Week 1

The Seasons Assisted Living

M	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	CHOICE OF CEREAL FRIED EGG BACON STRIPS TOAST, WHOLE WHEAT BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL THICK FRENCH TOAST SYRUP SAUSAGE LINK APPLESAUCE FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL CHEESE OMELET WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL PANCAKE STACK/SYRUP BACON FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL SCRAMBLED EGGS WARM BRAN MUFFIN FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL BANANA BREAD HARD COOKED EGG SEASONAL FRUIT CUP FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL FRIED EGG ROASTED HAM SLICE WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK
NOON	HEARTY BEEF STEW HERB BISCUIT BUTTER FRESH LETTUCE SALAD SALAD DSG OF CHOICE WARM APPLE COMPOTE CHOICE OF COFFEE, SKIM MILK	HAM STEAK AU GRATIN POTATOES GREEN SWEET PEAS WHOLE WHEAT BREAD/BUTTER PUMPKIN BAR/FROSTING CHOICE OF COFFEE, SKIM MILK	MEATLOAF MASHED POTATOES BEEF GRAVY ROASTED VEGETABLES WHOLE WHEAT BREAD/BUTTER FRESH FRUIT CREAMY FRUIT DIP CHOICE OF COFFEE, SKIM MILK	GRILLED PORK CUTLET RANCH POTATO CASSEROLE SEASONED BABY CARROTS GLAZED CRNBRY ORANGE LOAF BUTTER CHOICE OF COFFEE, SKIM MILK	BAKED FISH FILET TANGY DILL TARTAR SAUCE CRISPY OVEN FRIES KETCHUP COLESLAW LEMON BAR CHOICE OF COFFEE, SKIM MILK	TOSS SALAD/DRESSING ITALIAN MEATBALLS FETTUCINE ALFREDO FRESH BAKED BREADSTICK ICE CREAM CHOICE OF COFFEE, SKIM MILK GARLIC CROUTONS	SEASONED CHICKEN MASHED POTATOES GREEN BEAN CASSEROLE APPLE PIE WHOLE WHEAT BREAD/BUTTER CARMEL DRIZZLE CHOICE OF COFFEE, SKIM MILK CHICKEN GRAVY WHIPPED TOPPING
EVE	DELI CLUB SANDWICH MARINATED VEG & PASTA SALAD FRESH ORANGE SLICES (4) COOKIE CHOICE OF COFFEE, SKIM MILK	HOMEMADE CHICKEN NOODLE SOUP HARVEST TURKEY MELT SANDWICH CRACKERS CHOCOLATE MOUSSE W/ FRUIT GARNISH CHOICE OF COFFEE, SKIM MILK	BBQ CHICKEN BAKED POTATO SALAD CREAM STYLE CORN ICED GRANOLA FRUIT BAR CHOICE OF COFFEE, SKIM MILK	COUNTRY HAM & BEAN SOUP CRACKERS SHAVED RST BEEF SAND SLICED PEACHES AND CREAM CHOICE OF COFFEE, SKIM MILK	CHICKEN CORDON BLEU CASSEROLE STEAMED VEGETABLES RASPBERRY GELATIN SQUARE CHOICE OF COFFEE, SKIM MILK	BLT SANDWICH TOMATO BASIL SOUP CRACKERS FRESH BAKED COOKIE CHOICE OF COFFEE, SKIM MILK	CHEESEBURGER ON BUN POT WEDGES FROZEN YOGURT CHOICE OF COFFEE, SKIM MILK PICKLE COINS

