

Guardian Angel Homes

Week Four							
	<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 Bacon White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Hashbrown Sausage Link Scrambled Eggs White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Scrambled Eggs Belgian Waffle Ham Steak White/Wheat Bread	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 Egg & Ham Scramble Scrambled Eggs White/Wheat Toast	Banana or Fruit Cup Yogurt w/ Granola Cereal of Choice Pancakes Sausage Link Scrambled Eggs English Muffin White/Wheat Toast	Fruit Cup Yogurt w/ Granola Cereal of Choice Biscuits Sausage Gravy Scrambled Eggs White/Wheat Toast
Lunch	Soup or Side Salad Garden Salad Spaghetti and Meatballs Sauteed Baby Spinach OR Ham Noodle Casserole Buttered Peas Homemade Bread Fruit Crisp	Soup or Side Salad Pea Salad Chicken Piccata Rice Pilaf/Broccoli OR Braised Beef Mashed Potatoes Mushroom Gravy Garlic Zucchini Homemade Bread Tapioca Pudding	Soup or Side Salad Garden Salad Braised Pork Chops Buttered Noodles/ Cabbage OR Teriyaki Chicken Jasmine Rice Roasted Cauliflower Homemade Bread Fresh Baked Pie	Soup or Side Salad Arugula Pear Salad Beef Pot Roast Mashed Potatoes w/Gravy Peas and Carrots OR Baked Ham Sweet Potato Casserole Buttered Corn Homemade Bread Carrot Cake	Soup or Side Salad Garden Salad Salmon Oscar White Rice/Asparagus OR Swiss Steak Cheddar Mashed Potatoes Brussel Sprouts Homemade Bread Pudding Parfait	Soup or Side Salad Italian Pasta Salad Chicken and Biscuits Roasted Squash OR Braised Beef Short ribs Mashed Potatoes/Gravy Steamed Carrots Homemade Bread Strawberry Cheesecake	Soup or Side Salad Caesar Salad Roasted Turkey w/ Turkey gravy Mashed Potatoes Steamed Vegetables OR Pork Roast w/Gravy Rice Pilaf/Green Beans Fresh Baked Cookie
Dinner	Vegetable Lentil Soup Crab Louie Salad OR Cheese Ravioli Tomato Cream Sauce Bacon Green Beans Ice Cream	Beef Vegetable Soup Turkey Club Sandwich Fresh Fruit/Potato Chips OR Philly Steak Sub Multi Grain Chips Carrots and Ranch Fresh Baked Cookies	Cream of Mushroom Soup Crispy Chicken Sandwich W/Mayo and Pickles Tater Tots OR Sloppy Joe on Bun Garden Salad Frosted Cupcakes	Tomato Soup Turkey Sandwich Lettuce, Tomato, Onion, Pickle Multigrain Chips Fresh Fruit OR Asian Chicken Salad Fresh Baked Cookies	Clam Chowder Curry Chicken Sandwich on Croissant/Carrots Fresh Fruit OR Bacon Mac and Cheese Marinated Cucumbers Fudge Brownie	Chicken Noodle Ham Deli Sandwich Potato Chips Fresh Vegetables OR Pesto Chicken Thigh Parmesan Pasta Garlic Basil Tomatoes Fresh Baked Pie	Creamy Potato BBQ Pulled Pork on Hawaiian Roll Potato Salad Pickled Beets OR Egg Salad Sandwich 4 Bean Salad German Chocolate Cake

All meals include choice of Juice, Coffee, tea, 2% Milk or cocoa