

Sample Weekly Menu



Murrieta Gardens
SENIOR LIVING - MEMORY CARE

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
B R K	1 - Fried Egg 2/3 c Hot Cereal 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Baked Salsa Omelet 2/3 c Hot Cereal 1 slice Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Waffles 2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Fluffy Pancakes 2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Sausage Country Gravy and Biscuits 2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Hot Cereal 1 - Scrambled Egg 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1/2 - English Muffin
L U N	2/3 c Soup Du Jour 1 c Beef Rice Casserole 1/2 c Herb Mashed Potatoes 1/2 c Roasted Carrots 1 - Baked Roll 1/2 c Ice Cream	2/3 c Soup Du Jour 3 oz Sour Cream Chicken 1/2 c Delicious Rice 1/2 c Green Beans with Bacon - Pc 2" Banana Flip Cake	2/3 c Soup Du Jour 3 oz Grilled Pork Chop with Applesauce 1/2 c Baked Yams 1/2 c Mixed Vegetables 1 slice Boston Cream Pie	2/3 c Soup Du Jour 3 oz Bacon Wrapped Patty 1/2 c Penne Pasta 1/2 c California Blend 1 - Soft Chocolate Chip Cookie	2/3 c Soup Du Jour 3 oz Chicken with Mushroom Gravy 3 oz Steamed Red Potatoes 1/2 c Corn 1/2 c Banana Pudding	2/3 c Soup Du Jour 3 oz Crunch-Topped Fish 1/2 c Lemon Rice 1/2 c Chef's Steamed Vegetable 1/2 c Ice Cream	2/3 c Soup Du Jour 3 oz Meatloaf 1/2 c Fresh Mashed Potatoes and Gravy 1/2 c Oven Roasted Broccoli 1 - S'mores Bars
D I N	6 oz Cream of Celery Soup 1 - Ham and Swiss Sandwich 1/2 c Assorted Fruit 1/2 c Apple Coleslaw - 3"x 2" pc Sour Cream Cranberry Bar	2/3 c Lentil Soup 1 - Ground Beef Enchiladas 1/2 c Refried Beans 1/2 c Pears 1/4 c Fresh Tomato Salsa 1/2 c Apple Juicy Jello	2/3 c Italian Vegetable Soup 1 c Chicken Rice Dish 1/2 - Banana 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 1/2 c Fruit	2/3 c Green Pea Soup 3 oz Fish and Chips 1/2 c Peaches 1/2 c Tomato Cucumber Salad 1/2 c Chocolate Vanilla Pudding Dessert	2/3 c Mexican Pork and Bean Soup 1 c Tater Tot Dish 1/2 c Sweet Potato Fries 1 c Pickle Relish Plate 1/2 c Cottage Pear Salad	2/3 c Cabbage Beef Soup 1 c Broccoli Cheese Casserole 1/2 c Fruit Cocktail 1/2 c Marinated Green Bean Salad 1/2 c Lemon Pudding	2/3 c Navy Bean Soup 1 - Hot Dog 1/2 c Sour Cream Fruit Salad 1/2 c Pickled Beets 1 oz Chips 1/2 c Peach Cobbler
Milk offered at every meal							Week 3

Dietitian's Signature:

Diana Jager 11-20-2019
RDN #610128