

Braswell Family Senior Care

Sample Weekly Menu



Janet M. Hubbard R. D.
Dietary Consulting Service

Cycle A – Spring

Week 1

3/20, 4/17, 5/15	3/21, 4/18, 5/16	3/22, 4/19, 5/17	3/23, 4/20, 5/18	3/24/, 4/21, 5/19	3/25, 4/22, 5/20	3/26, 4/23, 5/21
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Blended Juice Farina Pancakes Syrup/Margarine Bacon Beverage	Grape Juice Malt-O-Meal Egg & Sausage Bake Toast/Margarine Beverage	Pineapple Juice Oatmeal French Toast Syrup/Margarine Sausage Links Beverage	Orange Juice Cream of Rice Scrambled Eggs Coffeecake Beverage	Cranberry Juice Cocktail Malt-O-Meal Pancakes Syrup/Margarine Sausage Links Beverage	Pineapple Juice Cream of Rice Scrambled Eggs/Cheese Toast/Margarine Beverage	Apple Juice Oatmeal French Toast Syrup/Margarine Orange Slice/Parsley Beverage
Pineapple Slice/Parsley Glazed Ham Slice Candied Yams Savory Peas Bread/Margarine Fruit Pie Beverage	Copper Penny Salad Beef Burgundy Parslied Noodles California Blend Bread/Margarine Fresh Fruit in Season Beverage	Fruited Gelatin Salad Oven Fried Chicken Mashed Potatoes/Gravy Seasoned Spinach Dinner Roll/Margarine Apple Crisp Beverage	Garnish: Applesauce Roast Pork/Gravy Buttered Rice Broccoli au Gratin Bread/Margarine Chocolate Chip Cookie Beverage	Tossed Green Salad w/Dressing Lasagna Sautéed Zucchini/Onions Garlic Bread Fruit Compote Beverage	Pear & Cottage Cheese Salad/LL Easy Chili con Carne Cornbread/Margarine Ranger Cookie Beverage	Salisbury Steak w/Gravy Oven-Browned Potatoes Mixed Vegetables Bread/Margarine Fresh or Canned Fruit Beverage
Potato Salad Cheeseburger Tomatoes, Lettuce and Pickle Catsup, Mustard, Mayonnaise Ice Cream Beverage	Garnish: Cranberry Sauce Hot Turkey Sandwich Mashed Potatoes/Gravy Zucchini/Tomatoes Cookies Beverage	Onion Soup Quiche Dutch Green Beans Bread/Margarine Chocolate Pudding/WC Beverage	Fruit Salad Jumbalaya Biscuit/Margarine Sherbet Beverage <i>Alt: Beefaroni w/Seasoned Mixed Veg.</i>	Pea & Cheese Salad Lemon Baked Chicken Normandy Vegetables Fruit Garnish Molded Raspberry Applesauce Dessert Beverage	Fried Fish w/Lemon Tartar Sauce Scalloped Potatoes Beets in Orange Sauce Bread/Margarine Iced Chocolate Cake Beverage	Cream of Tomato Soup Grilled Cheese Sandwich Tomato Slice/Lettuce Pickle Spear Potato Chips Custard Beverage
Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base	Bread Exchange Juice Base

Please Note: Patients may have whole wheat or white bread. Therapeutic Diets are on file in Dietary Department. Eight oz of whole milk offered with Breakfast, 4 oz at Lunch and 4 oz at Dinner. (Calorie Counts Vary). Cold Cereal is available to residents upon request.