

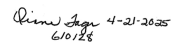
Weekly Menu

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
B R E A K F A S T	1/2 c Sausage Scramble <i>or</i> 3/4 c Hot Cereal 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - English Muffin	2 - Pancakes <i>or</i> 1 - Ham and Eggs 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1/2 c Country Gravy and Biscuits <i>or</i> 1 oz Cold Cereal 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Sourdough Toast	2 - French Toast <i>or</i> 1 - Sausage and Eggs 1/2 c Hash Browns 1/4 c Fresh Tomato Salsa 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal <i>or</i> 1 - Denver Omelet 1/2 c Breakfast Potatoes 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Sourdough Toast	1 - English Muffin Breakfast Sandwich <i>or</i> 1 oz Cold Cereal 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Waffles <i>or</i> 3 - Eggs of Choice 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N C H	3 oz Baked Pork Chop 1/2 c Parsley Noodles 1/2 c Vegetable Medley 1 - Hawaiian Roll 1 slice Lemon Meringue Pie	3 oz Mandarin Chicken 1/2 c Fried Rice 1/2 c Sesame Snap Peas 1 - Hawaiian Roll 1 - Yellow Cupcake	1 c American Goulash 1/2 c Italian Seasoned Green Beans 1 oz Garlic Bread 1 slice Chocolate Cream Pie	3 oz Oven Roasted Chicken Breast 1/2 c Seasoned Rice 1/2 c Vegetable Medley 1 - Cornbread Muffin 1 slice Cherry Pie	1 - All Beef Hot Dog 3 oz Steak Fries 1/2 c Sautéed Carrots 3"x 2" pc Cherry Chocolate Cake	3 oz Baked Parmesan Fish 1/2 c Seasoned Rice 1 c Garden Green Salad 1 - Baked Roll 1/2 c Fruit Crisp	3 oz Beef Patty with Gravy 1/2 c Buttered Noodles 1/2 c Oven Roasted Cauliflower 1 - Baked Roll 3"x 2" pc Chocolate Fudge Cake
D I N N E R	1/2 - Roast Beef Club Sandwich 1/2 c Mixed Vegetables 3 oz Steak Fries	1 slice Ham and Cheese Quiche 1 c Watermelon 1/2 c Corn 1 - Hawaiian Roll	1/2 - Grilled Turkey Cuban Sandwich 1/2 c Assorted Fruit 1/2 c Farm Fresh Vegetables 1/2 c Amish Macaroni Salad	2 - Fish Sticks 1/2 c Tropical Mixed Fruit 1 c Green Salad 4 oz Waffle Fries	1 c Turkey Vegetable Soup 4 oz Sliced Apples 1/2 c Mixed Vegetables 1 - Cheddar Biscuits 1/2 c Chocolate Pudding	1 c Baked Beef Rigatoni 1/2 c Pears 1/2 c Butternut Squash 1 - Breadsticks	1 - BBQ Chicken Breast Sandwich 1 c Cantaloupe 1/2 c Coleslaw 3 oz Steak Fries
	Milk offered at every meal						Week 3

File this copy

Dietitian's Signature:  4-21-2025
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
B R E A K F A S T	Cold Cereal <i>or</i> Egg and Ham Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Eggs and Bacon <i>or</i> Hot Cereal Breakfast Potatoes Fresh Fruit 100% Juice Sourdough Toast	Cinnamon French Toast <i>or</i> Sausage and Eggs Breakfast Potatoes Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal <i>or</i> Ham and Cheese Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Bagel and Cream Cheese <i>or</i> Eggs and Bacon Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits <i>or</i> Hot Cereal Fresh Fruit 100% Juice Sourdough Toast	Buttermilk Pancakes <i>or</i> Cold Cereal Bacon Fresh Fruit 100% Juice
L U N C H	Oven Roasted Pork Loin Mashed Potatoes and Gravy Peas and Carrots Hawaiian Roll Cherry Pie Ala Mode	Lemon Pepper Chicken Homestyle Stuffing Green Beans Hawaiian Roll White Cake	Pork Chop with Onions Roasted Sweet Potatoes Herbed Corn Hawaiian Roll Peach Crisp	Hamburger Steak with Gravy Classic Mashed Potatoes Farm Fresh Vegetables Cornbread Chocolate Cupcake	Grilled Three Cheese Sandwich Steak Fries Tomato Soup Apple Pie	Beef Pot Pie Capri Blend Hawaiian Roll Peach Pie	Herb Roasted Turkey Sweet Potato Casserole Steamed Broccoli Hawaiian Roll Confetti Cake
D I N N E R	Baked Macaroni and Cheese Sliced Apples Green Salad Whole Grain Bread	Pierogies and Sausage Cottage Cheese and Pineapple Sauteed Zucchini	Chicken Rice Bake Green Salad Cornbread	Fish Sticks and Fries Watermelon Coleslaw	Tater Tot Dish Tropical Mixed Fruit Buttery Carrots Cheddar Biscuits	Chicken Caesar Wrap Green Salad Potato Chips	Vegetable Cheese Chowder Pear Fruit Medley Green Salad Hawaiian Roll
Milk offered at every meal							Week 1

