



Week at a Glance

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

Week 3

	SUNDAY, 1/23/2022	MONDAY, 1/24/2022	TUESDAY, 1/25/2022	WEDNESDAY, 1/26/2022	THURSDAY, 1/27/2022	FRIDAY, 1/28/2022	SATURDAY, 1/29/2022
<i>Breakfast</i>	Pancakes with Fruit Topping Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Cheese Omelet ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Waffles Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Ham and Cheese Frittata ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Country Style Scrambled Eggs ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Cinnamon French Toast Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Spinach Frittata Biscuit Sausage Gravy ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf
<i>Lunch</i>	Italian Wedding Soup Southern Fried Chicken ♥ Roasted Fingerling Potatoes ♥ Country Cabbage ♥ Bread or Roll & Butter or Margarine Glazed Ham ♥ Roasted Fingerling Potatoes ♥ Country Cabbage ♥ Bread or Roll & Butter or Margarine	Lentil Soup ♥ Herb Roast Beef Scalloped Corn ♥ Broccoli Spears ♥ Bread or Roll & Butter or Margarine ♥ Baked Salmon with Lemon Butter Scalloped Corn ♥ Broccoli Spears ♥ Bread or Roll & Butter or Margarine	♥ Honey Butternut Squash Soup Pork Roast with Sauerkraut Oven Roasted Red Potatoes ♥ Skillet Green Beans ♥ Bread or Roll & Butter or Margarine Country-Style Steak with Sautéed Onion Gravy Oven Roasted Red Potatoes ♥ Skillet Green Beans ♥ Bread or Roll & Butter or Margarine	Beef Barley Soup ♥ Honey Dijon Chicken Lyonnaise Potatoes ♥ Seasoned Fresh Spinach ♥ Bread or Roll & Butter or Margarine Baked Pasta with Cheese and Marinara Sauce ♥ Seasoned Fresh Spinach Breadstick & Butter or Margarine	♥ Egg Drop Soup ♥ Paprika Baked Turkey Breast ♥ Baked Butternut Squash Fresh Brussels Sprouts with Bacon ♥ Bread or Roll & Butter or Margarine ♥ Loaded Vegetable Beef Stew ♥ Parslied Rice ♥ Bread or Roll & Butter or Margarine	Navy Bean and Ham Soup Parmesan Breaded Pork Chops ♥ Rice with Mushrooms ♥ Peas and Pearl Onions ♥ Bread or Roll & Butter or Margarine Chicken Patty with Cheese on a Bun ketchup French Fries ♥ & ♥ Bread or Roll & Butter or Margarine	Tomato Florentine Soup ♥ Tomato Swiss Steak Buttermilk Mashed Potatoes ♥ Herbed Whole Green Beans ♥ Bread or Roll & Butter or Margarine Rustic Chicken and Beans ♥ Herbed Whole Green Beans ♥ Bread or Roll & Butter or Margarine
	Red Velvet Cake Vanilla Ice Cream ♥ Choice of Beverage	Key Lime Pie Vanilla Ice Cream ♥ Choice of Beverage	Cranberry Chiffon Pie Vanilla Ice Cream ♥ Choice of Beverage	Caramel Cheesecake Vanilla Ice Cream ♥ Choice of Beverage	Warm Winter Lemon Cake Vanilla Ice Cream ♥ Choice of Beverage	Chocolate Pecan Pie Vanilla Ice Cream ♥ Choice of Beverage	Chocolate Mousse Pudding Vanilla Ice Cream ♥ Choice of Beverage
<i>Dinner</i>	Beef and Mushroom Florentine ♥ Yellow Rice ♥ Sautéed Zucchini ♥ Bread or Roll & Butter or Margarine Italian Wedding Soup ♥ Turkey Waldorf Salad ♥ Bread or Roll & Butter or Margarine	♥ Chicken and Dumplings ♥ Roasted Fresh Beets ♥ Bread or Roll & Butter or Margarine Lentil Soup Egg Salad Sandwich ♥ Roasted Beet Salad	♥ Honey Butternut Squash Soup ♥ Turkey Pot Pie Mixed Salad Greens with Creamy Tarragon Dressing ♥ Bread or Roll & Butter or Margarine RESIDENT'S CHOICE MEAL ON DAILY MENU	Beef Barley Soup Parmesan Crusted Fish ♥ Lentils and Vegetables ♥ Roasted Tomatoes ♥ Bread or Roll & Butter or Margarine Sausage, Pepper & Onion French Fries ♥ Roasted Tomatoes	Vegetable Frittata ♥ Julienne Carrots ♥ Bread or Roll & Butter or Margarine ♥ Egg Drop Soup ♥ Oriental Chicken Salad with Dressing ♥ Bread or Roll & Butter or Margarine	Navy Bean and Ham Soup ♥ Chili Con Carne Sweet and White Potato Spears ♥ Cucumber Red Onion Salad ♥ Bread or Roll & Butter or Margarine Grilled Turkey Cranberry Sandwich Sweet and White Potato Spears ♥ Cucumber Red Onion Salad	Seafood Imperial ♥ Barley Pilaf ♥ Seasoned Fresh Broccoli ♥ Bread or Roll & Butter or Margarine Tomato Florentine Soup Deli Corned Beef Sandwich Broccoli Salad
	Cookie and Vanilla Ice Cream Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Citrus Angel Food Cake Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Chocolate Cream Pie Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Berry Brownie Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Creamy Gelatin Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Peach Cobbler Peach Pie Assorted Cookies Milk ♥ Coffee / Tea / Decaf	Glazed White Sheet Cake 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.

