

DAYSPRING ASSISTED LIVING RESIDENCE Fall/Winter 2018/2019 Regular/NAS/Consistent CHO/Diabetic/Puree/Mech Soft Week 1

Sunday Nov-11	Monday Nov-12	Tuesday Nov-13	Wednesday Nov-14	Thursday Nov-15	Friday Nov-16	Saturday Nov-17
Breakfast						
Egg & Sausage Strata Mini Bearclaws Seasonal Fruit Choice	Omelet Bar Cinnamon Streusel Coffee Cake Seasonal Fruit Choice	Blueberry Pancakes Turkey Links Seasonal Fruit Choice	Cook to Order Eggs Breakfast Ham Slice Whole Wheat Toast Seasonal Fruit Choice	French Toast Bacon Seasonal Fruit Choice	Egg & Sausage Sandwich English Muffin Seasonal Fruit Choice	Denver Ham Bake Whole Wheat Toast Seasonal Fruit Choice
Cream of Wheat	Choice of Cold Cereal	Choice of Cold Cereal	Cinnamon Raisin Oatmeal	Choice of Cold Cereal	Oatmeal	Cream of Wheat
Lunch						
Mom's Pot Roast w/ Potatoes & Carrots Whole Wheat Dinner Roll Tossed Salad Dutch Apple Pie	Roast Turkey Squash w/Maple Pecan Topping Savory Stuffing Cranberry Sauce Cherry Crisp	Meatloaf Baked Potato Prince Charles Veggie Blend Tossed Salad Dessert Cart	Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables Tossed Salad Jello w/Fruit	Polish Sausage & Sauerkraut Potatoes & Carrots Whole Wheat Bread Cottage Cheese on Lettuce Leaf Peach Cobbler	Pecan Crusted Tilapia Noodles Romanoff Peas & Carrots Creamy Cole Slaw Dessert Cart	Lasagna Green Beans Garlic Toast Tossed Salad Fruit Medley
	Supreme Pizza Tossed Salad	Chicken Curry Casserole	BBQ Chicken Thighs	Santa Fe Chicken Sandwich on Bun Potato Chips Dill Pickle Spear	Turkey Reuben Sandwich Loaded Baked Potato Soup	Hearty Beef Stew Biscuit
PM Snack						
Snack						
Dinner						
Chicken Breast on Bun Lettuce & Tomato Potato Salad Blushing Pears	Ham Sandwich Creamy Mushroom Soup Creamy Cole Slaw Fruit Medley	Chicken Chili Cornbread Tossed Salad Spiced Peaches	Tuscan Bean & Sausage Soup Deli Sandwich Lettuce & Tomato Pickled Cucumbers Baked Apples w/Caramel Sauce	BBQ Pork Sandwich Tortilla Chips Corn Fruit Parfait	Manicotti w/ Meat Sauce California Vegetable Blend Garlic Toast Fruit Cocktail	Pizza Potato Chips Tossed Salad Jello w/Fruit
Fish on Bun	Dijon Turkey & Swiss Wrap	BLT Sandwich Cottage Cheese	Tomato Barley Soup	Wet Burritos	Chicken Caesar Salad	Tuna Salad Sandwich Dill Pickle Spear

for Diabetic diets:

3-4 CARBOHYDRATE SERVING CHOICES AT
BREAKFAST 3 CARBOHYDRATE SERVING
CHOICES AT LUNCH
3 CARBOHYDRATE SERVING CHOICES AT
DINNER



"Serving Older Adults With God's Love"

A serving of carbohydrate is 15 grams. examples: 1/2 cup starchy vegetable, 1/2 cup fruit, 1 cup milk, 1 slice of bread, 1/2 potato