



**Assisted Living  
Spring & Summer 2014  
Week I**



| Date             | Breakfast<br>8:00 AM                                                                | Lunch<br>12:00 PM                                                                                                                | Dinner<br>5:00 PM                                                                                                         |
|------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>SUNDAY</b>    | Oatmeal<br>Cinnamon Roll<br>Fruit Cup<br>Juice, Coffee, Milk                        | Roast Beef<br>Mashed Potatoes<br>Gravy<br>Red Beets<br>Whipped Orange Jello                                                      | Tuna Stuffed Tomato <u>OR</u><br>Ham Salad with Crackers<br>Relish Plate<br>Melon Chunks<br>Brownie                       |
| <b>MONDAY</b>    | Choice of:<br>Hot or Cold Cereal<br>Muffin<br>Toast<br>Fruit<br>Juice, Coffee, Milk | Garlic Roasted Pork Loin<br>Redskin Potatoes<br>Creamed Corn<br>Dinner Roll<br>Strawberry Swirl Cake                             | Macaroni and Cheese<br>with Hot Dog <u>OR</u><br>Hamburger with Relish Plate<br>Mandarin Oranges<br>Reese's Pieces Cookie |
| <b>TUESDAY</b>   | Fried Mush<br>Bacon                                                                 | Chicken <u>OR</u><br>Baked Fish<br>Baked Potato<br>Capri Vegetable Blend<br>Fresh Fruit Cup                                      | Deli Sandwich <u>OR</u><br>Sloppy Joe Sandwich<br>Potato Chips<br>Fruit Melody<br>Tomato Marinade                         |
| <b>WEDNESDAY</b> | Choice of:<br>Hot or Cold Cereal<br>Muffin<br>Toast<br>Fruit<br>Juice, Coffee, Milk | Spaghetti with Meat Sauce<br><u>OR</u> Chicken Tetrizzini<br>Cole Slaw<br>Garlic Bread<br>Tapioca Pudding<br>with Strawberries   | BLT Sandwich <u>OR</u><br>Turkey Club Sandwich<br>Onion Rings<br>Tossed Salad<br>Fresh Fruit Cup                          |
| <b>THURSDAY</b>  | Pancakes<br>Sausage Links                                                           | Pepper Steak over Rice <u>OR</u><br>Sweet n Sour Meatballs<br>over Rice<br>Sweet Peas<br>Apple Pie                               | Vegetable Soup <u>OR</u><br>Chicken Noodle Soup<br>Cheese & Crackers<br>Diced Fruit Mix<br>Triple Chocolate Cookie        |
| <b>FRIDAY</b>    | Choice of:<br>Hot or Cold Cereal<br>Muffin<br>Toast<br>Fruit<br>Juice, Coffee, Milk | Turkey Breast with Gravy <u>OR</u><br>Country Fried Steak<br>W/ Gravy<br>Mashed Potatoes<br>Broccoli<br>Cranberry Banana Gelatin | Rueben Sandwich <u>OR</u><br>Sausage Sandwich<br>Relish Plate<br>Potato Salad<br>Watermelon<br>Ice Cream Sandwich         |
| <b>SATURDAY</b>  | Choice of:<br>Hot or Cold Cereal<br>Muffin<br>Toast<br>Fruit<br>Juice, Coffee, Milk | Pork Chop <u>OR</u> Drumstick<br>Rice Pilaf<br>Mixed Vegetables<br>Fresh Fruit Cup                                               | Hotdog <u>OR</u> Coney Dog<br>French Fries<br>Diced Fruit Mix<br>Jello Cake                                               |