


Three Pillars Senior Living Communities							
	Week Four						
	Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice	Cranberry, Apple, or Orange Juice
	Oatmeal	Cream of Wheat	Cinnamon Apple Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
	Hashbrowns	Sausage Patty	Old Fashioned Donut	Assorted Bagels and Cream Cheese	Breakfast Casserole	Chocolate Chip Muffin	Strawberry Pancakes
	Apricots	Tropical Fruit	Fruit Cocktail	Banana	Chilled Pears	Chilled Peaches	Applesauce
	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast	Pancakes or French Toast
	Poached, Scrambled or Fried Eggs	Poached, Scrambled or Fried Eggs	Poached, Scrambled or Fried Eggs	Poached, Scrambled or Fried Eggs	Poached, Scrambled or Fried Eggs	Poached, Scrambled or Fried Eggs	Poached, Scrambled or Fried Eggs
	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast	White or Wheat Toast
	Raisin Bran, Frosted Flakes	Raisin Bran, Frosted Flakes	Raisin Bran, Frosted Flakes	Raisin Bran, Frosted Flakes	Raisin Bran, Frosted Flakes	Raisin Bran, Frosted Flakes	Raisin Bran, Frosted Flakes
	Honey Nut Cheerios	Honey Nut Cheerios	Honey Nut Cheerios	Honey Nut Cheerios	Honey Nut Cheerios	Honey Nut Cheerios	Honey Nut Cheerios
	Rice Krispies	Rice Krispies	Rice Krispies	Rice Krispies	Rice Krispies	Rice Krispies	Rice Krispies
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Cherry Applesauce	Blueberry Fluff Salad	Shrimp Cocktail / Pickled Herring	Apple Slices & Caramel Dip	Lettuce Salad with 1000 Island Dressing	Macaroni Salad	Sunshine Jello
	Lemon Basil Chicken	Chicken Parmesan	Honey Garlic Salmon	Shredded Turkey in Gravy	Tuna Melt	Sweet n Sour Pork	Pineapple Glazed Ham
	Garden Vegetable Blend	Corn	Baked Potato	Mashed Potatoes	Zucchini	Broccoli	Baked Sweet Potatoes
	Rice Pilaf	Buttered Noodles	Roasted Squash	Peas and Carrots	Diced Strawberries	Rice	Green Beans
	Rice Crispy Treat	Double Chocolate Chip Cookie	Petit Fours	Vanilla Cupcake	Marble Brownies	Banana Pudding	German Chocolate Cake
	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---
	Quiche Lorraine	Soft Shell Taco	Tenderloin Steak Tips	Spaghetti and Meatballs	Vegetable Lasagna	Lemon Dill Tilapia	Fried Chicken Legs
	Garden Vegetable Blend	Corn	Baked Potato	Garlic and Cheddar Biscuit	Zucchini	Broccoli	Baked Sweet Potatoes
	Rice Pilaf	Salsa & Sour Cream	Roasted Squash	Peas and Carrots	Diced Strawberries	Rice	Green Beans
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Beer Cheese Soup	Potato Onion Soup	Minestrone	Chili	Chicken Dumpling Soup	Beef Barley Soup	Chicken and White Bean
	Grilled Chopped Steak w/ Onion Gravy	Old Fashioned Ham Salad Sandwich	Cheeseburger Pasta	3 Cheese Grilled Cheese	Poor Mans Lobster	Hot Dog	Hot Roast Beef & Cheddar Sandwich
	Roasted Potatoes	Picnic Potato Salad	Warm Applesauce	Mandarin Oranges	Roasted Brussel Sprouts	Twister Fries	Watermelon
	Broccoli Cranberry Salad	Creamy Cucumber Salad	Capri Blend Vegetables	Honey Carrots	Dinner Roll	Pickled beets	Ripple Chips
	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie	Ice Cream or Cookie
	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---	--- Entrée Two ---
	Southern Fried Cod	Grilled Smoked Turkey and Cheese	Cream Cheese & Cinnamon French Toast	Popcorn Chicken	Stuffed Cabbage Rolls	Chicken Patty Sandwich	Shrimp Salad on Lettuce w/Tomato
Roasted Potatoes	Picnic Potato Salad	Warm Applesauce	Mandarin Oranges	Roasted Brussel Sprouts	Twister Fries	Ripple Chips	
Broccoli Cranberry Salad	Creamy Cucumber Salad	Sausage Links	Honey Carrots	Dinner Roll	Pickled Beets	Watermelon	

Menu subject to change based on availability.