

# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 08-04-2024	Mon 08-05-2024	Tue 08-06-2024	Wed 08-07-2024	Thu 08-08-2024	Fri 08-09-2024	Sat 08-10-2024
B R E A K F A S T	Waffles <i>or</i> Cold Cereal Hash Browns Fresh Fruit 100% Juice	Ham Egg and Cheese Casserole <i>or</i> Orange Cranberry Muffin Fresh Fruit 100% Juice Biscuit	Mixed Berry Vanilla Baked Oatmeal <i>or</i> English Muffin Breakfast Sandwich 100% Juice Whole Grain Toast	Cinnamon French Toast Dish <i>or</i> Hard Boiled Egg x2 Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal <i>or</i> Sausage Country Gravy and Biscuits Sausage Link Banana Half 100% Juice Muffin	Bacon Cheese Omelet <i>or</i> Breakfast Burrito Hash Browns Fresh Fruit 100% Juice English Muffin	Buttermilk Pancakes <i>or</i> Cheesy Scrambled Eggs Sausage Link Fresh Fruit 100% Juice
L U N C H	Crunchy Onion Chicken Roasted Potato Medley Green Beans Baked Roll Sour Cream Cranberry Bar	Pork Roast and Mushroom Gravy Baked Yams Vegetable Medley Baked Roll Boston Cream Pie	Beef Parmesan Patty Spaghetti with Marinara Sauce California Blend Baked Roll Apple Cobbler	Herb Crusted Turkey Cornbread Dressing Honey Glazed Carrots Baked Roll Raspberry Lemon Bars	Baked Spiral Ham Roasted Sweet Potatoes Seasoned Cabbage Baked Roll Bread Pudding	Teriyaki Meatballs Rice Hawaiian Roasted Vegetables Baked Roll Banana Cream Pie	BBQ Chicken Breast Mashed Red Potatoes Zucchini in Cream Sauce Baked Roll Lime Pound Cake
D I N N E R	Grilled Cheese Sandwich Peaches Basil Tomato Soup Crackers	Fish and Chips Cantaloupe Sweet Slaw	Chicken Club Sandwich Grapes Vegetable Pasta Salad	Baked Beef Ravioli Pears Light Caesar Salad Crusty Garlic Bread	Turkey Enchiladas Pineapple Chunks Mexicali Corn Cheesy Rice	Ham and Cheese Sliders Summer Fruit Salad Peas and Carrots Chips	Meat Supreme Pizza Honeydew Caesar Salad Parmesan Breadsticks
Milk offered at every meal							Week 4

Dietitian's Signature: *Dimi Jagan 610128*  
4-29-2024