

WEEK 1

TWIN CEDAR'S SENIOR LIVING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Date: Hot or Cold Cereal Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee	Date: Hot or Cold Cereal Poached or Scrambled Eggs Toast or English Muffin Orange Juice, Milk Tea/Coffee	Date: Hot or Cold Cereal Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee	Date: Hot or Cold Cereal Crispy Bacon Poached or Scrambled Eggs Toast or English Muffin Orange Juice, Milk Tea/Coffee	Date: Hot or Cold Cereal French Toast w/ Syrup Sausage Links Orange Juice, Milk Tea/Coffee	Date: Hot or Cold Cereal Pancakes w/ Syrup Bacon and Toast Orange Juice, Milk Tea/Coffee	Date: Hot or Cold Cereal Poached or Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee
L U N C H	Hot sliced Turkey Breast w/ gravy Jellied Cranberry Sauce Mixed Vegetables Peaches Beverage	Oven-Fried Chicken French Fries Honey-glazed Carrots Fresh Fruit Beverage	Meatloaf w/gravy Mile High Mashed Potatoes Grilled Asparagus Cherries Beverage	Stuffed Chicken Breasts over Lemon Rice Steamed Broccoli Fresh Fruit Beverage	Spaghetti and Meatballs w/ Parmesan Garlic bread Garden salad Fruit Cocktail Beverage	Crab Cakes w/ Tartar Sauce Corn Casserole Beet Salad Cherry Pie w/ Vanilla Ice Cream Beverage	Barbeque Baked Chicken Wings Baked Potato w/Sour Cream Green Beans Fresh Fruit Beverage
D I N N E R	Homemade Cheese Pizza Tossed Spinach Salad w/Mushrooms and Peppers Carrot Cake w/Cream Cheese Icing Beverage	Grilled Cheese w/ Tomato Sandwich Cream of Spinach Soup Chocolate Pudding Beverage	Egg Salad Stuffed Tomato Selection of Bread Triangles Potato Chips 3 Bean Salad Peach Cobbler Beverage	Hot Roast Beef Sandwich Black Bean Soup Jello Parfait Beverage	Grilled Hamburger Patty on Soft Roll French Fries Coffee Cake Beverage	Macaroni & Cheese Casserole Summer Vegetable Mix w/ Butter Fudge Brownie Beverage	Bacon, Lettuce and Tomato Sandwiches Pepper Pot Soup Pound Cake w/Berries Beverage

WEEK 2

TWIN CEDAR'S SENIOR LIVING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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B R E A K F A S T	Hot or Cold Cereal Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Poached or Scrambled Eggs Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Crispy Bacon Poached or Scrambled Eggs Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal French Toast w/ Syrup Sausage Links Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Pancakes w/ Syrup Bacon and Toast Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Poached or Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee
L U N C H	Pot Roast w/ Gravy Mile High Mashed Potatoes Mixed Vegetables Peaches Beverage	Zesty Baked Chicken Potato Pancakes Summer Squash Zucchini Fresh Fruit Beverage	Country Ranch Pork Roast w/Applesauce Scalloped Potatoes Broccoli Florets Cherries Beverage	Chicken and Dumplings Steamed Carrots Fresh Fruit Beverage	Baked Ziti w/Meat Sauce and Parmesan Cheese Garlic Bread Mixed Green Salad Apricots Beverage	Lemon Battered Fish Fillet Parsley Noodles Creamed Spinach Banana Pudding Pie Beverage	Grilled Chicken Legs w/ Rosemary Mashed Potatoes and Gravy Creamed Corn Fresh Fruit Beverage
D I N N E R	Crabmeat Stuffed Tomatoes French Onion Soup Roll w/Butter Peanut Butter Bars Beverage	Turkey Dogs on Warm Bun Baked Beans Potato Salad Bread Pudding Beverage	Italian Subs Cucumber Salad Rice Crispy Treats Beverage	Corned Beef and Swiss Cheese on Rye Bread Vegetable Soup Rice Pudding Beverage	Sliced Steak Sandwich Carrot Soup Mandarin Jello Beverage	Shepherd's Pie Sliced Beet Salad Streudel Cake Beverage	Tuna Salad Sandwich w/ Lettuce leaves and Cherry Tomatoes Egg Drop Soup Pineapple Upside Down Cake Beverage

