

Guardian Angel Homes

Week Three

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Breakfast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Scrambled Eggs Sausage Patty White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Scrambled Eggs Ham Steak Muffin White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Scrambled Eggs Bacon White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Scrambled Eggs Sausage Links White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Cheesy Scrambled Eggs Scrambled Egg Hashbrown Patty White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Scrambled Eggs English Muffin Bacon White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Scrambled Egg Sausage Link Eggs Benedict White/Wheat Toast
Lunch	Soup or Salad Garden Salad Shrimp Scampi White Rice/Sautéed Spinach OR Turkey and Dumplings Peas and Carrots Homemade Bread Espresso Brownie	Soup or Salad Roasted Beet Salad Chicken Tamale Casserole Buttered Corn OR Old Fashioned Meatloaf Mashed Potatoes w/Gravy Roasted Cauliflower Homemade Bread Frosted Cake	Soup or Salad Cole Slaw Crispy Cod Steak Fries/Tarter Sauce OR Red Wine Braised Beef White Rice Roasted Squash Homemade Bread Pecan Pie	Soup or Salad Fall Arugula Salad BBQ Bacon Chicken Wild Rice Pila Steamed Green Beans OR Beef Stroganoff Buttered Egg Noodles Steamed Broccoli Homemade Bread Ice Cream	Soup or Salad Garden Salad Seafood Fettucine Roasted Squash/Zucchini OR Pork Schnitzel Mashed Potatoes Pork Gravy Braised Red Cabbage Homemade Bread Lemon Cream Cake	Soup or Salad Taco Salad Chicken Tacos w/ Onions, Lettuce, Cilantro, Salsa, Sour Cream, Guacamole, Cheese, Corn and Flour Tortillas OR Bacon Mac and Cheese Vegetable Medley Fresh Baked Cookies	Soup or Salad Garden Salad Turkey Stuffing Casserole OR Bacon Cheese Burgers Lettuce, Tomato, Onions, and Pickles Potato Tots Homemade Bread Carrot Cake
Dinner	Roasted Vegetable Soup BBQ Chicken Thighs Potato Salad Hawaiian Roll OR Cheese Manicotti Roasted Spaghetti Squash Fresh Baked Cookie	Tomato Basil Soup Bacon Spinach Salad Garlic Breadstick OR Macaroni and Cheese Steamed Brussel Sprouts Ice Cream	Spilt Pea and Ham Soup Quiche Loraine Mixed Fall Greens OR Green Chili Pork Spanish Rice w/ Salsa and Guacamole Steamed Baby Carrots Fresh Baked Cookies	Vegetable Beef Soup Roasted Turkey Mashed Potato/Gravy Stuffing/Green Bean Casserole OR Honey Ham Mahed Potato/ Gravy Sweet Potato Casserole Braised Collard Greens Pudding Parfait	Clam Chowder Supreme Pizza Italian Tossed Salad Fresh Fruit Cup OR Roast Beef Sandwich Italian Tossed Salad Fresh Fruit Cup Tiramisu	Minestrone Chicken Salad on Green Leaf Lettuce with Vegetable Crudité OR Pot Roast with Beef Gravy and Mashed Potatoes Vegetable Medley Ice Cream	Creamy Potato Soup Lemon Pepper Salmon Potatoes Au Gratin Steamed Carrots OR Turkey Deli Sandwich Iceberg Garden Salad Yogurt and Fruit Parfait

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