Week 2

The Seasons Assisted Living

M	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	FRUIT JUICE CHOICE OF CEREAL BREAKFAST EGG BAKE WHOLE WHEAT TOAST CHOICE OF COFFEE, SKIM MILK BUTTER	CHOICE OF CEREAL WAFFLE STIX SYRUP BUTTER SAUSAGE LINK FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL FRIED EGG WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL BLUEBERRY PANCAKES BLUEBERRY SAUCE WHIPPED TOPPING BACON FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	FRUIT JUICE CHOICE OF CEREAL SCRAMBLED EGG W/ HAM WHOLE WHEAT TOAST CHOICE OF COFFEE, SKIM MILK BUTTER/JELLY	CHOICE OF CEREAL POTATO PANCAKES BUTTER SYRUP SAUSAGE LINK APPLESAUCE FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL FRIED EGG SAUSAGE PATTIE WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK
NOON	BBQ RIBETTE CHEESY POTATO BAKE SEASONED CORN WHOLE WHEAT BREAD/BUTTER TOFFEE BARS CHOICE OF COFFEE, SKIM MILK	CHOPPED BEEF STEAK MUSHROOM GRAVY MASHED POTATOES ROASTED VEGETABLES BUTTERED WHEAT BREAD FROSTED CARROT CUPCAKES CHOICE OF COFFEE, SKIM MILK	FRESH LETTUCE SALAD BEEF RAVIOLI/SAUCE GARLIC BREAD ICE CREAM CHOICE OF COFFEE, SKIM MILK SALAD DSG OF CHOICE	BEEF STROGANOFF OVER NOODLES SEASONED CARROTS WHOLE WHEAT BREAD/BUTTER PUMPKIN FLUFF CHOICE OF COFFEE, SKIM MILK	HERB BAKED FISH OVEN ROASTED POTATOES STEAMED BROCCOLI ROLL/BUTTER ORANGE SPONGE CAKE/ VAN SAUCE CHOICE OF COFFEE, SKIM MILK	LEMON BUTTER CHICKEN VEGETABLE RICE PILAF WHOLE WHEAT BREAD/BUTTER PEACH CRISP CHOICE OF COFFEE, SKIM MILK	ROAST BEEF GRAVY PARSLEY POTATOES BU DICED BEETS CREAMY FRUIT PIE CHOICE OF COFFEE, SKIM MILK
EVE	SMOKED BEEF BRISKET SANDWICH GREEN & GOLD BEANS TROPICAL FRUIT BLEND CHOICE OF COFFEE, SKIM MILK	HOT DOG ON BUN BAKED BEANS RANCH PASTA SALAD FROSTED FUDGE BROWNIE CHOICE OF COFFEE, SKIM MILK	OPEN FACE TURKEY SANDWICH GRAVY MASHED POTATOES PEAS MANDARIN ORANGE GELATIN CHOICE OF COFFEE, SKIM MILK	LOADED POTATO SOUP CRACKERS HOT HAM/CH SAND (half) FRUIT SALAD FRESH BAKED COOKIE CHOICE OF COFFEE, SKIM MILK	VEGETABLE SOUP CRACKERS CHICKEN SALAD SANDWICH FRESH MARINATED APPLE SLICES CHOICE OF COFFEE, SKIM MILK	PENNE & MEATBALLS PARMESAN CHEESE GARLIC TOAST ASPARAGUS PUDDING PARFAIT CHOICE OF COFFEE, SKIM MILK	BREADED FISH SANDWICH TARTAR SAUCE ASST. CHEESE & CRACKERS FRUIT PLATE CHOICE OF COFFEE, SKIM MILK

