



Week at a Glance

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

Week 2

	SUNDAY, 1/16/2022	MONDAY, 1/17/2022	TUESDAY, 1/18/2022	WEDNESDAY, 1/19/2022	THURSDAY, 1/20/2022	FRIDAY, 1/21/2022	SATURDAY, 1/22/2022
Breakfast	Banana Oatmeal Buttermilk Pancakes Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Egg ♥ Toast Hash Browns ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Belgian Waffle Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Vegetable Omelet ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Frittata Primavera ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Honey-Drizzled French Toast Casserole Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Egg Coffee Cake ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf
	Bean with Bacon Soup Roasted Turkey Breast with Maple Mustard Glaze ♥ Red Bliss Potatoes ♥ Broccoli Polonaise ♥ Bread or Roll & Butter or Margarine ♥ Smothered Beef Cubed with Onions ♥ Red Bliss Potatoes ♥ Broccoli Polonaise ♥ Bread or Roll & Butter or Margarine	Pasta Fagioli Soup ♥ Pork Steak Scallopini ♥ Parmesan Noodles Buttered Spinach ♥ Bread or Roll & Butter or Margarine ♥ Smoked Paprika Roasted Salmon ♥ Parmesan Noodles Buttered Spinach ♥ Bread or Roll & Butter or Margarine	Shrimp Gumbo Soup Pan Seared Chicken ♥ Wild Rice and Cranberries ♥ Seasoned Zucchini ♥ Bread or Roll & Butter or Margarine Shepherd's Pie ♥ Seasoned Zucchini ♥ Bread or Roll & Butter or Margarine	Hungarian Beef & Mushroom Soup BBQ Meatballs Mashed Sweet Potatoes ♥ Peas and Cauliflower ♥ Bread or Roll & Butter or Margarine Savory Roasted Chicken Mashed Sweet Potatoes ♥ Peas and Cauliflower ♥ Bread or Roll & Butter or Margarine	♥ Split Pea Soup with Ham ♥ Braised Pork Chop ♥ Seasoned Spinach ♥ Seasoned Succotash ♥ Bread or Roll & Butter or Margarine ♥ Turkey Jambalaya ♥ Seasoned Succotash ♥ Seasoned Spinach ♥ Bread or Roll & Butter or Margarine	French Onion Soup ♥ Pesto Crusted Fish ♥ Orzo with Vegetables ♥ Parslied Fresh Baby Carrots ♥ Bread or Roll & Butter or Margarine ♥ Burgundy Beef ♥ Orzo ♥ Parslied Fresh Baby Carrots ♥ Bread or Roll & Butter or Margarine	Creamy Tomato Basil Soup ♥ Roast Beef Au Jus Scalloped Potatoes Buttered Peas ♥ Bread or Roll & Butter or Margarine Chicken Teriyaki ♥ Hawaiian Rice Buttered Peas ♥ Bread or Roll & Butter or Margarine
Lunch	Banana Bread Cake Vanilla Ice Cream ♥ Choice of Beverage	Cranberry Orange Dessert Vanilla Ice Cream ♥ Choice of Beverage	Brown Butter Blondie Vanilla Ice Cream ♥ Choice of Beverage	Chocolate Silk Pie Vanilla Ice Cream ♥ Choice of Beverage	Blueberry Pear Cobbler Vanilla Ice Cream ♥ Choice of Beverage	♥ Coconut Topped Cake Vanilla Ice Cream ♥ Choice of Beverage	♥ Bread Pudding with Rum Sauce Vanilla Ice Cream ♥ Choice of Beverage
	Chicken Lasagna ♥ French Green Bean Medley ♥ Garlic Bread Bean with Bacon Soup Seafood Salad Plate ♥ Garlic Bread	Pasta Fagioli Soup ♥ Hearty Beef Stew House Salad with Dressing ♥ Bread or Roll & Butter or Margarine Chicken Cordon Bleu Sandwich Steak Fries	Kielbasa with Apple Sauerkraut Oven Browned Potatoes ♥ Mixed Vegetables ♥ Bread or Roll & Butter or Margarine Shrimp Gumbo Soup Chef Turkey Salad with Dressing ♥ Bread or Roll & Butter or Margarine	Tuna Noodle Casserole ♥ Stewed Tomatoes with Onions Tossed Salad with Dressing ♥ Bread or Roll & Butter or Margarine Hungarian Beef & Mushroom Soup Grilled Cheese Sandwich Tater Tots Tossed Salad with Dressing	♥ Pot Roast with Vegetables ♥ Baked Potato ♥ Broccoli Florets ♥ Bread or Roll & Butter or Margarine ♥ Split Pea Soup with Ham ♥ Cranberry Chicken Salad over Romaine ♥ Bread or Roll & Butter or Margarine	French Onion Soup Crispy Chicken Tenders Dipping Sauce ♥ Herb Roasted Potato Wedges ♥ Coleslaw Over Greens ♥ Bread or Roll & Butter or Margarine Quiche Lorraine ♥ Herb Roasted Potato Wedges ♥ Coleslaw Over Greens ♥ Bread or Roll & Butter or Margarine	Creamy Tomato Basil Soup ♥ Autumn Pork Loin ♥ Roasted Celery Root and Carrots ♥ Savory Green Beans ♥ Bread or Roll & Butter or Margarine Ravioli with Garlic Cream Sauce ♥ Savory Green Beans Breadstick & Butter or Margarine
Dinner	Mixed Berry Pie Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Frosted Marble Cake Assorted Cookies Milk ♥ Coffee / Tea / Decaf	♥ Fresh Fruit Cup Assorted Cookies Milk ♥ Coffee / Tea / Decaf	M & M Cookie Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Pumpkin Cake with Cream Cheese Frosting Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Peach Melba Shortcake Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Dutch Apple Pie Assorted Cookies Milk ♥ Coffee / Tea / Decaf
	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.

