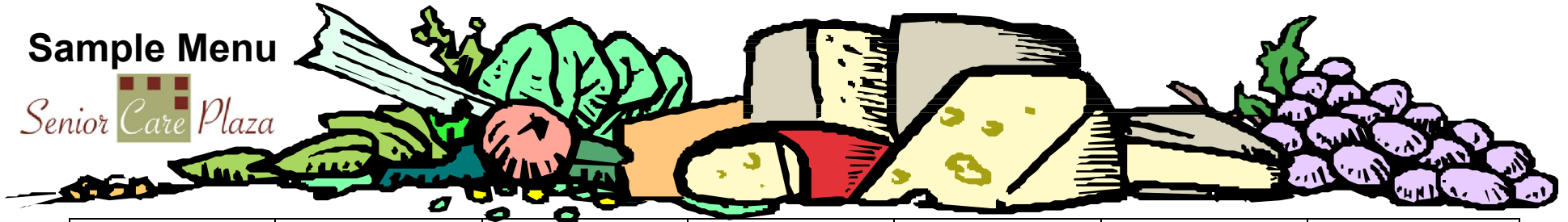


Sample Menu

Senior Care Plaza



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|---|---|
| ****BREAKFAST**** | | | | | | |
| SCRAMBLED EGGS TURKEY BACON TOAST COFFEE/TEA/OJ ALTERNATE COLD CEREAL | CREAM OF WHEAT BANANA TOAST COFFEE/TEA/OJ ALTERNATE COLD CEREAL | FRIED EGG TURKEY BACON TOAST COFFEE/TEA/OJ ALTERNATE CREAM OF WHEAT | CEREAL BANANA TOAST COFFEE/TEA/OJ ALTERNATE CREAM OF RICE | FRENCH TOAST TURKEY SAUSAGE TOAST COFFEE/TEA/OJ ALTERNATE COLD CEREAL | CEREAL BANANA TOAST COFFEE/TEA/OJ ALTERNATE OATMEAL | CEREAL BANANA TOAST COFFEE/TEA/OJ ALTERNATE CREAM OF RICE |
| ****NOON MEAL**** | | | | | | |
| EGG PLANT PARMESIAN TOSSED SALAD GARLIC TOAST BANANA PUDDING SQUARES ALTERNATE SALSURBY STEAK MASHED POTATOES TOSSED SALAD | CHICKEN-FRIED STEAK W/ COUNTRY GRAVY MASHED POTATOES CAPRI VEGETABLES FOUR LAYER DESSERT ALTERNATE SEASONED PORK CHOPS MASHED POTATOES CAPRI VEGETABLES | BEEF AND BROCCOLI FRIED RICE STIR-FRY VEGETABLES FRESH BLUEBERRY MANGO DESSERT ALTERNATE BAKED CHICKEN FRIED RICE STIR-FRY VEGETABLES | STUFFED PEPPERS MASHED POTATOES CORN APPLE-PECAN UPSIDE-DOWN CAKE ALTERNATE HAMBURGER MASHED POTATOES CORN | BBQ RIBS SCALLOPED POTATOES PEAS & CARROTS ICE CREAM SANDWICH ALTERNATE OPEN FACED ROAST BEEF SCALLOPED POTATOES PEAS & CARROTS | TURKEY & GRAVY OVEN TOAST POINTS STEAK FRIES GREEN BEANS CUBED JELLO ALTERNATE TURKEY HOT DOG STEAK FRIES GREEN BEANS | HOMEMADE MEATLOAF MASHED POTATOES DILL CARROTS CHOCOLATE CREAM CHEESE CUPCAKES ALTERNATE SEASONED CHICKEN MASHED POTATOES DILL CARROTS |
| ****EVENING MEAL**** | | | | | | |
| SWISS CHALET CLUB SANDWICH FRENCH FRIES CILANTRO THREE-BEAN SALAD FRESH FRUIT ALTERNATE ROAST BEEF SANDWICH FRIES/SALAD | PIZZA TOSSED SALAD W/ ASSORTED DRESSINGS LIME CHIFFON POE ALTERNATE CHICKEN SALAD TOSSED SALAD | ITALIAN HOAGIE LETTUCE/TOMATO BATTERED VEGETABLES CHICKEN TOTELLINI SOUP PBJ DESSERT BARS ALTERNATE TUNA SALAD SANDWICH VEGETABLES/SOUP | PROTEIN PLATTER (CHICKEN SALAD-EGG SALAD-COTTAGE CHEESE) DINNER ROLL SOUP DE JOUR FRUIT CUP ALTERNATE TURKEY SANDWICH SOUP DE JOUR | STUFFED SHELLS W/ SAUCE MIXED GREENS W/ BALSAMIC VINAIGRETTE GARLIC STICK ICED CAKE ALTERNATE CHICKEN PATTY SANDWICH MIXED GREENS | GARDEN-STYLE CLUB SANDWICH CONFETTI BARLEY SALAD MEXICAN CORN SOUP SLICED PEACHES ALTERNATE EGG SALAD SANDWICH SALAD/SOUP | COTTAGE CHEESE & FRUIT PLATTER CRACKERS BEEF RICE SOUP CHERRY CHEESECAKE ALTERNATE ROAST BEEF SANDWICH BEEF RICE SOUP |
| ****EVENING SNACK**** | | | | | | |
| PUDDING | COOKIES | JELLO | RICE CRISPIE TREATS | MUFFIN | SHERBET | BROWNIE |

MENU SUBJECT TO CHANGE. ALTERNATE MAIN ENTREE IF REQUESTED

COFFEE/JUICE/MILK SERVED AT EACH MEAL.

MENUS ARE BASED ON A HEART HEALTHY DIET

