

# Guardian Angel Homes

## Week One

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
<b>Breakfast</b>	Banana or Fruit Cup Cereal of Choice Yogurt w/ Granola Sausage Patty Scrambled Eggs Muffin	Banana or Fruit Cup Cereal of Choice Yogurt w/ Granola Breakfast Ham Scrambled Eggs White or Wheat Toast	Banana or Fruit Cup Cereal of Choice Yogurt w/ Granola Scrambled Eggs Bacon Cheese Omelet White or Wheat Toast	Banana or Fruit Cup Cereal of Choice Yogurt w/ Granola Belgian Waffles Sausage Links Scrambled Eggs White or Wheat Toast	Banana or Fruit Cup Cereal of Choice Yogurt w/ Granola Hash Browns Scrambled Eggs w/Cheese White or Wheat Toast	Banana or Fruit Cup Cereal of Choice Yogurt w/ Granola Scrambled Eggs Bacon Coffee Cake	Banana or Fruit Cup Cereal of Choice Yogurt w/ Granola Sausage Link Scrambled Eggs Doughnuts
<b>Lunch</b>	Soup or Side Salad Apple Spinach Salad Apple Pork Chop Scalloped Potatoes OR Beef Tips in Gravy White Rice Roasted Squash Homemade Bread Fruit Crisp	Soup or Side Salad Garden Salad Ginger Soy Cod OR Chicken Cacciatore Wild Rice Pilaf Roasted Zucchini Homemade Bread Walnut Brownie	Soup or Side Salad Fall Arugula Salad Chicken Chow Mein Chicken Potsticker Stir Fry Vegetables OR BBQ Meatballs White Rice Sauteed Spinach Homemade Bread Carrot Cake	Soup or Side Salad Garden Salad Pork Roast Roasted Pork Gravy OR Salisbury Steak Mashed Potatoes/Gravy Buttered Peas Homemade Bread Peach Cobbler	Soup or Side Salad Pear Cranberry Salad Salmon Oregon Rice Pilaf/Asparagus OR BBQ Beef Sandwich Tater Tots Pickled Beets Homemade Bread Jello Poke Cake	Soup or Side Salad Garden Salad Turkey Tetrazzini OR Ham and Cheddar Scalloped Potatoes Steamed Baby Carrots Homemade Bread Chocolate Cake	Soup or Side Salad Garden Salad Fried Chicken Mashed Potatoes/Gravy Buttered Corn OR Beef Pot Roast Mashed Potatoes/Gravy Roasted Squash Homemade Bread Fresh Baked Cookies
<b>Dinner</b>	Spilt Pea and Ham Chef Salad OR Lobster Ravioli Lemon Cream Sauce Green Beans Garlic Bread Fresh Baked Cookies	Navy Bean and Ham Soup Roasted Turkey Mashed Potatoes/Gravy Steamed Carrots OR Mushroom Swiss Burger Lettuce, Tomato, Onion, and Pickle Baby Carrots/ Snap Peas/Ranch Dip Ice Cream	Broccoli Cheese Soup Eggplant Parmesan Parmesan Spaghetti Vegetable Medley Garlic Breadstick OR Beef Chili with beans Onions, Cheddar, and Sour Cream, Corn Chips Corn Bread Frosted Cupcakes	Vegetable Soup Egg Salad Sandwich Fresh Fruit Coleslaw OR Corn Beef and Cabbage Boiled Potatoes and Carrots Fresh Baked Cookies	Clam Chowder Bacon Cheddar Quiche Cucumber Salad OR Turkey Sloppy Joes Potato Salad Vegetable Medley Ice Cream	Loaded Potato Soup Supreme Pizza Italian Tossed Salad OR Beef Enchilada Casserole Beans/Spanish Rice Pudding Swirl	Chicken Noodle Soup Chicken Salad Sandwich OR Ham & Swiss Sliders Potato Chips Fresh Vegetables Pumpkin Pie



All meals include choice of Juice, Coffee, Tea, 2%Milk or Cocoa