



Week at a Glance

Yeshua. 2022 Happy New Year with health, love, prosperity and happiness.

Week 1

	SUNDAY, 1/9/2022	MONDAY, 1/10/2022	TUESDAY, 1/11/2022	WEDNESDAY, 1/12/2022	THURSDAY, 1/13/2022	FRIDAY, 1/14/2022	SATURDAY, 1/15/2022
<i>Breakfast</i>	Pancakes Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Potato and Onion Omelet ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Waffles with Ginger Peach Topping Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Eggs O'Brien ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Baked Egg Casserole ♥ Toast Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	French Toast Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Egg Cinnamon Roll ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf
<i>Lunch</i>	Baked Potato Soup ♥ Cran-Pear Pork Loin Whipped Potatoes ♥ Whole Green Beans ♥ Bread or Roll & Butter or Margarine <i>Country Fried Steak</i> <i>Cream Gravy</i> <i>Whipped Potatoes</i> ♥ Whole Green Beans ♥ Bread or Roll & Butter or Margarine	♥ Carrot and Parsnip Soup ♥ Honey Mustard Chicken with Turmeric Parslied Red Potatoes ♥ Roasted Fresh Brussels Sprouts ♥ Bread or Roll & Butter or Margarine <i>Spiral Baked Ham Cherry</i> <i>Parslied Red Potatoes</i> ♥ Roasted Fresh Brussels Sprouts ♥ Bread or Roll & Butter or Margarine	Cream of Mushroom Soup ♥ Pot Roast With Wine Sauce ♥ Jasmine Rice Buttered Peas ♥ Bread or Roll & Butter or Margarine <i>Lamb Stew</i> ♥ Jasmine Rice Buttered Peas ♥ Bread or Roll & Butter or Margarine	Five Spice Chicken Noodle Soup ♥ Sweet and Sour Turkey Cauliflower Fried Rice ♥ Seasoned Fresh Broccoli ♥ Bread or Roll & Butter or Margarine Mini Egg Rolls Sweet and Sour Sauce ♥ Pepper Steak Gravy Cauliflower Fried Rice ♥ Seasoned Fresh Broccoli Mini Egg Rolls	♥ Cream of Broccoli Soup Spaghetti with Meatballs Buttered Spinach ♥ Garlic Bread Stick ♥ Pork Cutlet with Savory Tomato Sauce Buttered Spinach ♥ Penne Pasta ♥ Garlic Bread Stick	New England Clam Chowder ♥ Lemon Herb Fish ♥ Rice Pilaf ♥ Dill Fresh Carrots ♥ Bread or Roll & Butter or Margarine <i>Paprika Baked Chicken</i> ♥ Rice Pilaf ♥ Dill Fresh Carrots ♥ Bread or Roll & Butter or Margarine	Minestrone Soup Salisbury Steak Garlic Mashed Potatoes ♥ Seasoned Vegetables ♥ Bread or Roll & Butter or Margarine <i>Layered Vegetable Enchilada</i> <i>Casserole</i> <i>Citrus Romaine Salad</i> ♥ Bread or Roll & Butter or Margarine
	Fruits of the Forest Pie Vanilla Ice Cream ♥ Choice of Beverage	Sour Cream Coffee Cake Vanilla Ice Cream ♥ Choice of Beverage	Mousse Parfait Vanilla Ice Cream ♥ Choice of Beverage	Glazed Pumpkin Cake Vanilla Ice Cream ♥ Choice of Beverage	Banana Pineapple Dessert ♥ Choice of Beverage	Sweet Potato Casserole Vanilla Ice Cream ♥ Choice of Beverage	Vanilla Chocolate Chip Cake Vanilla Ice Cream ♥ Choice of Beverage
<i>Dinner</i>	Baked Potato Soup ♥ Braised Turkey over Noodles ♥ Garlic Roasted Fresh Cauliflower ♥ Bread or Roll & Butter or Margarine <i>Vegetable Pizza</i> ♥ Garlic Roasted Fresh Cauliflower	Stuffed Green Pepper ♥ Seasoned Corn ♥ Bread or Roll & Butter or Margarine ♥ Carrot and Parsnip Soup Egg Salad Sandwich Potato Chips	Cream of Mushroom Soup Beer Battered Cod Creamy Coleslaw ♥ Bread or Roll & Butter or Margarine <i>Bean and Vegetable Chili</i> <i>French Fries</i> Mixed Green Salad with Dressing ♥ Bread or Roll & Butter or Margarine	Eggplant Parmesan ♥ Roasted Fresh Beets ♥ Bread or Roll & Butter or Margarine <i>Five Spice Chicken Noodle Soup</i> <i>Trio Salad Plate</i> Muffin & Butter or Margarine	♥ Cream of Broccoli Soup Chicken a la King over Puff Pastry ♥ Green and Gold Beans ♥ Bread or Roll & Butter or Margarine <i>Grilled Krab Salad Sandwich</i> <i>Steak Fries</i> ♥ Green and Gold Bean Salad	♥ Beef Stroganoff ♥ Parslied Noodles ♥ Savory Peas ♥ Bread or Roll & Butter or Margarine <i>New England Clam Chowder</i> <i>Chopped Turkey Tossed Salad</i> ♥ Herb Bread	♥ BBQ Pulled Pork ♥ Yukon Gold and Sweet Potato Hash Carrot Raisin Salad ♥ Bread or Roll & Butter or Margarine <i>Minestrone Soup</i> <i>Harvest Chicken Salad Sandwich</i> Carrot Raisin Salad
	Raisin Rice Pudding Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Fruit Cobbler Assorted Cookies Milk ♥ Coffee / Tea / Decaf	♥ Rosy Stewed Apples Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Double Chocolate Chip Cookie Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Lemon Meringue Pie Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Fruited Gelatin with Topping Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Fruit Crisp Assorted Cookies Milk ♥ Coffee / Tea / Decaf
<i>Snack</i>	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.

