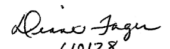


# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 01-19-2025	Mon 01-20-2025	Tue 01-21-2025	Wed 01-22-2025	Thu 01-23-2025	Fri 01-24-2025	Sat 01-25-2025
BREAKFAST	Fried Egg <i>or</i> Pancakes Hash Browns Fresh Fruit 100% Juice Biscuit	French Toast Sticks <i>or</i> Cheese Omelet Sausage Link Fresh Fruit 100% Juice	Hot Cereal <i>or</i> Cold Cereal <i>or</i> Egg of Choice Sausage Patty Raisins 100% Juice Cinnamon Toast	Brunch Burritos <i>or</i> Ham and Cheese Omelet Fresh Tomato Salsa Fresh Fruit 100% Juice	Fluffy Pancakes <i>or</i> Egg of Choice Bacon Fresh Fruit 100% Juice Whole Grain Toast	Egg and Sausage Sandwich <i>or</i> Western Omelet Fresh Fruit 100% Juice White Toast	Scrambled Egg <i>or</i> Hot Cereal <i>or</i> Cold Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
LUNCH	Beef Roast with Gravy Classic Mashed Potatoes Glazed Carrots Baked Roll Pumpkin Pie	Smothered Chicken Breasts Seasoned Rice Mixed Vegetables Baked Roll Devil's Food Cake	Bread Crumb Pork Chop Creamy Alfredo Pasta Harvard Beets Baked Roll Cherry Cobbler	Hamburger Steak and Onions Twice Baked Potato Casserole Peas and Mushrooms Baked Roll Red Velvet Brownie	Honey Baked Chicken Leg Macaroni Salad California Blend Baked Roll Graham Streusel Cake	Lemon Pepper Pollock Sweet Potato Fries Steamed Broccoli Baked Roll Strawberry Mousse	Glazed Meatloaf Roasted Red Potatoes Green Beans Italian Baked Roll Easy Apple Dumplings
DINNER	Ham and Potato Casserole Fruit Medley Green Beans Crescent Rolls	Meatball Sub Sandwich Fresh Fruit Salad Oven Roasted Broccoli French Fries	Chicken Taco Soup Orange Slices Green Salad Tortilla Chips and Salsa	Tuna Salad Sandwich Grapes Tomato Cucumber Salad Chips	Bacon Cheeseburger Casserole Yogurt Raspberry Jello Vegetable Medley Potato Wedges	Slow Cooked BBQ Chicken Sandwich Peaches Apple Coleslaw Baked Beans	Pork and Sausage Jambalaya Pineapple Chunks Buttery Carrots Cornbread Muffin
Milk offered at every meal							Week 2

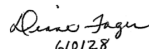
Dietitian's Signature:  10-14-2024  
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# Weekly Menu

## Evergreen Terrace Assisted Living



	Sun 01-26-2025	Mon 01-27-2025	Tue 01-28-2025	Wed 01-29-2025	Thu 01-30-2025	Fri 01-31-2025	Sat 02-01-2025
BREAKFAST	Pancakes <i>or</i> Egg of Choice and Sausage Fresh Fruit 100% Juice Sourdough Toast 100% Juice	Hot or Cold Cereal <i>or</i> Ham and Cheese Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Western Omelet <i>or</i> Waffles Hash Browns Fresh Fruit 100% Juice Biscuit	Sausage Country Gravy and Biscuits <i>or</i> Egg of Choice Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cheese Omelet <i>or</i> Hot or Cold Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal <i>or</i> Egg of Choice and Bacon Hash Browns Banana Half 100% Juice Sourdough Toast	Buttermilk Pancakes <i>or</i> Denver Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
LUNCH	Honey Baked Chicken Leg Mashed Potatoes and Gravy Garden Green Salad Whole Grain Bread Pecan Pie	Roasted Turkey Baked Sweet Potato Peas and Carrots White Bread Double Chocolate Brownie	Classic Beef Stew Garlic Mashed Potatoes California Blend Biscuit Ice Cream	Turkey Roast Mashed Potatoes and Gravy Garden Green Salad Whole Grain Bread Cherry Crisp	Baked Ham Cheesy Mashed Potatoes Corn Cornbread Soft Oatmeal Cookie	All Beef Hot Dog French Fries Baked Beans Apple Pie	BBQ Pulled Pork on a Bun Steak Fries Garden Green Salad Southern Peach Cobbler
DINNER	Grilled Cheese Sandwich Sliced Apples Tomato Soup Chocolate Chip Cookie	Tuna Noodle Casserole Fruit Cocktail Roasted Carrots Whole Grain Bread Peanut Butter Chocolate Cookie	Chicken Vegetable Soup Assorted Fruit Green Salad Crackers Double Chocolate Brownie	Spaghetti Bake Sour Cream Fruit Salad Capri Blend Garlic Bread Chocolate Chip Cookie	Hamburger Casserole Garlic Green Beans Whole Grain Bread White Cake	Chicken Salad Sandwich Pears Green Salad Chips Chocolate Peanut Butter Bars	Grilled Cheese Sandwich Winter Fruit Salad Cheddar Ham Soup Turtle Brownie
Milk offered at every meal							Week 3

Dietitian's Signature:  10-14-2024  
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