

Week at a Glance

Let us offer an Easter prayer of gratitude to God

Week 5

SUNDAY, 5/1/2022

MONDAY, 5/2/2022

TUESDAY, 5/3/2022

WEDNESDAY, 5/4/2022

THURSDAY, 5/5/2022

FRIDAY, 5/6/2022

SATURDAY, 5/7/2022

Breakfast

<p>French Toast [1 Slice] Breakfast Meat of Choice [2 oz / 2 SL / 1.5 oz / 2 Links] ♥ Seasonal Fruit [#8 or 1/2 Cup] ♥ Hot or Cold Cereal [4 oz (Hot) or 1 C (Cold)]</p> <p>♥ Choice of Juice [1/2 Cup] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Cheese, Egg and Bacon Casserole [1 Slice (3" x 2")] ♥ Toast [1 Slice] ♥ Seasonal Fruit [#8 or 1/2 Cup] ♥ Hot or Cold Cereal [4 oz (Hot) or 1 C (Cold)]</p> <p>♥ Choice of Juice [1/2 Cup] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>♥ Waffles [2 Each] Breakfast Meat of Choice [2 oz / 2 SL / 1.5 oz / 2 Links] ♥ Seasonal Fruit [#8 or 1/2 Cup] ♥ Hot or Cold Cereal [4 oz (Hot) or 1 C (Cold)]</p> <p>♥ Choice of Juice [1/2 Cup] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Scrambled Eggs with Onions and Peppers [#16] ♥ Toast [1 Slice] ♥ Seasonal Fruit [#8 or 1/2 Cup] ♥ Hot or Cold Cereal [4 oz (Hot) or 1 C (Cold)]</p> <p>♥ Choice of Juice [1/2 Cup] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Egg and Spinach Benedict on English Muffin [1/2 Ea/ 1 oz/ 1 Egg/ 1 oz] ♥ Seasonal Fruit [#8 or 1/2 Cup] ♥ Hot or Cold Cereal [4 oz (Hot) or 1 C (Cold)]</p> <p>♥ Choice of Juice [1/2 Cup] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Cinnamon Pancakes [2 Pancakes] Breakfast Meat of Choice [2 oz / 2 SL / 1.5 oz / 2 Links] ♥ Seasonal Fruit [#8 or 1/2 Cup] ♥ Hot or Cold Cereal [4 oz (Hot) or 1 C (Cold)]</p> <p>♥ Choice of Juice [1/2 Cup] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Biscuit with Country Gravy [1 Each / 2 oz] ♥ Choice of Egg [1 Egg or #16] ♥ Seasonal Fruit [#8 or 1/2 Cup] ♥ Hot or Cold Cereal [4 oz (Hot) or 1 C (Cold)]</p> <p>♥ Choice of Juice [1/2 Cup] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>
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Lunch

<p>♥ Chicken Mushroom Soup [6 oz] Panko Dijon Chicken [3 oz] Scalloped Potatoes [#8] ♥ Summer Squash Sauté [#8 or 1/2 Cup] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] ♥ Herbed Pot Roast [3 oz] Scalloped Potatoes [#8] ♥ Summer Squash Sauté [#8 or 1/2 Cup] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Fruit Trifle [#8 / 1 Tbsp] ♥ Choice of Beverage [1 Cup]</p>	<p>Cream of Carrot Soup [6 oz] ♥ Spaghetti with Meat Sauce [1/2 Cup / 6 oz] Chopped Salad with Dressing [1 Cup / 1 oz] Breadstick & Butter or Margarine [1 Each / 1 Each] ♥ Chicken Biscuit Bake [2 #8 / 1 Biscuit] Chopped Salad with Dressing [1 Cup / 1 oz] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Peanut Butter Blondie [3" x 2"] ♥ Choice of Beverage [1 Cup]</p>	<p>Tuscan Sausage Bean Soup [6 oz] Pork Loin with Caramelized Onions [3 oz / 1 oz] ♥ Roasted Potatoes with Chives [#8] ♥ Glazed Beets [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] Savory Roasted Chicken [3 oz] ♥ Roasted Potatoes with Chives [#8] ♥ Glazed Beets [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Pistachio Dessert [3" x 2"] ♥ Choice of Beverage [1 Cup]</p>	<p>Creamy Tomato Basil Soup [6 oz] ♥ Baked Chicken with Peaches [3 oz / #16] ♥ Red Pepper Rice Pilaf [#8] ♥ Herbed Broccoli and Cauliflower [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] Shrimp and Kielbasa Sheet Pan Roast [2 #8 or 1 Cup] ♥ Red Pepper Rice Pilaf [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Cheesecake [3" x 2"] ♥ Choice of Beverage [1 Cup]</p>	<p>♥ Chicken Gumbo Soup [6 oz] Chopped Steak with Demi Glace [3 oz / 1 oz] ♥ Roasted Sweet Potatoes [#8] ♥ Parmesan Zucchini [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] Cheese Quesadilla [1 Each] Mexican Flag Garnish Plate [1 Plate] French Fries [3 oz] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Lemon Cookie [1 Each] ♥ Choice of Beverage [1 Cup]</p>	<p>Minestrone Soup [6 oz] ♥ Fish Tacos [2 Tacos] ♥ Pico de Gallo [#16 or 1/4 Cup] Confetti Coleslaw [#8] ♥ Pork Chop with Apples [3 oz / 2 oz] Lyonnais Potatoes [#8] ♥ Seasoned Asparagus Tips [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Blueberry Pie [1/10 Pie] ♥ Choice of Beverage [1 Cup]</p>	<p>Creamy Potato and Beef Soup [6 oz] Pepper and Tomato Braised Beef Tips [4 oz] ♥ Garlic Noodles [#8] ♥ Seasoned Baby Carrots [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] RESIDENT'S CHOICE MEAL ON DAILY MENU</p> <p>Banana Nut Cake [3" x 2"] ♥ Choice of Beverage [1 Cup]</p>
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Dinner

