



Weekly Menu

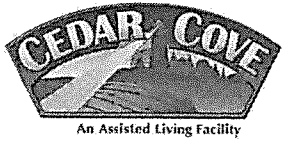
Cedar Cove Assisted Living



	Sun 09-29-2024	Mon 09-30-2024	Tue 10-01-2024	Wed 10-02-2024	Thu 10-03-2024	Fri 10-04-2024	Sat 10-05-2024
BREAKFAST	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
LUNCH	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
DINNER	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 Breadcrumb 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 610128*
4-29-2024



Weekly Menu

Cedar Cove Assisted Living



	Sun 10-06-2024	Mon 10-07-2024	Tue 10-08-2024	Wed 10-09-2024	Thu 10-10-2024	Fri 10-11-2024	Sat 10-12-2024
B R E A K F A S T	1 - Breakfast Sausage Taquitos 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Blueberry French Toast Bake 1 oz Bacon 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	2 - Buttermilk Pancakes 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Egg and Tomato Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Strawberry Belgian Waffle 1 oz Sausage Link 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
L U N C H	1 c Green Salad 3 oz Beef Pot Roast 1/2 c Mashed Red Potatoes 1/2 c Honey Roasted Carrots 1 - Baked Roll 1 slice Lemon Cream Pie	1 c Green Salad 3 oz Chicken with Mango Salsa 1/2 c Brown Rice 1/2 c Steamed Broccoli 1 - Baked Roll 3"x 2" pc Orange Poke Cake	1 c Green Salad 3 oz Glazed Pork Chops 1 - Baked Potato 1/2 c Green Bean Mushroom Medley 1 - Baked Roll 1/2 c Bread Pudding	1 c Green Salad 3 oz Skillet Beef Patty with Gravy 1/2 c Parsley Noodles 1/2 c Mixed Vegetables 1 - Baked Roll 1/2 c Pear Crisp	1 c Green Salad 3 oz Ranch Chicken 1/2 c Glazed Sweet Potatoes 1/2 c Zucchini Corn Saute 1 - Baked Roll 1 slice Chocolate Cream Pie	1 c Green Salad 3 oz Seasoned Baked Fish 1/2 c Lemon Rice 1/2 c Sautéed Spinach 1 - Baked Roll 1 slice Company Cheesecake	1 c Green Salad 3 oz Brown Sugar Meatloaf 1/2 c Roasted Potato Medley 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 1/12 - Peach Angel Food Cake
D I N N E R	2/3 c Hearty Vegetable Soup 1 c Southern Ham and Beans 1/2 c Oven Roasted Okra 3"x 2" pc Fresh Cornbread 1/2 c Select Apple Salad	2/3 c Italian Vegetable Soup 1 c Cheese Tortellini 1/2 c Peaches 1 c Light Caesar Salad Pc 2" Chocolate Chip Brownie	2/3 c Navy Bean Soup 1 c Chicken Pilaf Casserole 1/2 c Mixed Fruit Medley 1/2 c Roasted Brussels Sprouts 1/2 c Strawberry Ice Cream	2/3 c Cream of Tomato Soup 1 - Tuna Salad Sandwich 1/2 c Grapes 1 c Cucumber Dill Salad 1 - Soft Snickerdoodle	2/3 c Vegetable Medley Soup 1 c Hamburger Casserole 1/2 c Fresh Cooked Carrots 1 - Whole Grain Bread 1/2 c Jello Salad	2/3 c Homestyle Bean Bacon Soup 1 - Grilled Chicken Sandwich 1 c Watermelon 1/2 c Broccoli Raisin Salad 1 - Ice Cream Sandwich	2/3 c Fresh Vegetable Soup 1 c Pork and Noodle Casserole 1/2 c Fresh Fruit Cup 1/2 c Whole Green Beans 3"x 2" pc Chocolate Caramel Bars
	Milk offered at every meal						
	Week 1						

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



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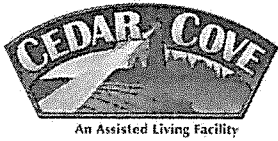


