

Week at a Glance


September, the month of prayers

Week 1

SUNDAY, 8/29/2021	MONDAY, 8/30/2021	TUESDAY, 8/31/2021	WEDNESDAY, 9/1/2021	THURSDAY, 9/2/2021	FRIDAY, 9/3/2021	SATURDAY, 9/4/2021
Breakfast						
♥ Waffles with Fresh Strawberries Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Egg Bites ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Zesty Orange French Toast Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Cream Cheese and Chive Omelet ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Scrambled Eggs ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Lemon Ricotta Pancakes Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Sticky Buns ♥ Choice of Egg ♥ Seasonal Fruit ♥ Hot or Cold Cereal
♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf
Lunch						
Soup Potato Chowder with Peppers ♥ Garlic Lemon Pork Roast ♥ New Potatoes with Dill ♥ Peas and Pearl Onions ♥ Bread or Roll & Butter or Margarine <i>Steak Teriyaki</i> <i>Wild Rice Blend</i> ♥ Peas and Pearl Onions ♥ Bread or Roll & Butter or Margarine	♥ Summer Squash Bisque Buttermilk Oven Fried Chicken Baked Beans Potato Salad Cornbread & Butter or Margarine ♥ <i>Marinated Country Style Ribs</i> <i>Baked Beans</i> <i>Potato Salad</i> Cornbread & Butter or Margarine	Turkey and Rice Soup Beef Stroganoff ♥ Egg Noodles California Blend Vegetables ♥ Bread or Roll & Butter or Margarine <i>Balsamic Glazed Chicken</i> ♥ Egg Noodles California Blend Vegetables ♥ Bread or Roll & Butter or Margarine	Creamy Tomato Basil Soup Turkey Cutlets with Mustard Cream Sauce Mashed Potatoes ♥ Herbed Whole Green Beans ♥ Bread or Roll & Butter or Margarine <i>Ranch Meat Loaf</i> <i>Mashed Potatoes</i> ♥ Herbed Whole Green Beans ♥ Bread or Roll & Butter or Margarine	Bean and Pasta Soup ♥ Chicken Breast with Herbed Tomatoes Orzo Pilaf ♥ Zucchini and Yellow Squash ♥ Bread or Roll & Butter or Margarine ♥ <i>Breaded Pork Cutlet</i> Orzo Pilaf ♥ Zucchini and Yellow Squash ♥ Bread or Roll & Butter or Margarine	Sopa de Queso (cheddar cheese soup) Parmesan Crusted Fish Parslied Red Potatoes ♥ Steamed Spinach ♥ Bread or Roll & Butter or Margarine ♥ <i>Roast Beef with Demi Glace</i> <i>Parslied Red Potatoes</i> ♥ Steamed Spinach ♥ Bread or Roll & Butter or Margarine	Soup of the Day Roasted Pit Ham ♥ Seasoned Succotash Buttered Beets ♥ Bread or Roll & Butter or Margarine ♥ <i>Crunchy Fish Fillet</i> Seasoned Succotash Buttered Beets ♥ Bread or Roll & Butter or Margarine
Key Lime Pie ♥ Choice of Beverage	♥ Melon Medley ♥ Choice of Beverage	Fruit Cobbler ♥ Choice of Beverage	Pound Cake with Crème ♥ Choice of Beverage	Peanut Butter Crisp Bar ♥ Choice of Beverage	Frosted Angel Food Cake ♥ Choice of Beverage	Greek Yogurt Chocolate Mousse ♥ Choice of Beverage
Dinner						
Fettuccine Alfredo with Mushrooms ♥ Mixed Salad Greens with Green Goddess Dressing Breadstick & Butter or Margarine <i>Soup Potato Chowder with Peppers</i> ♥ Crackers <i>Trio Salad Plate</i> ♥ Mixed Salad Greens with Green Goddess Dressing ♥ Bread or Roll & Butter or Margarine	Stuffed Green Pepper ♥ Parslied Fresh Carrots ♥ Bread or Roll & Butter or Margarine ♥ <i>Summer Squash Bisque</i> ♥ Crackers <i>Turkey Wrap Sandwich</i> <i>Carrot Raisin Salad</i>	Batter Dipped Fish Steak Fries Calico Coleslaw ♥ Bread or Roll & Butter or Margarine <i>Turkey and Rice Soup</i> ♥ Crackers <i>Tortellini Vegetable Salad</i> ♥ Bread or Roll & Butter or Margarine	Creamy Tomato Basil Soup Italian Sausage with Peppers and Onions ♥ Penne with Marinara ♥ Garlic Bread ♥ <i>Grilled Chicken Sandwich with Guacamole</i> <i>Creamy Cucumber Salad</i>	BBQ Beef on a Bun Tater Tots ♥ Platter of Fresh Fruits <i>Bean and Pasta Soup</i> ♥ Crackers <i>Shrimp Caesar Salad</i> ♥ Bread or Roll & Butter or Margarine	Chicken and Broccoli Stir Fry Fried Rice Mini Egg Rolls <i>Sopa de Queso (cheddar cheese soup)</i> ♥ Crackers <i>Southwest Shredded Pork Salad</i> ♥ Bread or Roll & Butter or Margarine	Soup of the Day ♥ Hearty Beef Stew Tossed Salad with Dressing Biscuit with Butter or Margarine & Honey <i>Cheese Pizza</i> <i>Tossed Salad with Dressing</i> <i>Breadstick & Butter or Margarine</i>
Snickerdoodle Cookie Milk ♥ Coffee / Tea / Decaf	German Chocolate Cake Milk ♥ Coffee / Tea / Decaf	Confetti Cake Bar Milk ♥ Coffee / Tea / Decaf	Tiramisu Pudding Cup Milk ♥ Coffee / Tea / Decaf	Mixed Berry Pie Milk ♥ Coffee / Tea / Decaf	Fortune Cookies Milk ♥ Coffee / Tea / Decaf	♥ Chocolate Dipped Strawberries Milk ♥ Coffee / Tea / Decaf
Snack						
Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice

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:  Linda K. Crandall, R.D.
Registered Dietitian August 14, 2021