

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 09-01-2024	Mon 09-02-2024	Tue 09-03-2024	Wed 09-04-2024	Thu 09-05-2024	Fri 09-06-2024	Sat 09-07-2024
B R E A K F A S T	Scrambled Egg and Bacon <i>or</i> Hot Cereal Fresh Fruit 100% Juice Whole Grain Toast	Texas French Toast <i>or</i> Sausage Country Gravy and Biscuits Bacon Fresh Fruit 100% Juice	Breakfast Bowl <i>or</i> Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast	Fried Egg <i>or</i> Bagel and Cream Cheese Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Homestyle Pancakes <i>or</i> Breakfast Burrito Sausage Link Fresh Fruit 100% Juice	Ham and Cheese Omelet <i>or</i> Western Breakfast Sandwich Hash Browns Fresh Fruit 100% Juice Biscuit	Cold Cereal <i>or</i> Orange Cranberry Muffin Sausage Link Banana Half 100% Juice Whole Grain Toast
L U N C H	Rosemary Pot Roast AuGratin Potatoes Baby Carrots Baked Roll Fresh Apple Pie	Seasoned Chicken Breast Delicious Rice Roasted Brussels Sprouts Baked Roll Angel Food Cake	Smothered Pork Chops Parsley Noodles Green Beans Baked Roll Cheesecake	Hamburger Steak with Gravy Garlic Roasted Potatoes Mixed Vegetables Baked Roll Oreo Delight	Bacon Ranch Chicken Baked Sweet Potato Yellow Squash Baked Roll Peach Pie	Tilapia with Savory Herb Butter Lemon Rice Steamed Broccoli Baked Roll Berry Crumble	BBQ Meatloaf Herb Mashed Potatoes Country Trio Medley Baked Roll Chocolate Marshmallow Cake
D I N N E R	Turkey Croissant Sandwich Grapes Pickled Beets Chips	Lasagna Spirals Raspberry Jello Salad Normandy Blend Garlic Bread	Sweet and Sour Chicken Mandarin Oranges Stir-Fry Vegetables Fried Rice	Tuna Bun Melt Watermelon Dill Cucumbers Sweet Potato Fries	Beef Stroganoff and Noodles Fruit Medley Roasted Cauliflower Parmesan Breadsticks	Italian Chicken Salad Sandwich Assorted Fruit Marinated Green Bean Salad	Shredded Pork Over Rice Pineapple Chunks Roasted Zucchini Best Black Beans
Milk offered at every meal							Week 3

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