Dietitian's Signature:

Rina J. Agui 4-21-2025
6/10/26

Weekly Menu

Evergreen Terrace Assisted Living



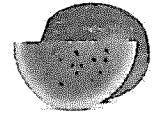
	Sun 07-20-2025	Mon 07-21-2025	Tue 07-22-2025	Wed 07-23-2025	Thu 07-24-2025	Fri 07-25-2025	Sat 07-26-2025
BREAKFAST	Ham Egg Muffin Sandwich <i>or</i> Eggs of Choice Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal <i>or</i> Eggs and Bacon Hash Browns Fresh Fruit 100% Juice Sourdough Toast	Waffles <i>or</i> Eggs of Choice Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Bacon and Egg Casserole <i>or</i> Blueberry Muffin Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits <i>or</i> Egg of Choice Breakfast Ham Fresh Fruit 100% Juice Sourdough Toast	Bacon and Egg Casserole <i>or</i> Hot Cereal Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Sausage Link Fresh Fruit 100% Juice
LUNCH	Parmesan Chicken Breast Summer Pasta Salad Vegetable Medley Hawaiian Roll Ice Cream	Pork Roast with Gravy Rice Garden Green Salad Hawaiian Roll Peanut Butter Cookie	Beef Tips Cheesy Mashed Potatoes Garlic Green Beans Hawaiian Roll Frosted Brownie	Herb Roasted Turkey AuGratin Potatoes Normandy Blend Hawaiian Roll White Cake	Baked Spiral Ham Sweet Potatoe Casserole Cauliflower Hawaiian Roll Pecan Pie	Hawaiian Meatballs Rice Garden Green Salad Hawaiian Roll Butter Pecan Ice Cream	Rosemary Ranch Chicken Roasted Red Potatoes Steamed Sugar Snap Peas Hawaiian Roll Apple Crisp
DINNER	Cheese Chili Bake Peaches Green Salad Cornbread	Tuna Noodle Casserole Peaches 'n Pears Peas and Carrots Hawaiian Roll Chocolate Ice Cream Cup	Grilled Polish Sausage Cottage Cheese and Peaches Roasted Asparagus Buttered Pasta	Homestyle Sloppy Joes Watermelon Corn Potato Chips	Bacon Macaroni and Cheese Fruit Toss Vegetable Medley Hawaiian Roll	Ham Sandwich Grapes Three Bean Salad Steak Fries	Pepperoni Pizza Cantaloupe Caesar Salad Crusty Cheese Bread
Milk offered at every meal							Week 2

Dietitian's Signature:

Pinna Sign 4-21-2025
6/10/25

Weekly Menu

Evergreen Terrace Assisted Living



	Sun 07-27-2025	Mon 07-28-2025	Tue 07-29-2025	Wed 07-30-2025	Thu 07-31-2025	Fri 08-01-2025	Sat 08-02-2025
BREAKFAST	Cinnamon Roll Casserole <i>or</i> Bacon Egg Muffin Hash Browns Fresh Fruit 100% Juice	Egg and Ham Scramble <i>or</i> Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon French Toast <i>or</i> Eggs of Choice Sausage Link Fresh Fruit 100% Juice Sourdough Toast	Sausage Country Gravy and Biscuits <i>or</i> Hot Cereal Fresh Fruit 100% Juice Whole Grain Toast	Egg and Sausage Sandwich <i>or</i> Pancakes Fresh Fruit 100% Juice	Egg and Ham Breakfast Casserole <i>or</i> Egg of Choice and Bacon Fresh Fruit 100% Juice Sourdough Toast	Hot Cereal <i>or</i> Western Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
LUNCH	Marinated Pork Roast Parmesan Pasta Capri Blend Hawaiian Roll Pumpkin Pie	Classic Meatloaf Herb Mashed Potatoes Peas and Mushrooms Whole Grain Bread White Poke Cake	Italian Sausage with Peppers and Onions Penne Pasta Garden Green Salad Hawaiian Roll Fruit Crisp	Baked Lemon Pepper Fish Rice Pilaf Steamed Broccoli Hawaiian Roll Banana Cream Pie	Country Fried Steak with Gravy Classic Mashed Potatoes Carrots Hawaiian Roll Mint Brownie	Seasoned Baked Chicken Angel Pasta Garden Green Salad Hawaiian Roll Oatmeal Raisin Cookie	Meat and Potato Casserole Fresh Fruit Cup Vegetable Medley Hawaiian Roll Ice Cream
DINNER	Honey BBQ Chicken Wrap Honeydew Corn O'Brien	Egg Salad Sandwich Farm Fresh Vegetables Sweet Potato Fries Chocolate Ice Cream Cup	Deluxe Hamburger Coleslaw Steak Fries	Bacon Quiche Orange Juicy Jello Green Salad Hawaiian Roll	Chicken Bacon Sandwich Peach Jello Salad California Blend Curly Fries	Taco Salad Watermelon Tortilla Chips and Salsa	Chicken Cordon Bleu Casserole Fruit Cocktail Light Summer Salad Cheddar Biscuits
Milk offered at every meal							Week 3

Dietitian's Signature:

Revised Sign. 4-21-2025
6/19/26