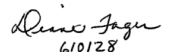


Weekly Menu

Evergreen Terrace Assisted Living



	Sun 02-02-2025	Mon 02-03-2025	Tue 02-04-2025	Wed 02-05-2025	Thu 02-06-2025	Fri 02-07-2025	Sat 02-08-2025
BREAKFAST	Hot Cereal <i>or</i> Egg of Choice Corned Beef Hash Fresh Fruit 100% Juice Sourdough Toast	Egg and Sausage Sandwich <i>or</i> Blueberry Pancakes Bacon Fresh Fruit 100% Juice	Belgian Waffle Sausage Link Fresh Fruit 100% Juice	Ham Breakfast Casserole Fresh Fruit 100% Juice Biscuit	Bagel and Cream Cheese Yogurt Fresh Fruit 100% Juice	Texas French Toast Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Raisins 100% Juice Whole Grain Toast
LUNCH	Beef Roast with Gravy Buttered Noodles California Blend Whole Grain Bread Carrot Cake	Cube Steak and Gravy Sour Cream Potatoes Peas and Carrots Cornbread Spice Cake	Garlic Ranch Chicken Parmesan Pasta Capri Blend Baked Roll Fresh Apple Pie	Lemon Garlic Tilapia Roasted Potato Medley Sauteed Spinach Baked Roll Cheesecake	Sour Cream Beef Patty Steamed Red Potatoes Glazed Baby Carrots Baked Roll Pumpkin Cranberry Bread	Rosemary Roasted Chicken Thigh Rice Pilaf Vegetable Medley Baked Roll Peach Cobbler	Seasoned BBQ Pork Ribs Favorite Baked Beans Mixed Vegetables Baked Roll Lemon Cream Cake
DINNER	Chicken Pot Pie Casserole Orange Slices Green Salad Baked Roll No Bake Cookie	Egg Salad Sandwich Peaches Cucumbers Chips Peanut Butter Cookie	Hamburger 'N Fixin's Fresh Fruit with Lemon Dip Pickle Relish Plate	Pork Fried Rice Pineapple Salad Glazed Snap Peas Spring Egg Roll	Ham and Swiss Sandwich Fresh Fruit Cup Vegetable Pasta Salad	Bucket Salad Grapes Best Black Beans	Chicken Parmesan Dish Pear Fruit Cup Yellow Squash Angel Pasta
Milk offered at every meal							Week 4

Dietitian's Signature:  10-14-2024
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Weekly Menu

Evergreen Terrace Assisted Living



	Sun 02-09-2025	Mon 02-10-2025	Tue 02-11-2025	Wed 02-12-2025	Thu 02-13-2025	Fri 02-14-2025	Sat 02-15-2025
BREAKFAST	Breakfast Sausage Casserole Fresh Fruit 100% Juice Whole Grain Toast	Butterscotch Oatmeal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Egg and Ham Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Fried Egg Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Brown Sugar French Toast Sausage Link Fresh Fruit 100% Juice	Bacon Egg Muffin Fresh Fruit 100% Juice Whole Grain Toast	Baked Omelet Hash Browns Fresh Fruit 100% Juice Biscuit
LUNCH	Meatloaf and Gravy Onion Roasted Potatoes Baked Squash Baked Roll Chocolate Peanut Butter Pie	Roasted Lemon Chicken Penne Pasta Capri Blend Baked Roll Fruit Crisp	Honey Glazed Pork Chop Baked Sweet Potato Beets Baked Roll Rainbow Cake	Salisbury Steak Herb Mashed Potatoes Peas and Carrots Baked Roll Hot Fudge Sundae	Breaded Seasoned Drumsticks Parsley Rice Garlic Green Beans Baked Roll Pumpkin Spice Bar	Parmesan Crusted Cod AuGratin Potatoes Herb Roasted Vegetables Baked Roll Berry Cobbler	Classic Lasagna Garden Green Salad Garlic Bread Banana Nut Cake
DINNER	Shredded Pork on a Bun Tangy Fruit Salad Sauteed Carrots Chips	Beef and Corn Casserole Creamy Peach Salad Vegetable Medley Baked Roll	Creamy Chicken Enchiladas Select Orange Salad Seasoned Zucchini Savory Rice	Shrimp and Pasta Fruited Jello Salad Brussels Sprouts Parmesan Breadsticks	Grilled Ham and Cheese Sandwich Sliced Apples Coleslaw Steak Fries	Pepperoni Pizza Pears Green Salad	Chicken Ranch BBQ Sandwich Fruit Toss California Blend Sweet Potato Fries
	Milk offered at every meal						Week 5

Dietitian's Signature: *Quinn Ingu* 10-14-2024
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Weekly Menu

Evergreen Terrace Assisted Living



	Sun 02-16-2025	Mon 02-17-2025	Tue 02-18-2025	Wed 02-19-2025	Thu 02-20-2025	Fri 02-21-2025	Sat 02-22-2025
B R E A K F A S T	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Banana Half 100% Juice Muffin	Sausage Country Gravy and Biscuits Hash Browns Fresh Fruit 100% Juice	Cinnamon French Toast Dish <i>or</i> Hot Cereal Bacon Fresh Fruit 100% Juice	Ham Egg Muffin Sandwich <i>or</i> Pancakes Fresh Fruit 100% Juice	Egg Mushroom Scramble <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Waffles <i>or</i> Egg of Choice Breakfast Ham <i>or</i> Hash Browns Fresh Fruit 100% Juice
L U N C H	Glazed Baked Ham Roasted Sweet Potatoes Skillet Cabbage Baked Roll Vanilla Cream Pie	Louisiana Chicken Baked Macaroni Cheese Collard Greens Baked Roll Peach Crisp	Seasoned Meatballs with Gravy Red Skin Mashed Potatoes Carrots Baked Roll German Chocolate Cake	Savory Pork Roast Baked Yams Vegetable Medley Baked Roll No Bake Peanut Butter Bars	Swedish Patty Buttered Noodles Green Bean Cauliflower Blend Baked Roll Maple Bread Pudding	Baked Fish Fillet Lemon Rice Stir-Fried Broccoli Baked Roll Coconut Cake	Rosemary Roasted Turkey Homestyle Stuffing Roasted Brussels Sprouts Baked Roll Baked Apples and Ice Cream
D I N N E R	Classic Turkey Sandwich Fruit Cocktail Carrot Apple Celery Salad Chips	Chef's Choice Omelet Orange Slices Fresh Tomato Salsa 2 Whole Grain Toast	Ham and Cheese Sandwich Grapes Vegetables with Ranch Dip Pasta Salad	Beef Broccoli Dish Pears Green Salad Baked Roll	Sausage and Peppers Select Apple Salad Sauteed Yellow Squash Parmesan Roasted Potatoes	Blue Ribbon Chili Peaches Green Salad Cornbread	Pork Sliders Pineapple Chunks Creamy Coleslaw Sweet Potato Fries
Milk offered at every meal							Week 1

Dietitian's Signature: *Diana Jagan* 10-14-2024
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