

# Weekly Menu

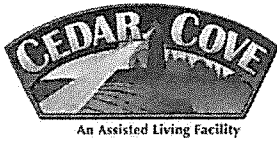
## Cedar Cove Assisted Living



	Sun 02-25-2024	Mon 02-26-2024	Tue 02-27-2024	Wed 02-28-2024	Thu 02-29-2024	Fri 03-01-2024	Sat 03-02-2024
BREAKFAST	2 - Homestyle Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Ham and Cheese Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Bagel and Cream Cheese 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Breakfast Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Texas French Toast 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Bacon and Egg Muffin 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Sausage Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
LUNCH	1 c Green Salad 3 oz Meatloaf and Gravy 1 - Baked Potato 1/2 c Normandy Blend 3"x 2" pc Texas Sheet Cake	1 c Green Salad 3 oz Herb Grilled Chicken 1/2 c Seasoned Rice 1/2 c Lemon Pepper Green Beans 1 - Baked Roll 1/2 c Blueberry Cobbler	1 c Green Salad 3 oz Bread Crumb Pork Chop 1/2 c Roasted Yams 1/2 c Seasoned Broccoli 1 - Baked Roll 1 slice Pumpkin Pie	1 c Green Salad 3 oz Salisbury Steak with Brown Sauce 1/2 c Herb Mashed Potatoes 1/2 c Buttery Carrots 3"x 2" pc Butter Pecan Cake	1 c Green Salad 3 oz Roasted Chicken Thigh 1/2 c Parmesan Pasta 1/2 c Yellow Squash and Onions 1 - Baked Roll 1/2 c Peach Crisp	1 c Green Salad 3 oz Sour Cream Crusted Fish 1/2 c Lemon Chive Rice 1/2 c Sauteed Spinach 1 - Baked Roll 1/2 c Orange Sherbet Dish	1 c Green Salad 1 Pc 3" Traditional Lasagna 1/2 c Chef's Steamed Vegetable 1 oz Garlic Bread 1/2 c Eclair Pudding Dessert
DINNER	2/3 c Navy Bean Soup 1 - Shredded Pork on a Bun 1/2 c Pickled Beets and Onions 1/2 c Sweet Potato Fries 1/2 c Whipped Pineapple Salad	2/3 c Fresh Vegetable Soup 1 c Baked Spaghetti 1/2 c Peach Salad 1/2 c Herb Roasted Vegetables Pc 2" Butterscotch Brownies	2/3 c Basil Tomato Soup 1 c Chicken and Biscuits 1/2 c Fruit Cocktail Salad 1/2 c Mixed Vegetables 1/2 c Cookies and Cream Ice Cream	2/3 c Potato Mushroom Soup 1 c Crab Alfredo with Linguine 1/2 c Lemon Cream Salad 1/2 c Roasted Asparagus 1 slice Banana Bread	2/3 c Cream of Cauliflower Soup 1 - Cobb Salad Sandwich 1/2 c Grapes 1/2 c Three Bean Salad 1 - Chocolate Chip Cookie	2/3 c Minestrone Soup 1 slice Pepperoni Pizza 1/2 c Assorted Fruit 1 c Light Caesar Salad 1 - Parmesan Breadsticks 3"x 2" pc Creamy Cake Bar	2/3 c Cream of Broccoli Soup 1 - Slow Cooked BBQ Chicken Sandwich 1/2 c Honey Roasted Carrots 10 - Tater Tots 1/2 c Pear Fruit Medley
	Milk offered at every meal						Week 1

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Dietitian's Signature: *Quinn Jager 6/10/28*  
1-11-2024



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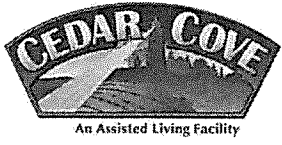
## Cedar Cove Assisted Living



