

Week Three

	Monday 4/13	Tuesday 4/14	Wednesday 4/15	Thursday 4/16	Friday 4/17	Saturday 4/18	Sunday 4/19
Three Pillars Senior Living Communities	Breakfast Cranberry, Apple, or Orange Juice Oatmeal Danish Bananas Pancakes or French Toast Poached, Scrambled or Fried Eggs Yogurt White or Wheat Toast Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Breakfast Cranberry, Apple, or Orange Juice Cream of Wheat Blueberry Bagel Fruit Cup Pancakes or French Toast Poached, Scrambled or Fried Eggs Yogurt White or Wheat Toast Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Breakfast Cranberry, Apple, or Orange Juice Oatmeal Bacon Tropical Fruit Pancakes or French Toast Poached, Scrambled or Fried Eggs Yogurt White or Wheat Toast Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Breakfast Cranberry, Apple, or Orange Juice Chocolate Malt-O-Meal Egg & Cheese English Muffin Apricots Pancakes or French Toast Poached, Scrambled or Fried Eggs Yogurt White or Wheat Toast Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Breakfast Cranberry, Apple, or Orange Juice Oatmeal Ham and Cheese Omelet Banana Pancakes or French Toast Poached, Scrambled or Fried Eggs Yogurt White or Wheat Toast Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Breakfast Cranberry, Apple, or Orange Juice Cream of Wheat Canadian Bacon Diced Mango Pancakes or French Toast Poached, Scrambled or Fried Eggs Yogurt White or Wheat Toast Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Breakfast Cranberry, Apple, or Orange Juice Oatmeal Banana Bread Chilled Pears. Pancakes or French Toast Poached, Scrambled or Fried Eggs Yogurt White or Wheat Toast Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies
	Lunch Mandarin Oranges Bratwurst Creamy Pea Salad Sweet Potato Fries Cherry Pie --- Entrée Two --- Mushroom & Swiss Burger Creamy Pea Salad Sweet Potato Fries	Lunch Beer Cheese & Crackers Meatloaf w/ Gravy Mashed Potatoes Roasted Brussel Sprouts Pistachio Pudding --- Entrée Two --- Baked Lemon Herb Fish Filet Mashed Potatoes Roasted Brussel Sprouts	Lunch Pears & Cottage Cheese Chef Salad w/ Ranch Breadstick Roasted Root Vegetables Sundae Cup --- Entrée Two --- Ham and Cheese Tortelini Breadstick Roasted Root Vegetables	Lunch Fruited Strawberry Jello Beef Fajita Skillet with Rice Buttered Corn Pineapple Upside Down Cake --- Entrée Two --- Southern Fried Chicken Breast w/ Gravy Au Gratin Potatoes Buttered Corn	Lunch Relish Plate Broccoli, Cheese & Mushroom Quiche Dinner Roll Roasted Cauliflower Lemon Meringue Pie --- Entrée Two --- Tator Tot Casserole Dinner Roll Roasted Cauliflower	Lunch Ambrosia Salad Stuffed Peppers Buttermilk Biscuit Peas and Carrots Cherry Cheesecake --- Entrée Two --- Smoked Ham w/Brown Sugar Glaze Mashed Potatoes Peas and Carrots	Lunch Chopped Salad w/Ranch Country Fried Steak Baked Potato Candied Carrots Carrot Cake --- Entrée Two --- Pork Chops and Apples Baked Potato Candied Carrots
	Dinner Stuffed Pepper Soup Banana Fosters Pancakes Sausage Link Warm Cinnamon Apples Ice Cream or Cookie --- Entrée Two --- Liverwurst on Rye w/ Onion Wavy Chips Warm Cinnamon Apples	Dinner Split Pea Slow Roasted Pork w/ Gravy Prince Edwards Vegetables Buttered Noodles Ice Cream or Cookie --- Entrée Two --- BBQ Smoked Chicken and Cheddar on Bun Prince Edwards Vegetables Buttered Noodles	Dinner Creamy Cheeseburger French Dip Sandwich Potato Salad Honey Lime Berries Ice Cream or Cookie --- Entrée Two --- Parmesan Boneless Chicken Wings Potato Salad Honey Lime Berries	Dinner Lemon Chicken Rice Grilled Cheddar & Swiss on Sourdough Cucumbers w/Ranch Diced Peaches Ice Cream or Cookie --- Entrée Two --- Deli Tuna Salad Cucumbers w/Ranch Diced Peaches	Dinner Creamy Ham & Potato Turkey Cheeseburger Sunchips Pineapple Ice Cream or Cookie --- Entrée Two --- Egg Salad Sandwich Sunchips Pineapple	Dinner Beef Minestrone Roast Beef and Provolone on Rye Mac n Cheese Broccoli Raisin Salad Ice Cream or Cookie --- Entrée Two --- Chicken Tenders Mac n Cheese Broccoli Raisin Salad	Dinner Chicken Noodle Chili Mac Roasted Zucchini Corn Muffin Ice Cream or Cookie --- Entrée Two --- Grilled Ham & Swiss on White Roasted Zucchini Cheese Puffs