

Weekly Menu

The Hillside Senior Living Community



	Sun 03-03-2019	Mon 03-04-2019	Tue 03-05-2019	Wed 03-06-2019	Thu 03-07-2019	Fri 03-08-2019	Sat 03-09-2019
B R K	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	Perfect Pancakes Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast	Wake Up Dish Fresh Fruit 100% Juice Whole Grain Toast	Scrambled Egg Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon French Toast Bacon Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy/Biscuits Fresh Fruit 100% Juice Whole Grain Toast	Baked Omelet Squares Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N	Zesty Meatloaf <i>or</i> Fried Chicken/Creamy Gravy Onion Roasted Potatoes Roasted Carrots Baked Roll Maple Bar	Chicken/Dijon Sauce <i>or</i> Cod/Garlic Butter Sauce Baked Macaroni Cheese Broccoli Baked Roll Peach Cobbler	Baked Pork Chops <i>or</i> Turkey Piccata Fresh Mashed Potatoes/Gravy Corn Baked Roll Cream Pecan Cake	Salisbury Steak <i>or</i> Ham with Raisin Sauce Baked Potato Parsley Carrots Baked Roll Fresh Banana Cream Pie	Oven Roasted Chicken Breast <i>or</i> Braised Pork Baked Yams Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	Seasoned Baked Tilapia <i>or</i> Spanish Cubed Steak Cheesy Rice Green Beans Baked Roll Orange Thumbprint Cookie	Beef Sour Cream Noodle Bake <i>or</i> Herb Roasted Turkey Baked Fried Potatoes Sauteed Zucchini Crusty Garlic Bread Autumn Spice Cake
D I N	Scalloped Pork Chops and Potatoes <i>or</i> Club Sandwich Apple Salad Pickled Beets Cheddar Biscuit Fudge Squares	Cheddar Burger <i>or</i> Penne Pasta in Sausage Marinara Sauce Pineapple Chunks Potato Mushroom Soup French Fries M&M Cookie	Parmesan Chicken Sandwich <i>or</i> Three Cheese and Herb Quiche Pears Homestyle Vegetable Soup Cornbread Muffin Blonde Brownies	Tuna Noodle Casserole <i>or</i> Turkey Ham Sub Sandwich Peach Jello Salad Basil Tomato Soup Baked Roll Ice Cream	Grilled Ham and Swiss Sandwich <i>or</i> Mexican Lasagna Fruit Compote Vegetable Rice Soup Chips Chocolate Chip Cookie	Meat Lover's Pizza <i>or</i> Pastrami Sandwich Ambrosia Vegetable Barley Soup Pan Breadsticks Fudge Bar	Western Baked Chicken <i>or</i> BLT Sandwich Fruit Cocktail Salad Steamed Broccoli Tater Tots Soft Ginger Cookies
	Milk offered at every meal						Week 1

Dietitian's Signature: *Quinn Jagan* RDN # 610128
2-1-2019