	Sun 03-03-2024	Mon 03-04-2024	Tue 03-05-2024	Wed 03-06-2024	Thu 03-07-2024	Fri 03-08-2024	Sat 03-09-2024
B R E A K F A S T	2/3 c Baked Oatmeal with Cinnamon Apples 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Homestyle Waffles 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Egg Sausage Croissant 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Cinnamon French Toast 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Fluffy Pancakes 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit
L U N C H	1 c Green Salad 3 oz Glazed Baked Ham 1/2 c Fresh Cooked Yams 1/2 c Roasted Cabbage 1 - Baked Roll 3"x 2" pc Homemade Carrot Cake	1 c Green Salad 3 oz Teriyaki Chicken 1/2 c Fried Rice 1/2 c Stir-Fry Vegetables 1 - Baked Roll 1/2 c Pineapple Parfait	1 c Green Salad 3 oz Cranberry Meatballs 1/2 c Angel Pasta 1/2 c Whole Green Beans 1 - Chocolate Meringue Pie	1 c Green Salad 3 oz Herb Seasoned Pork 1/2 c Scalloped Potatoes 1/2 c Bacon Brussels Sprouts 1 - Baked Roll 1/2 c Apple Cobbler	1 c Green Salad 3 oz Hamburger Steak and Onions 3 oz Steamed Red Potatoes 1/2 c Maple Roasted Carrots 1 - Baked Roll 3"x 2" pc Cherry Chocolate Cake	1 c Green Salad 3 oz Cod Fillet with Lemon Sauce 1/2 c White and Wild Rice Pilaf 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 3"x 2" pc Fudge Brownie	1 c Green Salad 3 oz Rosemary Roasted Turkey 1/2 c Homestyle Stuffing 1/2 c Baked Squash 3"x 2" pc Banana Nut Cake
D I N N E R	2/3 c Green Pea Soup 1 - Open Face Turkey Sandwich 1/2 c Select Peach Salad 1/2 c California Blend 1/2 c Pasta Salad 1/2 c Chocolate Ice Cream	2/3 c Homestyle Vegetable Soup 1 - Cheese Chili Bake 1/2 c Fresh Fruit Cup 1/2 c Tossed Vegetable Salad 3"x 2" pc Fresh Cornbread 1 - Soft Snickerdoodle	2/3 c Cream of Tomato Soup 2 c Honey Mustard Chicken Salad 1/2 c Pears 1 - Baked Roll 1/2 c Rice Pudding	2/3 c Garden Vegetable Soup 1 c Classic Beef Stroganoff 1/2 c Lemon Buttered Broccoli 1 - Garlic Breadsticks 1/2 c Raspberry Jello Salad	2/3 c Cheddar Corn Chowder 1/2 - Turkey Club Sandwich 1/2 c Apple Slices 1/2 c Tomato Cucumber Salad 1 oz Crackers 1 - Pumpkin Spice Bar	2/3 c Cream of Zucchini Soup 3"x 2" pc Cowboy Meatloaf Dish 1/2 c Herb Buttered Corn and Green Beans 3"x 2" pc Fresh Cornbread 1/2 c Mixed Fruit Medley	2/3 c Homestyle Bean Bacon Soup 2 oz Ranch Chicken Nuggets 1/2 c Assorted Fruit 1/2 c Mixed Vegetables 3 oz French Fries 1 - Oatmeal Chocolate Chip Cookie
	Milk offered at every meal						Week 2

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Dietitian's Signature: *Diana Jeger 610128*  
1-11-2024



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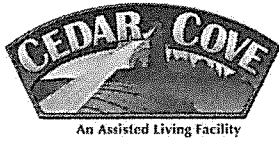
## Cedar Cove Assisted Living



	Sun 03-10-2024	Mon 03-11-2024	Tue 03-12-2024	Wed 03-13-2024	Thu 03-14-2024	Fri 03-15-2024	Sat 03-16-2024
B R E A K F A S T	2/3 c Bananas Foster Oatmeal 1 - Egg of Choice 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Brown Sugar French Toast 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - English Muffin Breakfast Sandwich 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Chef's Choice Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Buttermilk Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Sausage Country Gravy and Biscuits 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N C H	1 c Green Salad 3 oz Pot Roast with Cider Gravy 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1 slice Fresh Apple Pie	1 c Green Salad 3 oz Roasted Lemon Chicken 1/2 c Cheesy Confetti Rice 1/2 c Grilled Asparagus 1 - Baked Roll 1/2 c Peach Cobbler	1 c Green Salad 3 oz Pork Chops and Gravy 1/2 c Baked Yams 1/2 c Oven Roasted Cauliflower 1 - Baked Roll 3"x 2" pc Glazed Pumpkin Cake	1 c Green Salad 3 oz Beef Patty with Mushroom Sauce 1/2 c Roasted Potato Medley 1/2 c Peas and Onions 1/2 c Chocolate Trifle	1 c Green Salad 3 oz Smothered Chicken Breasts 1/2 c Penne Pasta 1/2 c Garlic Green Beans 1 - Baked Roll 1 slice Old Fashioned Custard Pie	1 c Green Salad 3 oz Parmesan Herb Crusted Tilapia 1/2 c Parsley Rice 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 3"x 2" pc Lime Poke Cake	1 c Green Salad 3 oz Glazed Meatloaf 1/2 c O'Brien Potatoes 1/2 c Roasted Squash 1/2 c Pear Crisp
D I N N E R	2/3 c Potato Spinach Soup 1 c Broccoli Ham Casserole 1/2 c Assorted Fruit 1 - Herb Pull Apart Roll 1/2 c Sherbet	2/3 c Italian Vegetable Soup 1 c Cheese Tortellini with Basil Cream Sauce 1/2 c Pear Fruit Compote 1/2 c Green Beans Italian Pc 2" Magic Bars	2/3 c Red Pepper Soup 1 c King Ranch Chicken Casserole 1/2 c Seasoned Zucchini 1/2 c Simple Pinto Beans 1/2 c Citrus Banana Salad	2/3 c Fresh Tomato Soup 1 - Tuna Melt 1/2 c Grapes 1/2 c Dill Cucumbers 3 - Onion Rings 1 c Rootbeer Floats	2/3 c Vegetable Rice Soup 1 c Shepherd's Pie with Gravy 1/2 c Peach Cottage Salad 1/2 c Herb Sauteed Vegetables 1 - M&M Cookie	2/3 c Cream of Broccoli Soup 1 - Classic Chicken Salad Sandwich 1/2 c Tomato Wedges 1 oz Chips 1/2 c Fruit Medley	2/3 c Autumn Soup 1 c Pork and Sausage Jambalaya 1/2 c Cinnamon Stewed Apples 1/2 c Fried Okra 3"x 2" pc Caramel Bars
	Milk offered at every meal						Week 3

