

# Week at a Glance

2021 June 20 - July 24

Week 4

SUNDAY, 7/11/2021	MONDAY, 7/12/2021	TUESDAY, 7/13/2021	WEDNESDAY, 7/14/2021	THURSDAY, 7/15/2021	FRIDAY, 7/16/2021	SATURDAY, 7/17/2021
<b>Breakfast</b>						
Blueberry Pancakes Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Ham and Cheese Omelet Toast Seasonal Fruit Hot or Cold Cereal	Belgian Waffle Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Egg and Spinach Benedict on English Muffin Seasonal Fruit Hot or Cold Cereal	Country Style Scrambled Eggs Toast Seasonal Fruit Hot or Cold Cereal	Baked French Toast Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal	Scrambled Eggs Brown Sugar Coffee Cake Bacon 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
<b>Lunch</b>						
Winter Lentil Soup  BBQ Chicken Au Gratin Potatoes Seasoned Peas Bread or Roll & Butter or Margarine  Roast Beef Au Jus Au Gratin Potatoes Seasoned Peas Bread or Roll & Butter or Margarine	Pesto Minestrone  Scalloped Turkey with Mushrooms Vegetable Couscous Herbed Green Beans Bread or Roll & Butter or Margarine  RESIDENT'S CHOICE MEAL ON DAILY MENU	Beer Cheese Soup  Smothered Pork Chop Roasted Sweet Potatoes Seasoned Fresh Cauliflower Bread or Roll & Butter or Margarine  Baked Pasta with Cheese and Marinara Sauce Marinated Cauliflower with Crisp Greens Garlic French Bread	Cream of Potato Soup  Beef Stew with Vegetables Jasmine Rice Biscuit & Butter or Margarine  Mexican Herbed Chicken Jasmine Rice Red Beans Biscuit & Butter or Margarine	Asian Noodle Soup  Chicken Chow Mein Chinese Peppered Green Beans Mini Egg Rolls Honey Butter Bread Roll  Chinese Boneless Spare Ribs Chow Mein Noodles Chinese Peppered Green Beans Honey Butter Bread Roll	New England Clam Chowder  Crumb Topped Baked Fish Orzo Pilaf Roasted Parsnips and Carrots Bread or Roll & Butter or Margarine  German Meatballs Orzo Pilaf Roasted Parsnips and Carrots Bread or Roll & Butter or Margarine	Turkey Noodle Soup  Rosemary Pot Roast Creamed Corn Casserole Seasoned Broccoli Bread or Roll & Butter or Margarine  Cheese and Broccoli Strata Tomato Basil Salad Bread or Roll & Butter or Margarine
Peanut Butter Pie Choice of Beverage	Orange Cardamom Flan Choice of Beverage	Gingerbread with Whip Topping Choice of Beverage	Lemon Square Choice of Beverage	Tapioca with Fruit Choice of Beverage	Peach Shortcake Choice of Beverage	Caramel Apple Pudding Dessert Choice of Beverage
<b>Dinner</b>						
Chop Sausage with Peppers and Onions Pan-Fried Cabbage and Noodles Zucchini Medley Bread or Roll & Butter or Margarine  Winter Lentil Soup Crackers Apple Cheddar Grilled Cheese Sandwich Marinated Tomato Salad	Sherry Beef Tips Parslied Rice Julienne Carrots Bread or Roll & Butter or Margarine  Pesto Minestrone Crackers Chicken Caesar Salad Bread or Roll & Butter or Margarine	Beer Cheese Soup  Arroz Con Pollo Fried Plantains Black Beans Bread or Roll & Butter or Margarine  Grilled Marble Reuben Sandwich Pickle French Fries	Crunchy Oven Fry Fish Three Cheese Noodles Capri Blend Vegetables Bread or Roll & Butter or Margarine  Cream of Potato Soup Crackers Almond Turkey Salad Bread or Roll & Butter or Margarine	Asian Noodle Soup  Chuckwagon Steak Bacon and Maple Scalloped Potatoes Garlic Roasted Mushrooms Bread or Roll & Butter or Margarine  Black Bean and Rice Stuffed Peppers Salad Greens with Orange Bread or Roll & Butter or Margarine	Turkey a la King over Puff Pastry Sour Cream Mashed Potatoes Whole Green Beans Bread or Roll & Butter or Margarine  New England Clam Chowder Crackers Autumn Shredded Pork Salad Over Romaine Bread or Roll & Butter or Margarine	Turkey Noodle Soup  Teriyaki Chicken Bowl Sugar Snap Peas Bread or Roll & Butter or Margarine  Krab Cake Remoulade Sauce Steak Fries Cucumber Dill Salad Bread or Roll & Butter or Margarine
Mousse Parfait Milk Coffee / Tea / Decaf	Fresh Fruit Crisp Milk Coffee / Tea / Decaf	Fresh Fruit and Cottage Cheese Milk Coffee / Tea / Decaf	Blueberry Pie Milk Coffee / Tea / Decaf	Iced Pumpkin Cake Milk Coffee / Tea / Decaf	Snickerdoodle Blondie Bars Milk Coffee / Tea / Decaf	Vanilla Chocolate Chip Cake Milk Coffee / Tea / Decaf
<b>Snack</b>						
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