Week 3

The Seasons Assisted Living

M	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	CHOICE OF CEREAL CINNAMON FRENCH TOAST SYRUP BUTTER YOGURT, FRUITED FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	FRUIT JUICE CHOICE OF CEREAL EGG & SAUSAGE BREAKFAST BAKE RAISIN TOAST CHOICE OF COFFEE, SKIM MILK BUTTER	CHOICE OF CEREAL VEGETABLE CHEESE OMELET SMOKED BACON WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	FRUIT JUICE CHOICE OF CEREAL EGG PATTY ON A FRESH BANANA ENGLISH MUFFIN CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL FLUFFY WAFFLES BUTTER SYRUP SAUSAGE LINK FRUIT FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL SCRAMBLED EGGS BUTTERED TOAST/JELLY HOMESTYLE CINNAMON ROLL FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL BUTTERMILK BISCUIT COUNTRY SAUSAGE GRAVY FRUIT CUP FRUIT JUICE CHOICE OF COFFEE, SKIM MILK
NOON	TOMATO/CUCMBR SALAD BONELESS PORK SPARERIBS FRIED POTATOES BUTTERED WHEAT BREAD PINEAPPLE DESSERT CHOICE OF COFFEE, SKIM MILK	BAKED CHICKEN SEAS EGG NOODLES CHICKEN GRAVY DICED CARROTS JELLO CAKE CHOICE OF COFFEE, SKIM MILK	COUNTRY FRIED STEAK MASHED POTATOES MILK GRAVY BU WINTER MIX VEGETABLES BUTTERED WHEAT BREAD CANDY APPLE SALAD CHOICE OF COFFEE, SKIM MILK	LASAGNA GARLIC BREAD TOSS SALAD/DRESSING GRASSHOPPPER PIE CHOICE OF COFFEE, SKIM MILK	HOME-STYLE MACARONI & CHEESE CRISPY FISH STICKS TARTAR SAUCE ROASTED GREEN BEANS CARAMELIZED PEAR SLICES CHOICE OF COFFEE, SKIM MILK	HEARTY CHILI SHREDDED CHEESE/DICED ONION CRACKERS FRESH BAKED CORNBREAD BUTTER ICE CREAM CUP CHOICE OF COFFEE, SKIM MILK	ROAST TURKEY CORNBREAD DRESSING TURKEY GRAVY CARROTS AND CELERY CRANBERRY SAUCE PUMPKIN PIE/TOPPING CHOICE OF COFFEE, SKIM MILK
EVE	CREAMY CHICKEN STEW CRACKERS WARM CHEESEY HERB BISCUIT SEASONAL FRUIT CHOICE OF COFFEE, SKIM MILK	CALIFORNIA BURGER/BUN PICKLE SPEAR CREAMY POTATO SALAD STRAWBERRY GELATIN W/ STRAWBERRIES CHOICE OF COFFEE, SKIM MILK	SPINACH SALAD HOT & FLAKY CHICKEN POT PIE BU ITALIAN BREAD SHERBET CHOICE OF COFFEE, SKIM MILK	VEGETABLE BEEF SOUP EGG SALAD SANDWICH CRACKERS BLUEBERRY CRUNCH CHOICE OF COFFEE, SKIM MILK	HOT HAM & CHEESE SANDWICH BLENDED VEGETABLES FRUIT PISTACHIO PUDDING CHOICE OF COFFEE, SKIM MILK	GARLIC BROWN SUGAR CHICKEN MASHED POTATO BAKE GREEN BEANS MANDARIN ORANGES CHOICE OF COFFEE, SKIM MILK	PIZZA CASSEROLE BUTTERED PEAS LIME MARSHMALLOW FLUFF CHOICE OF COFFEE, SKIM MILK

Week 4

The Seasons Assisted Living

M	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	FRUIT JUICE CHOICE OF CEREAL FRIED EGG HASHBROWN PATTY FRESH FRUIT GARNISH CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL FLUFFY PANCAKES/SYRUP BUTTER SAUSAGE LINK FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL SCRAMBLED EGGS WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL FRIED EGG BACON BUTTERED WHEAT TOAST FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL TURKEY SAUS/EGG/CHEESE STRATA WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL POACHED EGG WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL COUNTRY SKILLET BREAKFAST WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK
NOON	SALISBURY STEAK BEEF GRAVY BAKED POTATO/BUTTER CORN BUTTERED WHEAT BREAD ANGEL FOOD CAKE BERRY SAUCE CHOICE OF COFFEE, SKIM MILK SOUR CREAM WHIPPED TOPPING	FRIED CHICKEN MASHED POTATOES CHICKEN GRAVY VEGETABLES AU GRATIN WHOLE WHEAT BREAD SOFT OATMEAL COOKIE MAPLE FROSTING CHOICE OF COFFEE, SKIM MILK	CREAMY WILD RICE/MUSHROOM SOUP SMKD HAM STACKR/MINI CROISSANT MARINATED VEGETABLES DRIZZLED CHOC CHEESECAKE CHOICE OF COFFEE, SKIM MILK	SPAGHETTI/MEATSAUCE GARLIC TOAST SEVEN LAYER SALAD PEANUT BUTTER BAR CHOICE OF COFFEE, SKIM MILK	BAKED FISH LEMON BUTTER TWICE BAKED MASHED POTATO PEAS & CARROTS HERB CHEESE BISCUIT WARM FRUIT CRISP CHOICE OF COFFEE, SKIM MILK	MARINATED BEEF TIPS OVER NOODLES GLAZED CARROTS WHEAT BREAD PUMPKIN CHOCOLATE CHIP SQUARES CHOICE OF COFFEE, SKIM MILK	ROAST PORK LOIN PORK GRAVY GOLDEN SQUASH BAKE SEASONED CAULIFLOWER DINNER ROLL/BUTTER ICED CHERRY PIE SQUARE CHOICE OF COFFEE, SKIM MILK
EVE	CREAM OF BROCCOLI SOUP DELI SANDWICH MANDARIN ORANGES CRACKERS CHOICE OF COFFEE, SKIM MILK	HICKORY BBQ BURGER ON BUN ROTINI SALAD FRESH FRUIT PLATE CHOICE OF COFFEE, SKIM MILK	CHICKEN NUGGETS DIPPING SAUCE BAKED STEAK FRIES COLESLAW GELATIN PARFAIT CHOICE OF COFFEE, SKIM MILK	SCALLOPED POTATOES & HAM BU GREEN BEANS WHEAT BREAD/BUTTER CINNAMON BAKED APPLES CHOICE OF COFFEE, SKIM MILK	HEARTY CHEESE SOUP CRACKERS BBQ PORK / BUN PINEAPPLE CHOICE OF COFFEE, SKIM MILK	ITALIAN BEEF SANDWICH AU JUS CUP BAKED ONION RINGS BANANA SPLIT DESSERT CHOICE OF COFFEE, SKIM MILK	PARMESAN CRUSTED CHICKEN CHEESY BOWTIE PASTA BAKE WHEAT BREAD/BUTTER VANILLA PUDDING W/ PEACH PUREE CHOICE OF COFFEE, SKIM MILK