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Dietitian's Signature: *Diana Agui 610128*  
1-11-2024



# Weekly Menu

## Cedar Cove Assisted Living



	Sun 03-17-2024	Mon 03-18-2024	Tue 03-19-2024	Wed 03-20-2024	Thu 03-21-2024	Fri 03-22-2024	Sat 03-23-2024
BREAKFAST	1 - Breakfast Mini Fruit Pizza 1 - Egg of Choice 1/2 c 100% Juice	1 - Deluxe Waffles 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Fried Egg, Ham and Cheese Croissant 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - French Texas Toast Bake 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Orange Cranberry Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Maple Bacon Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Blueberry Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice
LUNCH	1 c Green Salad 3 oz Crispy Fried Chicken 1/2 c Roasted Smashed Potatoes 1/2 c Country Trio Medley 1 - Baked Roll 1 slice Chocolate Cream Pie	1 c Green Salad 3 oz Roasted Pork with Apples 1 - Baked Sweet Potato 1/2 c Collard Greens 1 - Baked Roll 3"x 2" pc Spice Cake	1 c Green Salad 3 oz Beef Tips in Gravy 1/2 c Noodles 1/2 c California Blend 1 - Baked Roll 1/2 c Apple Crumble	1 c Green Salad 3 oz Turkey Roast with Stuffing 1/2 c Green Bean Casserole 1 - Baked Roll 1 slice Perfect Pumpkin Cheesecake Bars	1 c Green Salad 3 oz Baked Ham 1/2 c AuGratin Potatoes 1/2 c Roasted Cabbage 1 - Baked Roll 3"x 2" pc Coconut Cake	1 c Green Salad 3 oz Sweet and Sour Meatballs 1/2 c Rice 1/2 c Steamed Broccoli 1 - Baked Roll 1/2 c Fruit Cobbler	1 c Green Salad 3 oz Chicken with Creamy Gravy 1/2 c Fresh Mashed Potatoes 1/2 c Peas and Mushrooms 1 - Baked Roll 3"x 2" pc Caramel Cake
DINNER	2/3 c Garden Tomato Soup 1 - Grilled Cheese Sandwich 1 - Orange Slices 1 c Waldorf Green Salad 1 - Classic Rice Krispies Treat	2/3 c Cream of Celery Soup 3 oz Fish and Chips 1/2 c Coleslaw 1/2 c Fruit Toss	2/3 c Homestyle Vegetable Soup 2 c Chicken Caesar Salad 1/2 c Assorted Fruit 1 slice Mozzarella Garlic Bread 1/2 c Tapioca Pudding	2/3 c Black Bean Salsa Soup 1 - Beef Enchilada 1/2 c Peach Fruit Cup 1/2 c Zucchini Corn Saute 1 slice Cinnamon Bread	2/3 c Herbed Butternut Squash Soup 1 c Turkey Casserole 1/2 c Beets 3"x 2" pc Fresh Cornbread 1/2 c Creamy Cocktail Salad	2/3 c Cream of Mushroom Soup 1 - Ham and Swiss Sandwich 1/2 c Apple Slices 1/2 c Vegetable Pasta Salad 1/2 c Strawberry Mousse	2/3 c Vegetable Macaroni Soup 1 slice Homestyle Cheese Pizza 1/2 c Grapes 1 c Chopped Salad with Garlic Dressing 1 - Breadsticks 1 - Soft Oatmeal Cookie
	Milk offered at every meal						Week 4

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1-11-2024