Three Pillars Senior Living Communities

Three Pillars
SENIOR LIVING COMMUNITIES

Week Two

Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20	Saturday 11/21	Sunday 11/22
Breakfast						
Cranberry, Apple, Orange Juice	Cranberry, Apple, Orange Juice	Cranberry, Apple, Orange Juice	Cranberry, Apple, Orange Juice	Cranberry, Apple, Orange Juice	Cranberry, Apple, Orange Juice	Cranberry, Apple, Orange Juice
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)	Cream of Wheat (C.C/H.H)
Cranberry Orange Muffin	Sausage Link	Assorted Bagels and Cream Cheese	Stuffed Crepes w/ Blueberry Sauce	Kringle	Waffles w/ Strawberry Sauce	Scrambled Eggs benedict
Chilled Pears	Mandarin Oranges	Trpoical Fruit	Fruit Cocktail	Chilled Peaches	Banana	Chilled Pineapple
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 (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)
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 Honey Nut Cheerios Rice Krispies	Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies	Raisin Bran, Frosted Flakes Honey Nut Cheerios Rice Krispies
Lunch						
Blue Jello	BLT Dip w/ Club Crackers	Mandarin Orange Fluff	Cheese Spread w/ Crackers	Chopped Salad w/ Ranch	Cottage Cheese w/ Blueberries	Apple Slices & Caramel
Swedish Meatballs	Ham Casserole w/ Broccoli & Rice	Salisbury Steak	Spaghetti w/ Meatsauce	Baked Lemon Herb Whitefish (C.C/ H.H)	Smothered Pork Chops	Beef Tips w/ Gravy (C.C)
Egg Noodles	Green beans	Mac n Cheese	French Roll	Baked Sweet Potato	Herb Stuffing	Mixed Vegetables
Roasted Beets	Garlic Breadstick	Broccoli	Sauteed Mushrooms	Buttered Peas	Creamed Corn	Mashed Potatoes
Sherbet	Rice Pudding	Dutch Apple Cake	Ice Cream Sandwiches	Chocolate Chip Brownies	Fudgsicle Bar	Banana Cake
--- Entrée Two ---	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*	*--- Entrée Two ---*
Veggie and Cheese Pizza	Chicken Marsala (C.C/ H.H)	Baked Haddock w/ Garlic Butter (C.C/ H.H)	Loaded Baked Potato	Chicken Tenders	Sliced Turkey & Gravy	Grilled Salmon (C.C/ H.H)
Antipasto Salad	Green Beans	Mac n Cheese	French Roll	Baked Sweet Potato	Herb Stuffing	Mixed Vegetables
Roasted Beets	Garlic Breadstick	Broccoli	Sauteed Mushrooms	Buttered Peas	Creamed Corn	Mashed Potatoes
Dinner						
Chicken Pot Pie	Turkey Noodle Soup	Mulligatawny	Italian Beef Pasta	Clam Chowder	Cream of Cauliflower	Beef Vegetable Soup
Roasted Pork Loin w/ Gravy (C.C)	Stuffed Peppers (C.C/ H.H)	Open Face Hot Turkey & Tomato on English Muffin w/ Cheese Sauce (C.C)	Cranberry Almond Chicken Salad w/ Crackers	BBQ Beef n Cheddar on a Bun	Egg Salad Sandwich	Orange Chicken
Buttered Potato Dumplings	Sweet Potato Vegetable Blend	Baked Beans	Steamed Carrot Coins	Tator Tots	Warm Applesauce	Fried Rice
Buttered Corn	Sweet Dark Cherries	Corn Chips	German Potato Salad	Diced Watermelon	Sunchips	Roasted Zuchini
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 ---*
Chicken Fritter w/ Gravy	Beef Bolognese	Grilled Chicken on a Pretzel Bun w/ Honey Mustard (C.C/ H.H)	Meatloaf Sandwich w/ Grilled onions	Grilled Cheese	Beef Pot Pie	Pork Egg Rolls
Buttered Corn	Sweet Potato Vegetable Blend	Baked Beans	Steamed Carrot Coins	Tator Tots	Warm Applesauce	Fried Rice
Buttered Potato Dumplings	Sweet Dark Cherries	Corn Chips	German Potato Salad	Diced Watermelon	Biscuit	Roasted Zucchini

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

H.H= Heart Healthy Diet Entree: Pair with fruit, vegtables, and whole grains. Limit added salt, saturated frats, and fried foods.

Menu subject to change based on availability.