

Sunday Nov-18	Monday Nov-19	Tuesday Nov-20	Wednesday Nov-21	Thursday Nov-22	Friday Nov-23	Saturday Nov-24
Breakfast						
Biscuits and Gravy Seasonal Fruit Choice	Cook to Order Eggs Honey Orange Corn Muffin Seasonal Fruit Choice	Red Velvet Waffles Sausage Links Seasonal Fruit Choice	Egg & Sausage Sandwich Croissant Seasonal Fruit Choice	Oatmeal w/Cranberries & Walnuts Glazed Cinnamon Roll Seasonal Fruit Choice	Scrambled Eggs Whole Wheat Toast Seasonal Fruit Choice	Breakfast Casserole Sausage Link Whole Wheat Toast Seasonal Fruit Choice
Oatmeal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Cream of Wheat	Choice of Cold Cereal
Lunch						
Roasted Chicken Mashed Potatoes w/Gravy Broccoli Whole Wheat Dinner Roll Lemon Crunch Pie	Macaroni & Cheese Smoked Sausage Stewed Tomatoes Tossed Salad Apple Crisp	Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Prince Charles Veg. Wheat Bread Marinated Cucumbers Dessert Cart	Grilled Braised Pork Shoulder Scalloped Potatoes Carrots Tossed Salad Caramel-Peach Parfait	Roasted Turkey Mashed Potatoes w/gravy Savory Stuffing Green Bean Casserole Dinner Roll/Cran Sauce Pumpkin Pie	Pollock Almondine Rice Pilaf Peas & Carrots Tossed Salad Dessert Cart	BBQ Chicken Thighs Creamed Corn Biscuit Creamy Cole Slaw Princess Bars
	Russian Chicken Baked Potato California Vegetable Blend	Chicken Pot Pie Con Broccoli	Tuna Melt Sandwich Tomato Basil Bisque		Goulash	Battered Tilapia
PM Snack						
Snack						
Dinner						
Monte Cristo Sandwich Tomato Soup Tossed Salad Cinnamon Applesauce	Hamburger French Fries Pickle Lettuce & Tomato Chocolate Pudding	El Dorado Pie Confetti Corn Tossed Salad Pineapple Chunks	Chicken & Dumplings Peas & Carrots Blushing Pears	Deli Sandwich Cream of Broccoli Soup Red Grapes Chocolate Chip Cookie	Roast Beef & Provolone Sandwich Tater Tots Dill Pickle Spear Lettuce & Tomato Cinnamon Apple Tart	Beef Tater Tot Bake Prince Charles Veggie Blend Cottage Cheese on Lettuce Leaf Chilled Peaches
Grilled Cheese Sandwich	Turkey Club	Split Pea Soup Ham & Cheese Sandwich	Salisbury Steak Biscuit		Chicken Caesar Sandwich	Italian Wedding Soup Turkey Sandwich

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