

Weekly Menu

Meadows Assisted Living



	Sun 11-24-2024	Mon 11-25-2024	Tue 11-26-2024	Wed 11-27-2024	Thu 11-28-2024	Fri 11-29-2024	Sat 11-30-2024
B R K	Baked Hash Browns with Bacon Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Belgian Waffle Sausage Link Fresh Fruit 100% Juice	Breakfast Burrito Fresh Fruit 100% Juice	Cinnamon French Toast Bacon Fresh Fruit 100% Juice	Breakfast Sausage Casserole Fresh Fruit 100% Juice	Blueberry Pancakes Egg of Choice Fresh Fruit 100% Juice	Creamy Oatmeal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Tangy Pork Roast Baked Yams Beets Baked Roll Chocolate Turtle Cake	Green Salad Chicken Fried Steak and Gravy Classic Mashed Potatoes Baby Carrots Baked Roll Pumpkin Pie	Green Salad Creamy Dill Chicken Rice Pilaf Yellow Squash and Onions Baked Roll Fruit Crisp	Green Salad Sour Cream Cheddar Baked Fish Roasted Potato Medley Seasoned Broccoli Baked Roll Lemon Mousse Dessert	Green Salad Smothered Cube Steak Buttered Noodles Peas and Mushrooms Baked Roll Grandma's Brown Sugar Cake	Green Salad Butter Crumb Chicken Parsley Potatoes California Blend Baked Roll Cherry Cheesecake	Green Salad St. Louis BBQ Pork Ribs Baked Sweet Potato Southern Green Beans Fresh Cornbread Southern Peach Cobbler
D I N N E R	Cream of Broccoli Soup Roasted Chicken and Red Potatoes Cinnamon Fruit Cup Brussels Sprouts Maple Bar	Homestyle Vegetable Soup Baked Crab Macaroni and Cheese Lemon Pepper Green Beans Fruit Toss	Basil Tomato Soup Grilled Roast Beef Sandwich Creamy Peach Salad Pickle Spear Marinated Potato Salad Peanut Butter Oatmeal Cookie	Corn Chowder Pork Medallions and Biscuits Pear Fruit Cup Mixed Vegetables Ice Cream Sandwich	Cream of Cauliflower Soup Ham and Beans Apple Salad Collard Greens Rice Pudding	Vegetable Medley Soup Taco Salad Guacamole Pineapple Cream Fruit Salad	Creamed Spinach Soup Chicken Rigatoni Fresh Fruit Salad Sautéed Zucchini Double Chocolate Chip Cookie
Milk offered at every meal							Week 2

Dietitian's Signature: *Diana Jager* 10-14-2024
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