

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 06-29-2025	Mon 06-30-2025	Tue 07-01-2025	Wed 07-02-2025	Thu 07-03-2025	Fri 07-04-2025	Sat 07-05-2025
BREAKFAST	Denver Egg Scramble <i>or</i> Hot Cereal	Hot or Cold Cereal <i>or</i> Eggs and Bacon Breakfast Potatoes	Pancakes <i>or</i> Hann and Eggs Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits <i>or</i> Hot or Cold Cereal	Blueberry Muffin <i>or</i> Sausage and Eggs Fresh Fruit 100% Juice	Egg Bacon Croissant <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice	Cinnamon French Toast <i>or</i> Egg of Choice Sausage Link Fresh Fruit 100% Juice
DINNERS	Chicken Patty Sandwich Cottage Cheese and Pineapple Carrots Steak Fries	Beef Pot Pie with Gravy Assorted Fruit Green Salad Cornbread	Baked Macaroni and Cheese Applesauce Capri Blend Hawaiian Roll	Grilled Ham and Cheese Sandwich Green Salad Steak Fries	Meat Lover's Pizza Caesar Salad Garlic Breadsticks Chocolate Ice Cream Cup	Basic Ham and Bean Soup Green Salad Buttermilk Biscuits	Chicken Tenders Coleslaw Steak Fries
LUNCH	Honey Glazed Ham Cheesy Mashed Potatoes Green Bean Casserole Hawaiian Roll Raspberry Lemon Bars	Parmesan Chicken Breast Lemon Rice Green Beans Hawaiian Roll Apple Crisp	Grilled Pork Chop Sweet Potato Casserole Beets Hawaiian Roll Marble Cake	Hamburger Steak with Gravy Garlic Herb Mashed Potatoes Peas and Carrots Herb Biscuits Cherry Pie	Honey Roasted Chicken Thigh Buttered Noodles Steamed Broccoli Hawaiian Roll Apple Pie	Lemon Garlic Fish Parsley Rice California Blend Hawaiian Roll Bread Pudding with Vanilla Sauce	Classic Beef Stew Garden Green Salad Cheddar Biscuits Chocolate Cobbler
Milk offered at every meal							
Week 2							

Dietitian's Signature:

Rachel K. [Signature]
6/29/25

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 07-06-2025	Mon 07-07-2025	Tue 07-08-2025	Wed 07-09-2025	Thu 07-10-2025	Fri 07-11-2025	Sat 07-12-2025
BR E A K F A S T	Sausage Scramble <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice English Muffin	Pancakes <i>or</i> Ham and Eggs Fresh Fruit 100% Juice Whole Grain Toast	Country Gravy and Biscuits <i>or</i> Cold Cereal Fresh Fruit 100% Juice Sourdough Toast	French Toast <i>or</i> Sausage and Eggs Hash Browns Fresh Tomato Salsa 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Denver Omelet Breakfast Potatoes Fresh Fruit 100% Juice Sourdough Toast	English Muffin Breakfast Sandwich <i>or</i> Cold Cereal Hash Browns Fresh Fruit 100% Juice	Waffles <i>or</i> Eggs of Choice Bacon Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Baked Pork Chop Parsley Noodles Vegetable Medley Hawaiian Roll Lemon Meringue Pie	Mandarin Chicken Fried Rice Sesame Snap Peas Hawaiian Roll Yellow Cupcake	American Goulash Italian Seasoned Green Beans Garlic Bread Chocolate Cream Pie	Oven Roasted Chicken Breast Seasoned Rice Vegetable Medley Cornbread Muffin Cherry Pie	All Beef Hot Dog Steak Fries Sauteed Carrots Cherry Chocolate Cake	Baked Parmesan Fish Seasoned Rice Garden Green Salad Baked Roll Fruit Crisp	Beef Patty with Gravy Buttered Noodles Oven Roasted Cauliflower Baked Roll Chocolate Fudge Cake
D I N N E R	Roast Beef Club Sandwich Mixed Vegetables Steak Fries	Ham and Cheese Quiche Watermelon Corn Hawaiian Roll	Grilled Turkey Cuban Sandwich Assorted Fruit Farm Fresh Vegetables Annish Macaroni Salad	Fish Sticks Tropical Mixed Fruit Green Salad Waffle Fries	Turkey Vegetable Soup Sliced Apples Mixed Vegetables Cheddar Biscuits Chocolate Pudding	Baked Beef Rigatoni Pears Butternut Squash Breadsticks	BBO Chicken Breast Sandwich Cantaloupe Coleslaw Steak Fries
Milk offered at every meal							
Week 3							

Dietitian's Signature:

Debra J. ...
6/10/25

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 07-13-2025	Mon 07-14-2025	Tue 07-15-2025	Wed 07-16-2025	Thu 07-17-2025	Fri 07-18-2025	Sat 07-19-2025
BREAKFAST	Fried Egg Hash Browns Fresh Fruit 100% Juice Biscuit	Peanut Butter Banana Wrap Egg of Choice Fresh Fruit 100% Juice	Cinnamon French Toast Bacon Fresh Fruit 100% Juice	Ham and Cheese Omelet Hash Browns Fresh Fruit 100% Juice	Bagel and Cream Cheese Egg of Choice Fresh Fruit 100% Juice	Sausage Biscuit Egg of Choice Fresh Fruit 100% Juice	Buttermilk Pancakes Bacon Fresh Fruit 100% Juice
LUNCH	Pot Roast with Gravy Classic Mashed Potatoes Glazed Baby Carrots Baked Roll Cherry Pie Ala Mode	Lemon Pepper Chicken Rice Green Beans Baked Roll Oatmeal Cake	Pork Chop with Onions Roasted Sweet Potatoes Herbed Corn Baked Roll Peach Cobbler	Beef Patty with BBQ Sauce Baked Potato California Blend Baked Roll Fresh Lemon Bars	Chicken with Mushroom Gravy Parsley Noodles Roasted Brussels Sprouts Baked Roll Caramel Chocolate Sundae	Crunch Topped Fish Oven Fried Potatoes Capri Blend Baked Roll Fruit Crisp	Pineapple Meatloaf Tropical Mashed Sweet Potatoes Steamed Broccoli Baked Roll Confetti Cake
DINNER	Ham and Swiss Slider Sliced Apples Coleslaw Sweet Potato Fries	Cheese Ravioli with Pasta Sauce Honeydew Salad Sautéed Zucchini Garlic Bread	Chicken Rice Bake Select Orange Salad Fresh Asparagus Garlic Breadsticks	Tuna Sandwich Watermelon Zesty Cucumber Salad Chips	Tater Tot Dish Mixed Fruit Salad Buttery Carrots Baked Cheddar Roll	Chicken Salad Sandwich Peach Fruit Cup Tomato Wedges Italian Pasta Salad	Pork Burrito Pear Fruit Medley Vegetable Medley Savory Rice
	Milk offered at every meal						
	Week 1						

Dietitian's Signature:

Renee Lopez 4-20-2025
6/01/25