WEEK 3

TWIN CEDAR'S SENIOR LIVING

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B R E A K F A S T	Hot or Cold Cereal Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Poached or Scrambled Eggs Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Crispy Bacon Poached or Scrambled Eggs Toast or English Muffin Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal French Toast w/ Syrup Sausage Links Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Pancakes w/ Syrup Bacon and Toast Orange Juice, Milk Tea/Coffee	Hot or Cold Cereal Poached or Scrambled Eggs Waffles w/ Syrup Toast or English Muffin Orange Juice, Milk Tea/Coffee
L U N C H	Hot Sliced Roast Beef w/Gravy Mashed Potatoes Honey Glazed Carrots Peaches Beverage	BBQ Pork Ribs Mile High Mashed Potatoes Grilled Asparagus Fresh Seasonal Fruit Beverage	Salisbury Steak Over Noodles w/ Gravy Summer Squash Zucchini Cherries Beverage	Rotisserie Chicken Wings Quartered Potato Wedges Steamed Broccoli and Cauliflower Fresh Fruit Beverage	Penne Bolognese w/ Grated Cheese Garlic Bread sticks Mixed Greens Salad Sliced Pears Beverage	Fish Dijon Diced Butternut Squash w/Butter Sauted Spinach w/ Garlic Apple Pie a la Mode Beverage	Baked Chicken Tenders Cornbread w/Butter Steamed Mixed Vegetables Fresh Fruit Beverage
D I N N E R	Diced Ham and Potato Casserole 3 Bean Salad Cinnamon Raisin Dessert Beverage	Tuna Melt w/ Swiss Cheese and Tomato on Rye Bread Winter Squash Soup Butterscotch Pudding Beverage	Turkey Strata Jellied Cranberry Sauce Banana Cake Beverage	Hot Reuben Sandwich Potato Chips Pickled Beet Salad Walnut Coconut Coffee Cake Beverage	Chicken a la King Shredded Carrot Salad Jello Salad Beverage	Crab and Asparagus Quiche Cream of Chicken Soup Blueberry Buckle Beverage	Beef Casserole Broccoli Florets w/ Vinaigrette Applesauce Cake Beverage

WEEK 4

TWIN CEDAR'S SENIOR LIVING

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L U N C H	Pork Loin Slices w/ Gravy Applesauce Scalloped Potatoes Mixed Vegetables w/ butter Pears Beverage	Shrimp Scampi Over Lemon Rice Steamed Asparagus Seasonal Fresh Fruit Beverage	Baked Ham w/ Pineapple Topping Glazed carrots Creamed Potato Cherry Jello Beverage	Sweet and Sour Chicken over Long Grained Rice Steamed Mixed Vegetables Fresh Fruit Beverage	Beef and Cheese Lasagna Tossed Spinach Salad Garlic Bread Peaches Beverage	Stuffed Fish Fillet Baked Potato w/Sour Cream Broccoli Florets Blueberry Pie Beverage	Beef Stew Buttermilk Biscuit w/ Margarine Seasonal fresh Fruit Beverage
D I N N E R	Macaroni Tuna Salad Summer Vegetable mix w/ butter Rice Pudding Beverage	Liverwurst w/Onions on Marble Rye Bread Shredded Cole Slaw Salad Chocolate Pudding Beverage	Egg Salad Sandwich Served in Croissant Creamy Tomato Soup Fruit Crisp Beverage	Grilled Cheese w/ Tomato Sandwich Cream of Asparagus Soup Pound Cake Beverage	Western Sandwich Cream of Mushroom Soup Bread Pudding Beverage	Mushroom Quiche Split Pea Soup w/ Bacon Peach cake Beverage	Open Faced Barbequed Pork Sandwich Potato Chips Eclair Cake Beverage