	Sun 10-13-2024	Mon 10-14-2024	Tue 10-15-2024	Wed 10-16-2024	Thu 10-17-2024	Fri 10-18-2024	Sat 10-19-2024
B R E A K F A S T	1 - Denver Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Bacon and Egg Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Brown Sugar French Toast 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Cinnamon and Sugar Oatmeal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - English Muffin Breakfast Sandwich 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Buttermilk Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Rosemary Lemon Chicken 1/2 c Garlic Pasta 1/2 c Green Beans Italian 1 - Baked Roll 1 slice Vanilla Cream Pie	1 c Green Salad 3 oz Pork Tenderloin 1/2 c Candied Yams 1/2 c Roasted Brussels Sprouts 1 - Baked Roll 3"x 2" pc Blueberry Coffee Cake	1 c Green Salad 3 oz Beef Tips with Sauce 1/2 c Herb Mashed Potatoes 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 1/2 c Maple Bread Pudding	1 c Green Salad 3 oz Homestyle Turkey and Gravy 1/2 c Sage Stuffing 1/2 c Buttered Squash 1 - Baked Roll 1/2 c Apple Cobbler	1 c Green Salad 3 oz Cranberry Glazed Ham 1/2 c AuGratin Potatoes 1/2 c Roasted Carrots 1 - Baked Roll 3"x 2" pc Spiced Pear Cake	1 c Green Salad 4 oz Meatballs with Marinara Sauce 1/2 c Angel Pasta 1/2 c Oven Roasted Broccoli 1 - Baked Roll 3"x 2" pc Peanut Butter Brownie	1 c Green Salad 3 oz Garlic Broiled Chicken Breast 1/2 c Smashed Red Potatoes 1/2 c Capri Blend 1 - Baked Roll 1/2 c Berry Trifle
D I N N E R	2/3 c Fresh Tomato Soup 1 - Grilled Cheese Sandwich 1/2 c Soft Fall Fruit Salad 1/2 c Farm Fresh Vegetables 1 - Chocolate Chip Cookie	2/3 c Garden Vegetable Soup 1 c Shrimp Fettuccine Alfredo 1/2 c Roasted Zucchini 1 oz Garlic Bread 1/2 c Sherbet	2/3 c Navy Bean Soup 1 - Crispy BBQ Chicken Salad 3"x 2" pc Fresh Cornbread 1/2 c Grapes	2/3 c Classic Minestrone Soup 1 c Shepherd's Pie 1/2 c Raspberry Jello Salad 1/2 c Roasted Cauliflower 3"x 2" pc Carrot Cake Bar	2/3 c Vegetable Rice Soup 1 c Taco Cornbread Casserole 1/2 c Select Orange Salad 1/2 c Southwest Vegetable Medley 1/2 c Layered Pudding	2/3 c Cream of Celery Soup 2 - Ham and Cheese Sliders 1/2 c Pineapple Coleslaw 1/2 c Baked Cinnamon Apples	2/3 c Vegetable Macaroni Soup 1 - Pepperoni and Mushroom Pizza 1/2 c Assorted Fruit 1/2 c Tossed Vegetable Salad 1 - Crusty Garlic Bread 1 - Chocolate Chip Rice Krispies Treats
	Milk offered at every meal						
	Week 1						

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Dim Jagan 610128
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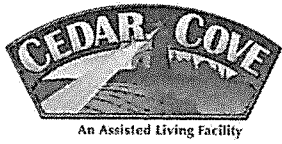
	Sun 10-20-2024	Mon 10-21-2024	Tue 10-22-2024	Wed 10-23-2024	Thu 10-24-2024	Fri 10-25-2024	Sat 10-26-2024
B R E A K F A S T	1 c Baked Hash Browns with Bacon 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Belgian Waffle 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Breakfast Burrito 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Cinnamon French Toast 1 oz Bacon 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	2 - Blueberry Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Creamy Oatmeal 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 Tangy Pork Roast 1/2 c Baked Yams 1/2 c Beets 1 - Baked Roll Pc 2" Chocolate Turtle Cake	1 c Green Salad 3 oz Chicken Fried Steak and Gravy 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1 slice Pumpkin Pie	1 c Green Salad 3 oz Creamy Dill Chicken 1/2 c Rice Pilaf 1/2 c Yellow Squash and Onions 1 - Baked Roll 1/2 c Fruit Crisp	1 c Green Salad 3 oz Sour Cream Cheddar Baked Fish 1/2 c Roasted Potato Medley 1/2 c Seasoned Broccoli 1 - Baked Roll 1/2 c Lemon Mousse Dessert	1 c Green Salad 3 oz Smothered Cube Steak 1/2 c Buttered Noodles 1/2 c Peas and Mushrooms 1 - Baked Roll 3"x 2" pc Grandma's Brown Sugar Cake	1 c Green Salad 3 oz Butter Crumb Chicken 1/2 c Parsley Potatoes 1/2 c California Blend 1 - Baked Roll 1 slice Cherry Cheesecake	1 c Green Salad 3 oz St. Louis BBQ Pork Ribs 1 - Baked Sweet Potato 1/2 c Southern Green Beans 3"x 2" pc Fresh Combread 1/2 c Southern Peach Cobbler
D I N N E R	2/3 c Cream of Broccoli Soup 1 c Roasted Chicken and Red Potatoes 1/2 c Cinnamon Fruit Cup 1/2 c Brussels Sprouts 3"x 2" pc Maple Bar	2/3 c Homestyle Vegetable Soup 1 c Baked Crab Macaroni and Cheese 1/2 c Lemon Pepper Green Beans 1/2 c Fruit Toss	2/3 c Basil Tomato Soup 1 - Grilled Roast Beef Sandwich 1/2 c Creamy Peach Salad 2 oz Pickle Spear 1/2 c Marinated Potato Salad 1 - Peanut Butter Oatmeal Cookie	2/3 c Corn Chowder 3 oz Pork Medallions and Biscuits 1/2 c Pear Fruit Cup 1/2 c Mixed Vegetables 1 - Ice Cream Sandwich	2/3 c Cream of Cauliflower Soup 1 c Ham and Beans 1/2 c Apple Salad 1/2 c Collard Greens 1/2 c Rice Pudding	2/3 c Vegetable Medley Soup 2 c Taco Salad 1/4 c Guacamole 1/2 c Pineapple Cream Fruit Salad	2/3 c Creamed Spinach Soup 1 c Chicken Rigatoni 1/2 c Fresh Fruit Salad 1/2 c Sautéed Zucchini 1 - Double Chocolate Chip Cookie
	Milk offered at every meal						

Week 2

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	Sun 10-27-2024	Mon 10-28-2024	Tue 10-29-2024	Wed 10-30-2024	Thu 10-31-2024	Fri 11-01-2024	Sat 11-02-2024
B R E A K F A S T	1 - Oatmeal Raisin Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Ham Egg Muffin Sandwich 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Texas French Toast 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Fried Egg 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	1 c Potato Omelet Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Perfect Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Sausage 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 Meatloaf 1/2 c Garlic Roasted Potatoes 1/2 c Herb Sauteed Vegetables 1 - Baked Roll 1/10th - Homemade Chocolate Cream Pie	1 c Green Salad 3 oz Herb Crusted Chicken 1/2 c Seasoned Rice 1/2 c Whole Green Beans 1 - Baked Roll 1/2 c Fruit Cobbler	1 c Green Salad 3 oz Spiced Apple Pork Chops 1/2 c Homestyle Stuffing 1/2 c Baked Squash 1 - Baked Roll 3"x 2" pc Banana Pudding Poke Cake	1 c Green Salad 3 oz Classic Salisbury Steak and Gravy 1/2 c Sour Cream Potatoes 1/2 c Country Trio Medley 1 - Baked Roll 3"x 2" pc German Chocolate Brownie	1 c Green Salad 1 - Sweet and Sour Drumsticks 1/2 c Easy Lo Mein 1/2 c Stir-Fry Vegetables 1 - Spring Egg Roll 1 slice Pineapple Cream Pie	1 c Green Salad 3 oz Seasoned Parmesan Fish 3 oz Steamed Red Potatoes 1/2 c Sauteed Spinach 1 - Baked Roll 1/2 c Honey Bread Pudding	1 c Green Salad 1 c Hungarian Goulash 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 3"x 2" pc Autumn Spice Cake
D I N N E R	2/3 c Fresh Vegetable Soup 1 - Shredded Pork Sandwich 1/2 c Fall Fruit Salad 1/2 c Pickled Beets and Onions 1 slice Pumpkin Bread	2/3 c Cream of Mushroom Soup 1 - Baked Potato with Chili 1/2 c Pears 1 c Green Salad 1 - No Bake Cookie	2/3 c Italian Vegetable Soup 1 c Three Cheese Chicken Penne 1/2 c Oven Roasted Broccoli 1 oz Garlic Bread 1/2 c Fruit Medley	2/3 c Homestyle Bean Bacon Soup 3 oz Fish and Chips 1/2 c Assorted Fruit 1/2 c Southern Coleslaw 1/2 c Strawberry Ice Cream	2/3 c Garden Tomato Soup 1 - Hero Sandwich 1/2 c Three Bean Salad 1/2 c Select Peach Salad	2/3 c Pasta Fagioli Soup 1 - Meat Lover's Pizza 1/2 c Grapes 1 c Light Caesar Salad 1 - Parmesan Breadsticks 1 - Peanut Butter M&M Cookie	2/3 c Cream of Vegetable Soup 1 - Chicken Patty Sandwich 1/2 c Mandarin Oranges 1 c Pickle Relish Plate 3 oz French Fries 3"x 2" pc Applesauce Bars
	Milk offered at every meal						Week 3

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