Three Pillars
SENIOR LIVING COMMUNITIES

*Week One*

| Monday 11/9 | Tuesday 11/10 | Wednesday 11/11 | Thursday 11/12 | Friday 11/13 | Saturday 11/14 | Sunday 11/15 |
|---|---|---|---|---|---|---|
| **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) | Maple Oatmeal (H.H) | Cinnamon Oatmeal (C.C/ H.H) | Cream of Wheat (C.C/ H.H) | Oatmeal (C.C/H.H) | Cream of Wheat (C.C/H.H) |
| Coffee Cake | Open Face Bacon, Egg, Cheese Bagel | Biscuits and Sausage Gravy | Danish | Sausage Patty | Bacon and Cheese Omelet | Kringle |
| Cinnamon Applesauce | Diced Pears | Chilled Pineapple | Tropical Fruit | Mandarin oranges | Banana | Fruit Cocktail |
| 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<br>Honey Nut Cheerios<br>Rice Krispies | Raisin Bran, Frosted Flakes<br>Honey Nut Cheerios<br>Rice Krispies | Raisin Bran, Frosted Flakes-<br>Honey Nut Cheerios<br>Rice Krispies | Raisin Bran, Frosted Flakes<br>Honey Nut Cheerios<br>Rice Krispies | Raisin Bran, Frosted Flakes<br>Honey Nut Cheerios<br>Rice Krispies | Raisin Bran, Frosted Flakes<br>Honey Nut Cheerios<br>Rice Krispies | Raisin Bran, Frosted Flakes<br>Honey Nut Cheerios<br>Rice Krispies |
| **Lunch** | | | | | | |
| Strawberry Jello | Cranberry Fluff | Pretzel Stick w/ Cheese Sauce | Tossed Salad w/ French Dressing | Ham and Cheese Pinwheels | Diced Peaches and Cottage Cheese | Cowboy Dip w/ Crackers |
| Breaded Fish Filet | Lasagna Rolls | Parmesan Haddock (C.C) | Ham & Swiss Quiche | Lemon Herb Cod (C.C/ H.H) | Sloppy Joes | Brown Sugar Glazed Ham |
| Mashed Potatoes | Breadstick | Mashed Sweet Potatoes | Roasted Yellow Squash | Baked Potato | Onion Rings | Herb Stuffing |
| Fresh Vegetable Medley | California Blend | Mixed Vegetables | Rice Pilaf | Diced Beets | Broccoli | Candied Carrots |
| Apple Turnover | Black Forest Cake | Peach Cobbler | Oreo Pudding | Frosted Snickerdoodle Cookies | Ice Cream Crunch Bars | Carrot Cake |
| *--- Entrée Two ---* | *--- Entrée Two ---* | *--- Entrée Two ---* | *--- Entrée Two ---* | *--- Entrée Two ---* | *--- Entrée Two ---* | *--- Entrée Two ---* |
| Turkey Meatloaf w/ Gravy (C.C/ H.H) | Scalloped Potatoes & Ham | Pork Loin Tips and Gravy (C.C) | Smothered Mushroom,Onion & Chicken w/ Cheese (C.C) | Chicken Cordon Bleu w/ Cream Sauce | Chicken Ala King Over Fresh Biscuits | Roasted Turkey and Gravy (C.C) |
| Mashed Potatoes | Breadstick | Mashed Sweet Potatoes | Roasted Yellow Squash | Baked Potato | Broccoli | Herb Stuffing |
| Fresh Vegetable Medley | California Blend | Mixed Vegetables | Rice Pilaf | Diced Beets | | Candied Carrots |
| **Dinner** | | | | | | |
| Chicken Noodle Soup | Tomato Soup | Stuffed Baked Potato Soup | Chicken Tomato Soup | Cream of Mushroom | Lentil Bean Soup | Broccoli Cheese Soup |
| Ground Beef and Rice Skillet (C.C) | Cheddar & Swiss Grilled Cheese | Belgian Waffle w/ Butterscotch Syrup | Creamy Crab Pasta Salad | Pork Chop Suey over Rice (C.C) | Hot Ham and Cheese on a Bun | Philly Steak and Cheese Sub |
| Fruit Salad | Corn Chips | Sausage Links | Sweet Dark Cherries | Coleslaw | French Fries | Pasta Salad |
| Side Salad w/ Italian | Cucumber Spears with Ranch | Warm Spiced Pears | Peas | Cream Corn | Roasted Apples | Watermelon |
| 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 ---* |
| Tarragon Chicken Salad on Butter Bread | Enchilada Bake | Turkey and Cheddar on Hoagie Roll | Chicken Patty Sandwich | Fried Fish Sandwhich | Pizza Burger | Butterfly Shrimp |
| Side Salad w/ Italian | Cucumber Spears with Ranch | Sunchips | Sweet Dark Cherries | Coleslaw | French Fries | Pasta Salad |
| Fruit Salad | Corn Chips | Warm Spiced Pears | Peas | Cream Corn | Roasted Apples | Watermelon |

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 on availability.