Three Pillars
SENIOR LIVING COMMUNITIES

Week Three

Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	Friday 10/2	Saturday 10/3	Sunday 10/4
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 (C.C/ H.H)	Cream of Wheat (C.C/ H.H)	Oatmeal (C.C/ H.H)	Cream of Wheat (C.C/ H.H)	Oatmeal (C.C/ H.H)	Cream of Wheat (C.C/H.H)	Oatmeal (C.C/H.H)
Danish	Blueberry Bagel	Bacon	Egg & Cheese English Muffin	Ham and Cheese Omelet	Canadian Bacon	Banana Bread
Bananas	Fruit Cup	Tropical Fruit	Diced Cantaloupe	Banana	Diced Honeydew	Chilled Pears
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 (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)	Poached, Scrambled or Fried Eggs (C.C/ H.H)
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
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						
Mandarin Oranges	Beer Cheese & Crackers	Pears & Cottage Cheese	Fruited Strawberry Jello	Relish Plate	Ambrosia Salad	Chopped Salad w/ Ranch
Grilled Chicken Sandwich(C.C/ H.H)	Meatloaf w/ Gravy (C.C)	Chef Salad w/Ranch (C.C/ H.H)	Roast Beef w/Gravy	Broccoli, Cheese & Mushroom Quiche	Stuffed Peppers (C.C)	Country Fried Steak
Creamy Pea Salad	Mashed Potatoes	Dinner Roll	Mashed Potatoes	Breadstick	Buttermilk Biscuit	Baked Potato
Potato Cheddar Bites	Roasted Brussel Sprouts	Red Grapes	Candied Carrots	Purple Cauliflower	Peas and Carrots	Buttered Corn
Root Beer Float	Banana Pudding	Sundae Cup	Pineapple Upside Down Cake	Lemon Meringue Pie	Cherry Cheesecake	Chocolate Cake w/ Whipped Cream
--- Entrée Two ---	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*
Mushroom & Swiss Burger	Baked Lemon Herb Fish Filet (C.C/ H.H)	Ham and Cheese Tortellini	Southern Fried Chicken Breast w/Gravy	Beef Lasagna	Smoked Ham w/Brown Sugar Glaze	Pork Chops and Apples (C.C)
Creamy Pea Salad	Mashed Potatoes	Dinner Roll	Mashed Potatoes	Breadstick	Au Gratin Potatoes	Baked Potato
Potato Cheddar Bites	Roasted Brussel Sprouts	Scandanavian Blend Vegetables	Candied Carrots	Purple Cauliflower	Peas and Carrots	Buttered Corn
Dinner						
Stuffed Pepper Soup	Split Pea	Creamy Cheeseburger	Lemon Chicken Rice	Creamy Ham & Potato	Beef Minestrone	Chicken Noodle
Banana Fosters Pancakes	Slow Roasted Pork w/ Gravy (C.C)	French Dip Sandwich	Grilled Cheddar & Swiss on Sourdough	Turkey Cheeseburger	Roast Beef and Provolone on Rye (C.C)	Chili Mac
Sausage Link	Prince Edwards Vegetables	Potato Salad	Cucumbers w/Ranch	Sunchips	Mac n Cheese	Roasted Zucchini
Warm Cinnamon Apples	Buttered Noodles	Honey Lime Berries	Diced Peaches	Pineapple	Watermelon	Corn Muffin
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 ---*
Sliced Polish Sausage w/ Onions (C.C)	BBQ Smoked Chicken and Cheddar on Bun	Parmesan Boneless Chicken Wings	Deli Tuna Salad (C.C/ H.H)	Egg Salad Sandwich	Chicken Tenders	Grilled Ham & Swiss on White
Green Beans	Prince Edwards Vegetables	Potato Salad	Cucumbers w/Ranch	Sunchips	Mac n Cheese	Roasted Zucchini
Warm Cinnamon Apples	Buttered Noodles	Honey Lime Berries	Diced Peaches	Pineapple	Watermelon	Cheese Puffs

Three Pillars Senior Living Communities

C.C= Consistent Carbohydrate Diet Entrée: Pair with fruit and/or a non-starchy vegetable. Limit refined carbohydrates, sugary beverages, and desserts. Sub white bread for whole wheat!

H.H= Heart Healthy Diet Entrée: Pair with fruit, vegetables, and whole grains. Limit added salt, saturated fats, and fried foods

Menu subject to change based availability.