Week 5

The Seasons Assisted Living

M	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	CHOICE OF CEREAL FRENCH TOAST SYRUP BUTTER SAUSAGE LINK FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL BAKED VEGETABLE OMELET CINNAMON STREUSEL COFFEE CAKE FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL SCRAMBLED EGG DONUT FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL BREAKFAST QUICHE WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL FRIED EGG WHOLE WHEAT TOAST BUTTER FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL BISCUIT WITH COUNTRY SAUSAGE GRAVY FRESH BANANA FRUIT JUICE CHOICE OF COFFEE, SKIM MILK	CHOICE OF CEREAL SCRAMBLED EGGS FRIED POTATOES BACON STRIPS BUTTERED TOAST FRUIT JUICE CHOICE OF COFFEE, SKIM MILK
NOON	SWISS STEAK BKD PARMESAN COTTAGE POTATOES BUTTERED WAX BEANS FROSTED SPICE CAKE CHOICE OF COFFEE, SKIM MILK	SLICED HAM SWEET POTATOES SEASONED PEAS HOT FUDGE BROWNIE CHOICE OF COFFEE, SKIM MILK	CHICKEN/VEG STIR FRY FLUFFY RICE VEGETABLE EGG ROLL TAPIOCA PUDDING FORTUNE COOKIE CHOICE OF COFFEE, SKIM MILK	BEEF POT ROAST & GRAVY OVEN ROASTED VEGETABLES (POTATOES, CARROTS, CELERY, ONIONS) DINNER ROLL/BUTTER BREAD PUDDING/SAUCE CHOICE OF COFFEE, SKIM MILK	BAKED 3-CHEESE ZITI PASTA GARLIC TOAST SPINACH SALAD SALAD DSG OF CHOICE CREAMY FRUIT TORTE CHOICE OF COFFEE, SKIM MILK	TURKEY BREAST SLICES WITH ONION GRAVY BOILED POTATOES/BUTTER SEASONED GREEN BEANS BUTTERED WHEAT BREAD CRUSTLESS CRANBERRY PIE WHIPPED TOPPING CHOICE OF COFFEE, SKIM MILK	PORK CHOP PORK GRAVY BREAD DRESSING SAUTEED MUSHROOMS WHEAT BREAD/BUTTER PUMPKIN CREAM CHEESE BAR CHOICE OF COFFEE, SKIM MILK
EVE	VEGETABLE CHOWDER CRACKERS PHILLY CHEESESTEAK SANDWICH STRAWBERRY SUNDAE CHOICE OF COFFEE, SKIM MILK	SLOPPY JOE SANDWICH PICKLE COINS MACARONI SALAD CINNAMON APPLESAUCE CHOICE OF COFFEE, SKIM MILK	HOMEMADE TURKEY DUMPLING SOUP CRACKERS GRILLED TURKEY & SWISS SAND AMBROSIA FRUIT SALAD CHOICE OF COFFEE, SKIM MILK	TUNA NOODLE CASSEROLE STEAMED VEGETABLES WHEAT BREAD/BUTTER HOT APPLE CIDER SOFT MOLASSES COOKIES CHOICE OF COFFEE, SKIM MILK	BRD CHICKEN PATTY/BUN MAYONNAISE LETTUCE LEAF TATER TOTS EMERALD SLICED PEARS CHOICE OF COFFEE, SKIM MILK	SPLIT PEA SOUP CRACKER BASKET HAM SALAD SANDWICH ICE CREAM CHOICE OF COFFEE, SKIM MILK	BRATWURST / BUN COWBOY BEAN BAKE CHERRY PINEAPPLE SALAD CHOICE OF COFFEE, SKIM MILK