



# The Cottages

Assisted Living & Memory Care

## Sample Menu



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Hot Cereal Raisins 100% Juice WG Toast Milk	Vanilla Muffin Egg of Choice Fresh Fruit 100% Juice Milk	Fried Egg Sausage Fresh Fruit 100% Juice WG Toast Milk	Waffles Egg of Choice Fresh Fruit 100% Juice Milk	Cold Cereal Banana 100% Juice WG Toast Milk	Scrambled Egg Hash Browns Fresh Fruit 100% Juice English Muffin Milk	Texas French Toast Bacon Fresh Fruit 100% Juice Milk
<b>Lunch</b>	Chicken Enchiladas Classic Macaroni Salad Creamed Corn Bake Roll Milk Rootbeer Floats	Sautéed Meatball Twice Baked Potato Buttery Carrots Cornbread Milk	Sour Cream Burrito/Sauce Spanish Rice Fresh Tomato Salsa Refried Beans Milk Soft Snickerdoodle	Slow Roasted Turkey Breast Mashed Potato/ Gravy Green Bean Casserole Baked Roll Milk Fruit Cocktail	Beef Pot Roast Fresh M' Potatoes Carrots Baked Roll Milk Banana Splits	Oven Fried Fish Applesauce Lettuce Tomato Salad Baked Roll Milk	Apricot Chicken Potato Salad Corn WG Bread Milk
<b>Dinner</b>	Sloppy Joes Apricots Vegetable Milk Homemade Cookie	Chicken Stir-Fry/Rice Pineapple Chunks Veggies in Stir Fry WG Bread Milk Ice Cream	Hamburger 'n Fixins Watermelon Pickled Beets Fries Milk	Ham & Potato Soup Strawberries Dill Cucumbers Baked Roll Milk Ice Cream	Quiche Lorraine Peaches Sautéed Spinach WG Bread Milk Pudding	Sauerkraut Hot Dish Pears Tomatoes, Sliced Milk Homemade Cookie	Ham Salad Sandwich Banana Four Bean Salad Chips Milk Ice Cream Bar

Dietitian's Signature & Date: