

Weekly Menu

Cedar Cove Assisted Living



	Sun 06-30-2024	Mon 07-01-2024	Tue 07-02-2024	Wed 07-03-2024	Thu 07-04-2024	Fri 07-05-2024	Sat 07-06-2024
B R E A K F A S T	2 - Fluffy Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Denver Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Cinnamon Roll Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Sausage Country Gravy and Biscuits 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	1 - Bagel and Cream Cheese 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Egg and Cheese Biscuit 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Chicken Parmesan 1/2 c Garlic Pasta 1/2 c Yellow Squash 1 - Baked Roll 1/2 c Mixed Berry Crisp	1 c Green Salad 3 oz Garlic Herb Pork Roast 1/2 c Roasted Sweet Potatoes 1/2 c Honey Dijon Roasted Brussels Sprouts 1 - Baked Roll 3"x 2" pc Chocolate Buttermilk Cake	1 c Green Salad 1 c Braised Beef and Broccoli 1/2 c Seasoned Rice 1 - Baked Roll 1 slice Fresh Coconut Cream Pie	1 c Green Salad 3 oz Homestyle Turkey 1/2 c Cornbread Sausage Stuffing 1/2 c Green Beans Almondine 1 - Baked Roll 1/2 c Apple Cobbler	1 c Green Salad 3 oz Baked Spiral Ham 1/2 c AuGratin Potatoes 1/2 c Glazed Baby Carrots 1 - Baked Roll 1/2 c Ice Cream Sundae	1 c Green Salad 3 oz Hawaiian Meatballs 1/2 c Island Style Fried Rice 1/2 c Stir Fry Vegetables 1 - Baked Roll 3"x 2" pc Pineapple Shortcake	1 c Green Salad 3 oz Grilled Lemon Chicken 1/2 c Parmesan Roasted Potatoes 1/2 c Fresh Asparagus 1 - Baked Roll Pc 2" Mint Brownie
D I N N E R	2/3 c Potato Mushroom Soup 1 - Egg Salad Sandwich 3/4 c Honeydew 2 slices Marinated Tomatoes 1 - Classic Rice Krispies Treat	2/3 c Creamy Zucchini Soup 1 c Shrimp and Cilantro Lime Rice 1/2 c Sauteed Carrots 1/2 c Best Black Beans 1/2 c Tropical Pineapple Salad	2/3 c Garden Tomato Soup 2 c Grilled Chicken Strawberry Salad 1/2 c Assorted Fruit 1 - Mini Croissant Roll 1 - Soft Oatmeal Raisin Cookie	2/3 c Cream of Vegetable Soup 1 c Baked Tomato Beef Pasta 1/2 c Pear Fruit Medley 1/2 c Balsamic Roasted Vegetables 3"x 2" pc Funfetti Cake Bar	2/3 c Vegetable Rice Soup 1 c Turkey Pot Pie 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 1/2 c Peach Spring Salad	2/3 c Lentil Soup 1 - Ham and Swiss Slider 1/2 c Apple Slices 1/2 c Sweet Slaw 3 oz French Fries 1 - Fudge Crinkle Cookie	2/3 c Classic Minestrone Soup 1 - Meat Supreme Pizza 1 c Cantaloupe 1 c Lettuce Tomato Salad 1 - Pan Breadsticks 1/2 c Butterscotch Pudding
	Milk offered at every meal						Week 2

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Dietitian's Signature: *Diana Jagan 6/10/24*
4-29-2024



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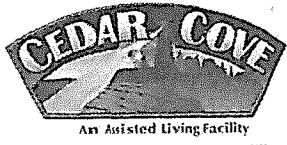


	Sun 07-07-2024	Mon 07-08-2024	Tue 07-09-2024	Wed 07-10-2024	Thu 07-11-2024	Fri 07-12-2024	Sat 07-13-2024
B R E A K F A S T	1 - Scrambled Egg and Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Blueberry Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1/2 slice French Breakfast Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Ham Egg and Cheese Casserole 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 Apricot Glazed Pork Roast 1/2 c Fresh Cooked Yams 1/2 c Capri Blend 1 - Baked Roll 1 slice Lemon Meringue Pie	1 c Green Salad 3 oz Country Fried Steak with Gravy 1/2 c Garlic Mashed Potatoes 1/2 c Peas and Onions 1 - Baked Roll 3"x 2" pc Banana Sheet Cake	1 c Green Salad 3 oz Monterey Chicken with Mushrooms 1/2 c Penne Pasta 1/2 c Roasted Carrots 1 - Baked Roll 1/2 c Fruit Cobbler	1 c Green Salad 3 oz Oven Fried Cod 1/2 c Parsley Seasoned Potatoes 1/2 c Sauteed Spinach 1 - Baked Roll Pc 2" Strawberry Cheesecake	1 c Green Salad 3 oz Seasoned Salisbury Steak 1/2 c Buttered Noodles 1/2 c Parmesan Green Beans 1 - Baked Roll Pc 2" Snickerdoodle Brownie	1 c Green Salad 3 oz Sauteed Chicken Breast 1/2 c Rice Pilaf 1/2 c Herb Roasted Vegetables 1 - Baked Roll 1/2 c Cherry Crisp	1 c Green Salad 3 oz Baby Back Pork Ribs 1/2 c Southern Baked Beans 1/3 - Corn on the Cob 1 - Baked Roll 3"x 2" pc Chocolate Peanut Butter Cake
D I N N E R	2/3 c Homestyle Vegetable Soup 1 - Chicken Enchiladas 1/2 c Fruit Medley 1/2 c Roasted Zucchini 1/2 c Creamy Rice Pudding	2/3 c Fresh Tomato Soup 1 c Cajun Shrimp Mac and Cheese 1/2 c Seasoned Broccoli 1/2 c Fresh Fruit Cup	2/3 c Corn Chowder 1 - American Hamburgers 1 c Watermelon 1/2 c Three Bean Salad 1 - Soft Chocolate Chip Cookie	2/3 c Vegetable Medley Soup 2/3 c Sweet and Sour Pork 1/2 c Stir-Fry Vegetables 1/2 c Rice 1 3"x 2" pc Magic Cookie Bar	2/3 c Cream of Broccoli Soup 1 c Scalloped Ham and Potatoes 1/2 c Braised Carrots and Celery 1/2 c Peach Jello Salad	2/3 c Green Chile Stew 2 c Taco Salad 1/2 c Citrus Banana Salad 1/4 c Fresh Tomato Salsa 1 - Popsicle Bar	2/3 c Vegetable Macaroni Soup 3 oz Chicken with Glazed Vegetables 3/4 c Honeydew 1 c Chopped Salad with Garlic Dressing 2 - Raspberry Split Cookies
	Milk offered at every meal						

Week 3

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4-29-2024



Weekly Menu

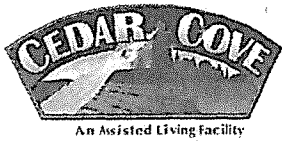
Cedar Cove Assisted Living



	Sun 07-14-2024	Mon 07-15-2024	Tue 07-16-2024	Wed 07-17-2024	Thu 07-18-2024	Fri 07-19-2024	Sat 07-20-2024
B R E A K F A S T	6 oz Sausage Potato Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1/2 c Egg and Ham Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Homestyle Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Poppy Seed Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Bacon and Egg Muffin 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Belgian Waffle 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Classic Meatloaf 1/2 c Herb Roasted Red Potatoes 1/2 c Loaded Cauliflower 1 - Baked Roll 1 slice Dutch Apple Pie	1 c Green Salad 1 c Asian Orange Chicken 1 - Vegetable Egg Roll 1/2 c Sesame Green Beans 1 - Baked Roll Pc 2" White Almond Cake	1 c Green Salad 3 oz Creamy Herbed Pork Chop 1/2 c Baked Yams 1/2 c Mixed Vegetables 1 - Baked Roll 1/2 c Pear Cobbler	1 c Green Salad 3 oz Hamburger Steak and Onions 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1/2 c Berry Trifle	1 c Green Salad 3 oz Baked Drumsticks 1/2 c Potato Salad 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 3"x 2" pc Peanut Butter Marshmallow Crunch Bar	1 c Green Salad 3 oz Lemon Baked Fish 1/2 c Parsley Rice 1/2 c Steamed Broccoli 1 - Baked Roll 1 - Key Lime Tarts	1 c Green Salad 1 - Steak Fajita 1/2 c Sauteed Zucchini 1 - Baked Roll 3"x 2" pc Cinnamon Coffee Cake
D I N N E R	2/3 c Homestyle Bean Bacon Soup 1 - BBQ Pulled Pork on a Bun 1/2 c Carrot Apple Celery Salad 1/2 c Fruit Cocktail	2/3 c Cream of Mushroom Soup 2 - Classic Stuffed Bell Peppers 1/2 c Spring Fruit Cup 1 - Frosted Sugar Cookie	2/3 c Fresh Vegetable Soup 1 c Greek Chicken Pasta 1/2 c Assorted Fruit 1/2 c Tomato Cucumber Salad 1 - Crusty Garlic Bread 1/2 c Sherbet	2/3 c Creamy Wild Rice Soup 1 c Roasted Shrimp and Vegetables 1/2 c Capri Blend 1 - Fresh Buttermilk Biscuit Pc 2" Banana Bread Blondies	2/3 c Summer Tomato and Basil Soup 1 - Ham Melt 1/2 c Apple Salad 1/2 c Peas and Mushrooms 1/2 c Peaches and Cream Dessert	2/3 c Spinach Tortellini Soup 1 slice Pepperoni Pizza 1/2 c Fruit Compote 1/2 c Green Beans Italian 1 - Monster Cookie	2/3 c Garden Vegetable Soup 1 - Chicken Salad on Croissant 1/2 c Assorted Fruit 1 c Romaine Orange Salad 1/2 c Whipped Jello
	Milk offered at every meal						Week 4

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4-29-2024



Weekly Menu

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	Sun 07-21-2024	Mon 07-22-2024	Tue 07-23-2024	Wed 07-24-2024	Thu 07-25-2024	Fri 07-26-2024	Sat 07-27-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	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	2 - Buttermilk Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Baked Omelet 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Brown Sugar French Toast 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Skillet Eggs with Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	1 - Deluxe Waffle 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Honey Glazed Ham 1/2 c Sweet Potato Hash 1/2 c Skillet Cabbage 1 - Baked Roll 1 slice Pecan Pie	1 c Green Salad 3 oz Homestyle Fried Chicken 1/2 c Classic Macaroni Salad 1/2 c Collard Greens 1 - Baked Roll 1/2 c Peach Cobbler	1 c Green Salad 3 oz Southwest Cheddar Meatballs 1/2 c Herb Mashed Potatoes 1/2 c Roasted Summer Squash 3"x 2" pc Texas Sheet Cake	1 c Green Salad 3 oz Roasted Pork 1 - Baked Sweet Potato 1/2 c Grilled Asparagus 1 - Baked Roll 1/2 c Pineapple Blueberry Crumble	1 c Green Salad 3 oz Bacon and Cheese Chopped Steak 1/2 c Mushroom Rice 1/2 c Peas and Carrots 1 - Baked Roll 1 slice Toll House Pie	1 c Green Salad 3 oz Crunchy Baked Fish 1/2 c Baked Fried Potatoes 1/2 c Lemon Roasted Broccoli 1 - Baked Roll 1/2 c Sherbet Dessert	1 c Green Salad 3 oz Herb Roasted Turkey 1/2 c Corn Casserole 1/2 c Roasted Brussels Sprouts 1 - Baked Roll 3"x 2" pc Homemade Carrot Cake
D I N N E R	2/3 c Mushroom Barley Soup 1 - Open Face Turkey Sandwich with Gravy 1/2 c Five Fruit Salad 1/2 c Buttery Carrots Pc 2" Fresh Lemon Bars	2/3 c Vegetable Rice Soup 1 - Bean and Cheese Burrito 1/2 c Grapes 1/2 c Colorful Corn Salad 1 - Peanut Butter Cookie	2/3 c Creamy Carrot Soup 2 c Summer Cobb Salad 1 c Watermelon 1 - Baked Roll 1 - Ice Cream Bar	2/3 c Vegetable Medley Soup 1 c Spaghetti with Marinara Meat Sauce 1/2 c Pear Fruit Medley 1/2 c Garlic Green Beans 1 oz Garlic Bread 1/2 c Chocolate Eclair Dessert	2/3 c Cream of Cauliflower Soup 1 - Honey Mustard Deli Wrap 1/2 c Pickled Beets 1/2 c Orange Cottage Salad	2/3 c Tomato Green Bean Soup 1 c Hawaiian Beef Dish 1/2 c Fresh Tropical Fruit Cup 1/2 c Chef's Steamed Vegetable 1 - Coconut Cookie	2/3 c Minestrone Soup 3 oz Breadcrumbs Chicken Tenders 1/2 c Normandy Blend 1/2 c Baked Macaroni Cheese 1/2 c Mixed Fruit Medley
Milk offered at every meal							Week 5

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Dietitian's Signature: *Diana Jagan 6/10/28*
4-29-2024