



# Weekly Menu

Evergreen Terrace Assisted Living



|                            | Sum 11-03-2024   | Mon 11-04-2024   | Tue 11-05-2024   | Wed 11-06-2024  | Thu 11-07-2024  | Fri 11-08-2024   | Sat 11-09-2024   |
|----------------------------|--|--|--|---|---|--|--|
| B R E A K F A S T          | Egg Mushroom Scramble<br>Banana Nut Muffin<br>Sausage Link<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast | Homestyle Pancakes<br>Sausage Country Gravy and Biscuits<br>Bacon<br>Fresh Fruit<br>100% Juice             | Spanish Omelet<br>Cold Cereal<br>Hash Browns<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast | Ham Egg and Cheese Casserole<br>Cheesy Scrambled Eggs<br>Fresh Fruit<br>100% Juice<br>Biscuit | Bagel and Cream Cheese<br>Baked Hash Browns with Bacon<br>Breakfast Ham<br>Fresh Fruit<br>100% Juice      | Belgian Waffle<br>Western Omelet<br>Sausage Link<br>Fresh Fruit<br>100% Juice              | Bacon Egg Muffin<br>Cold Cereal<br>Hash Browns<br>Fresh Fruit<br>100% Juice  |
|                            | L U N C H  | Melt In Your Mouth Chicken<br>Garlic Parmesan Rice<br>Roasted Zucchini Baked Roll<br>Chocolate Chip Cookie | Swedish Meatballs<br>Noodles<br>Mixed Vegetables<br>Baked Roll<br>Caramel Gingerbread Bars     | Honey Mustard Pork<br>Roasted Sweet Potatoes<br>Green Beans<br>Baked Roll<br>Ice Cream        | Beef Patty with Mushroom Sauce<br>Baked Potato<br>Lemon Glazed Carrots<br>Baked Roll<br>Berry Buckle Cake | Baked Cod Fillet<br>Seasoned Rice<br>Normandy Blend<br>Baked Roll<br>Vanilla Fruit Pudding | Turkey with Pan Gravy<br>Mashed Red Potatoes<br>Brussels Sprouts<br>Baked Roll<br>Pumpkin<br>Chocolate Chip Cookie |
| D I N N E R                | Grilled Turkey and Swiss Sandwich<br>Fruit Cocktail<br>Carrot Raisin Salad<br>Chips                          | Ravioli with Herb Cream Sauce<br>Peach Jello Salad<br>Capri Blend<br>Garlic Bread                          | Classic Chicken Salad<br>Grapes<br>Vegetable Medley<br>Mini Croissant Roll                     | Baked Ziti<br>Assorted Fruit<br>Roasted Asparagus<br>Garlic Breadsticks                       | Turkey Club Sandwich<br>Ambrosia<br>Vegetable Sticks  | Beef Enchilada Casserole<br>Pears<br>Mexicali Corn<br>Tortilla Chips and Salsa             | Chicken Tenders<br>Applesauce<br>Sautéed Yellow Squash<br>Tater Tots   |
| Milk offered at every meal |  |  |  |   |   |  |  |
| Week 4                     |  |  |  |   |   |  |  |

Dietitian's Signature:

*Dianna Ferguson*  
4-29-2024