

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 09-29-2024	Mon 09-30-2024	Tue 10-01-2024	Wed 10-02-2024	Thu 10-03-2024	Fri 10-04-2024	Sat 10-05-2024
B R E A K F A S T	Perfect Pancakes <i>or</i> Cold Cereal Bacon Fresh Fruit 100% Juice	Breakfast Burrito <i>or</i> Bacon and Cheese Omelet Hash Browns Fresh Fruit 100% Juice	Scrambled Egg <i>or</i> Egg Bacon Croissant Sausage Link Fresh Fruit 100% Juice Biscuit	Brown Sugar French Toast <i>or</i> Cold Cereal Sausage Link Fresh Fruit 100% Juice	Hot Cereal <i>or</i> Sausage Country Gravy and Biscuits Raisins 100% Juice Whole Grain Toast	Banana Nut Muffin <i>or</i> English Muffin Breakfast Sandwich Bacon Fresh Fruit 100% Juice	Sausage Casserole <i>or</i> Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Classic Baked Ham Glazed Sweet Potatoes Cauliflower with Cheese Sauce Baked Roll Fudge Brownie	Garlic Lime Chicken Macaroni Salad Sauteed Carrots Baked Roll Banana Pudding Poke Cake	Homestyle BBQ Meatballs Homestyle Country Potatoes Capri Blend Baked Roll Peanut Butter Pie	Garlic Pork Tenderloin with Soy Honey Glaze Seasoned Mushroom Rice Oven Roasted Broccoli Baked Roll Hot Fudge Sundae	Salisbury Steak and Gravy Parsley Noodles Seasoned Peas Baked Roll Cherry Crisp	Cheddar Crusted Fish Classic Mashed Potatoes Sweet Green Beans Baked Roll Lemonade Cake	Honey Glazed Roasted Turkey Homestyle Stuffing Baked Squash Baked Roll Fruit Parfait
D I N N E R	Open Face Hot Turkey Sandwich Fruit Cocktail Salad Mixed Vegetables Potato Wedges	Baked Macaroni and Cheese Strawberries Herb Roasted Vegetables Garlic Bread	Grilled Ham and Cheese Sandwich Cantaloupe Pickle Spear Crackers	Meat and Potato Casserole Pears Spinach Salad Cornbread Muffin	Turkey BLT Wrap Apple Slices Carrot Coin Salad	Taco Casserole Whipped Pineapple Salad Fresh Cooked Zucchini Spanish Rice	Chicken Tender and Fry Basket Peaches Coleslaw Vinaigrette
Milk offered at every meal							Week 2

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