



Week at a Glance

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

Week 4

	SUNDAY, 1/30/2022	MONDAY, 1/31/2022	TUESDAY, 2/1/2022	WEDNESDAY, 2/2/2022	THURSDAY, 2/3/2022	FRIDAY, 2/4/2022	SATURDAY, 2/5/2022
Breakfast	♥Choice of Egg ♥Toast Hash Browns ♥Seasonal Fruit ♥Hot or Cold Cereal	Pancakes Breakfast Meat of Choice ♥Seasonal Fruit ♥Hot or Cold Cereal	♥Waffles with Fruit Topping Breakfast Meat of Choice ♥Seasonal Fruit ♥Hot or Cold Cereal	Cheese and Egg Casserole ♥Seasonal Fruit ♥Hot or Cold Cereal	Eggs Benedict Bagel Sandwich Breakfast Meat of Choice ♥Seasonal Fruit ♥Hot or Cold Cereal	Zesty Orange French Toast Breakfast Meat of Choice ♥Seasonal Fruit ♥Hot or Cold Cereal	♥Choice of Egg Pumpkin Bread & Butter or Margarine ♥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	Broccoli Cheese Soup ♥Baked Rosemary Chicken ♥Roasted Sweet Potatoes Buttered Zucchini ♥Bread or Roll & Butter or Margarine <i>Vegetable Quiche</i> ♥Roasted Sweet Potatoes Buttered Zucchini ♥Bread or Roll & Butter or Margarine	♥Vegetable Beef Soup ♥Pork Steak Scallopini ♥Roasted Carrots, Parsnips and Potato Coins Creamed Spinach ♥Bread or Roll & Butter or Margarine <i>Hungarian Goulash</i> ♥Egg Noodles ♥Seasoned Spinach ♥Bread or Roll & Butter or Margarine	Minestrone Soup ♥Slow Cooked Shredded Beef Roast ♥Seasoned New Potatoes ♥Green and Gold Beans ♥Bread or Roll & Butter or Margarine <i>Apple Glazed Chicken</i> ♥Seasoned New Potatoes ♥Green and Gold Beans ♥Bread or Roll & Butter or Margarine	♥Chicken Mushroom Soup ♥Roasted Turkey Breast Poultry Pan Gravy Cornbread Stuffing ♥Mashed Potatoes ♥Seasoned Baby Carrots ♥Bread or Roll & Butter or Margarine <i>Kielbasa with Mustard</i> <i>Mashed Potatoes</i> ♥Seasoned Baby Carrots ♥Bread or Roll & Butter or Margarine	New England Clam Chowder ♥Lemon Herb Chicken ♥Confetti Rice ♥Glazed Beets with Apple ♥Bread or Roll & Butter or Margarine <i>Roasted Vegetable Macaroni and Cheese</i> ♥Glazed Beets with Apple ♥Bread or Roll & Butter or Margarine	Yankee Bean Soup Beer Battered Cod Au Gratin Potatoes ♥Seasoned Brussels Sprouts ♥Bread or Roll & Butter or Margarine <i>BBQ Beef Brisket</i> <i>Au Gratin Potatoes</i> ♥Seasoned Brussels Sprouts ♥Bread or Roll & Butter or Margarine	Chicken Noodle Soup ♥Pork Loin with Glazed Apples ♥Baked Winter Squash Peas with Red Peppers ♥Bread or Roll & Butter or Margarine <i>Turkey Fricassee over Biscuit</i> <i>Peas with Red Peppers</i> ♥Bread or Roll & Butter or Margarine
	Caramel Cheesecake Vanilla Ice Cream ♥Choice of Beverage	Pumpkin Pie with Topping Vanilla Ice Cream ♥Choice of Beverage	♥Ambrosia Vanilla Ice Cream ♥Choice of Beverage	Praline Pumpkin Pie Vanilla Ice Cream ♥Choice of Beverage	♥Raisin Caramel Bread Pudding Vanilla Ice Cream ♥Choice of Beverage	Key Lime Pie Vanilla Ice Cream ♥Choice of Beverage	Frosted Chocolate Cake Vanilla Ice Cream ♥Choice of Beverage
Dinner	Broccoli Cheese Soup Baked Ham with Raisin Sauce Onion Souffle ♥Savory Peas ♥Bread or Roll & Butter or Margarine <i>All-Beef Hot Dog on a Bun</i> <i>Pickle</i> <i>Baked Beans</i>	Ravioli with Tomato Sauce ♥Parslied Cauliflower Breadstick & Butter or Margarine ♥Vegetable Beef Soup ♥Apple, Chicken and Wild Rice Salad Breadstick & Butter or Margarine	Minestrone Soup ♥Hawaiian Fish ♥Jasmine Rice ♥Corn O'Brien ♥Garlic Bread <i>Pizza Casserole</i> <i>Caesar Salad</i> ♥Garlic Bread	♥Braised Country Style Ribs ♥Yukon Gold Potato Wedges Buttered Broccoli ♥Bread or Roll & Butter or Margarine ♥Chicken Mushroom Soup <i>Tuna Salad</i> <i>Garden Pasta Salad</i>	New England Clam Chowder ♥French Dip Sandwich with Au Jus Rosemary Parmesan Tots Creamy Cucumber Salad ♥Crackers <i>Turkey and Pear Salad with Dressing</i> ♥Bread or Roll & Butter or Margarine	♥Chicken Stew (Pollo Guisado) ♥Marinated Tomatoes and Onions Cornbread & Butter or Margarine <i>Yankee Bean Soup</i> <i>Egg Salad Florentine Sandwich</i> ♥Marinated Tomatoes and Onions	Chicken Noodle Soup Style Chopped Steak Potatoes Fried ♥French Cut Green Beans ♥Bread or Roll & Butter or Margarine <i>BLT and Cheese Sandwich</i> ♥Lettuce Leaf and Sliced Tomatoes <i>French Fries</i> <i>Calico Coleslaw</i>
	Blueberry Streusel Cake Assorted Cookies Milk ♥Coffee / Tea / Decaf	Banana Bread Cake Assorted Cookies Milk ♥Coffee / Tea / Decaf	Gelatin Parfait Assorted Cookies Milk ♥Coffee / Tea / Decaf	♥Tapioca Pudding with Topping Assorted Cookies Milk ♥Coffee / Tea / Decaf	Pound Cake Assorted Cookies Milk ♥Coffee / Tea / Decaf	♥Banana Pudding with Bananas and Whipped Topping Assorted Cookies Milk ♥Coffee / Tea / Decaf	Cherry Pie Assorted Cookies 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.

