaroni and Cheese Oven Roasted Broccoli Baked Roll Sherbet Dessert	Pineapple Pork Chops Hawaiian Baked Beans Beets Baked Roll Coconut Cake	Skillet Beef Patty with Gravy Baked Potato Mixed Vegetables Baked Roll Chocolate Cupcake	Honey Dijon Roasted Chicken Penne Pasta Grilled Zucchini Baked Roll Peanut Butter Pie	Crunchy Baked Fish Parmesan Roasted Potatoes Coleslaw Baked Roll Berry Crumble	Brown Sugar Meatloaf Fresh Cooked Yams Roasted Cauliflower Baked Roll Peach Angel Food Cake
D I N	Grilled Fish Sandwich Peach Spring Salad Marinated Green Bean Salad	Cheese Tortellini Pears Spinach Tomato Salad Garlic Bread	Chicken Tacos Mandarin Oranges Mexicali Corn Southwest Rice	Tuna Salad Sandwich Grapes Dill Cucumbers Chips	Hamburger Casserole Whipped Pineapple Salad Parsley Carrots Baked Roll	Grilled Chicken Sandwich Cantaloupe Marinated Vegetable Salad Steak Fries	Pork Adobo Fresh Tropical Fruit Cup Vegetable Medley Rice

Milk offered at every meal

Week 1

Dietitian's Signature: *Diana Jegan RDN 4-10-2022*
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