<p>♥ Sweet and Saucy Pork Cutlet [3 oz / 1 oz] ♥ Yellow Rice [#8] ♥ Sugar Snap Peas [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] ♥ Chicken Mushroom Soup [6 oz] ♥ Crackers [2 Pkgs] Egg Salad on Croissant [#8 / 1 Each] ♥ Platter of Fresh Fruits [#8]</p> <p>Lime Poke Cake [3" x 2"] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>♥ Baked Fish Almondine [2 oz] ♥ Potatoes O'Brien [#8] ♥ Dilled Green Beans [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] Cream of Carrot Soup [6 oz] ♥ Crackers [2 Pkgs] ♥ Oriental Chicken Salad with Dressing [2 oz / 2 Cups] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Chocolate Butterscotch Chip Cookie [1 Each (1.5 oz)] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Tuscan Sausage Bean Soup [6 oz] Spinach Tortellini Casserole [#6 or 2/3 Cup] Caesar Salad [1 Cup] ♥ Garlic French Bread [1 Slice] Cheese Steak Sandwich [3 oz / 1/2 oz / 1 Roll] ♥ Tomato Cucumber Salad [#8]</p> <p>Fresh Strawberry Shortcake [3" x 2" / #16 / 2 Tbsp] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Beef Lasagna [1 Slice (3" x 3")] ♥ Garlic Bread [1 Slice] ♥ Mixed Vegetables [#8] Creamy Tomato Basil Soup [6 oz] ♥ Crackers [2 Pkgs] ♥ Turkey Waldorf Salad [#6 / 2 Cups] ♥ Garlic Bread [1 Slice]</p> <p>Mousse [#8 / 1 Tbsp] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>♥ Chicken Gumbo Soup [6 oz] BBQ Beef Brisket [3 oz / 1 oz] Steak Fries [3 oz] ♥ Corn on the Cob [1 Each] Krab Rice Cakes [2 Each] Old Bay Seasoned Fries [3 oz] ♥ Corn on the Cob [1 Each] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Cherry Pineapple Cake [3" x 2"] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Baked Potato Topped with Chili and Cheese [1 Each / #8 / 3 Tbsp] Garden Salad with Dressing [1 Cup / 1 oz] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] Minestrone Soup [6 oz] ♥ Crackers [2 Pkgs] Greek Salad with Chicken [2 oz / 2 Cups / 2 oz] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each]</p> <p>Éclair Dessert [3" x 2"] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>	<p>Chicken Tenders [3 Each] Dipping Sauce [2 oz] French Fries [3 oz] ♥ Green and Gold Bean Salad [#8] ♥ Bread or Roll & Butter or Margarine [1 Each / 1 Each] Creamy Potato and Beef Soup [6 oz] ♥ Crackers [2 Pkgs] Deli Ham Sandwich [2 oz / 1 oz / 2 Slices] ♥ Green and Gold Bean Salad [#8]</p> <p>Fruited Gelatin with Topping [3" x 2" or #8 / 1 Tbsp] Milk [1 Cup] ♥ Coffee / Tea / Decaf [1 Cup]</p>
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Snack

Snack of Choice [1 Serving] ♥ Juice [4 oz]	Snack of Choice [1 Serving] ♥ Juice [4 oz]	Snack of Choice [1 Serving] ♥ Juice [4 oz]	Snack of Choice [1 Serving] ♥ Juice [4 oz]	Snack of Choice [1 Serving] ♥ Juice [4 oz]	Snack of Choice [1 Serving] ♥ Juice [4 oz]	Snack of Choice [1 Serving] ♥ Juice [4 oz]
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A heart ♥ on the menu denotes foods that are low in Sugar, low in Salt or No Added Salt, and low in Fat.

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Approved by: 
Registered Dietitian

April 27, 2022