



# Weekly Menu

## Cedar Cove Assisted Living



|  | Sun 12-29-2024  | Mon 12-30-2024  | Tue 12-31-2024  | Wed 01-01-2025  | Thu 01-02-2025   | Fri 01-03-2025  | Sat 01-04-2025   |
|--|---|---|---|---|--|---|--|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | 1 c Baked Hash Browns with Bacon<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast                       | 1 - Belgian Waffle<br>1 oz Sausage Link<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 - Breakfast Burrito<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 2 - Cinnamon French Toast<br>1 oz Bacon<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 c Breakfast Sausage Casserole<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice   | 2 - Blueberry Pancakes<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 2/3 c Creamy Oatmeal<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | 1 c Green Salad<br>3 oz Tangy Pork Roast<br>1/2 c Baked Yams<br>1/2 c Beets<br>1 - Baked Roll<br>Pc 2" Chocolate Turtle Cake                      | 1 c Green Salad<br>3 oz Chicken Fried Steak and Gravy<br>1/2 c Classic Mashed Potatoes<br>1/2 c Baby Carrots<br>1 - Baked Roll<br>1 slice Pumpkin Pie | 1 c Green Salad<br>3 oz Creamy Dill Chicken<br>1/2 c Rice Pilaf<br>1/2 c Yellow Squash and Onions<br>1 - Baked Roll<br>1/2 c Fruit Crisp  | 1 c Green Salad<br>3 oz Sour Cream Cheddar Baked Fish<br>1/2 c Roasted Potato Medley<br>1/2 c Seasoned Broccoli<br>1 - Baked Roll<br>1/2 c Lemon Mousse Dessert | 1 c Green Salad<br>3 oz Smothered Cube Steak<br>1/2 c Buttered Noodles<br>1/2 c Peas and Mushrooms<br>1 - Baked Roll<br>3"x 2" pc Grandma's Brown Sugar Cake | 1 c Green Salad<br>3 oz Butter Crumb Chicken<br>1/2 c Parsley Potatoes<br>1/2 c California Blend<br>1 - Baked Roll<br>1 slice Cherry Cheesecake | 1 c Green Salad<br>3 oz St. Louis BBQ Pork Ribs<br>1 - Baked Sweet Potato<br>1/2 c Southern Green Beans<br>3"x 2" pc Fresh Cornbread<br>1/2 c Southern Peach Cobbler |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | 2/3 c Cream of Broccoli Soup<br>1 c Roasted Chicken and Red Potatoes<br>1/2 c Cinnamon Fruit Cup<br>1/2 c Brussels Sprouts<br>3"x 2" pc Maple Bar | 2/3 c Homestyle Vegetable Soup<br>1 c Baked Crab Macaroni and Cheese<br>1/2 c Lemon Pepper Green Beans<br>1/2 c Fruit Toss                            | 2/3 c Basil Tomato Soup<br>1 - Grilled Roast Beef Sandwich<br>1/2 c Creamy Peach Salad<br>2 oz Pickle Spear<br>1/2 c Marinated Potato Salad<br>1 - Peanut Butter Oatmeal Cookie | 2/3 c Corn Chowder<br>3 oz Pork Medallions and Biscuits<br>1/2 c Pear Fruit Cup<br>1/2 c Mixed Vegetables<br>1 - Ice Cream Sandwich                             | 2/3 c Cream of Cauliflower Soup<br>1 c Ham and Beans<br>1/2 c Apple Salad<br>1/2 c Collard Greens<br>1/2 c Rice Pudding                                      | 2/3 c Vegetable Medley Soup<br>2 c Taco Salad<br>1/4 c Guacamole<br>1/2 c Pineapple Cream Fruit Salad   | 2/3 c Creamed Spinach Soup<br>1 c Chicken Rigatoni<br>1/2 c Fresh Fruit Salad<br>1/2 c Sautéed Zucchini<br>1 - Double Chocolate Chip Cookie                          |
| Milk offered at every meal.                              |   |   |   |   |  |   |  |

Week 2

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Dietitian's Signature: *Debra Jager 10-14-2024*  
610128



# Weekly Menu

## Cedar Cove Assisted Living



|   | Sun 12-22-2024  | Mon 12-23-2024   | Tue 12-24-2024  | Wed 12-25-2024   | Thu 12-26-2024  | Fri 12-27-2024   | Sat 12-28-2024  |
|---|---|--|---|--|---|--|---|
| B<br>R<br>E<br>A<br>K<br>F<br>A<br>S<br>T | 1 - Denver Omelet<br>1/2 c Hash Browns<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast                                      | 1 c Bacon and Egg Casserole<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  | 2 - Brown Sugar French Toast<br>1 oz Sausage Link<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 2/3 c Cinnamon and Sugar Oatmeal<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice   | 1/2 c Cheesy Scrambled Eggs<br>1 oz Sausage Link<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast                              | 1 - English Muffin Breakfast Sandwich<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice   | 2 - Buttermilk Pancakes<br>1 oz Bacon<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  |
| L<br>U<br>N<br>C<br>H                     | 1 c Green Salad<br>3 oz Rosemary Lemon Chicken<br>1/2 c Garlic Pasta<br>1/2 c Green Beans Italian<br>1 - Baked Roll<br>1 slice Vanilla Cream Pie  | 1 c Green Salad<br>3 oz Pork Tenderloin<br>1/2 c Candied Yams<br>1/2 c Roasted Brussels Sprouts<br>1 - Baked Roll<br>3"x 2" pc Blueberry Coffee Cake | 1 c Green Salad<br>3 oz Beef Tips with Sauce<br>1/2 c Herb Mashed Potatoes<br>1/2 c Chef's Steamed Vegetable<br>1 - Baked Roll<br>1/2 c Maple Bread Pudding | 1 c Green Salad<br>3 oz Homestyle Turkey with Gravy<br>1/2 c Sage Stuffing<br>1/2 c Buttered Squash<br>1 - Baked Roll<br>1/2 c Apple Cobbler | 1 c Green Salad<br>3 oz Cranberry Glazed Ham<br>1/2 c AuGratin Potatoes<br>1/2 c Roasted Carrots<br>1 - Baked Roll<br>3"x 2" pc Spiced Pear Cake    | 1 c Green Salad<br>4 oz Meatballs with Marinara Sauce<br>1/2 c Angel Pasta<br>1/2 c Oven Roasted Broccoli<br>1 - Baked Roll<br>3"x 2" pc Peanut Butter Brownie | 1 c Green Salad<br>3 oz Garlic Broiled Chicken Breast<br>1/2 c Smashed Red Potatoes<br>1/2 c Capri Blend<br>1 - Baked Roll<br>1/2 c Berry Trifle  |
| D<br>I<br>N<br>N<br>E<br>R                | 2/3 c Fresh Tomato Soup<br>1 - Grilled Cheese Sandwich<br>1/2 c Soft Fall Fruit Salad<br>1/2 c Farm Fresh Vegetables<br>1 - Chocolate Chip Cookie | 2/3 c Garden Vegetable Soup<br>1 c Shrimp Fettuccine Alfredo<br>1/2 c Roasted Zucchini<br>1 oz Garlic Bread<br>1/2 c Sherbet                         | 2/3 c Navy Bean Soup<br>1 - Crispy BBQ Chicken Salad<br>3"x 2" pc Fresh Cornbread<br>1/2 c Grapes   | 2/3 c Classic Minestrone Soup<br>1 c Shepherd's Pie<br>1/2 c Raspberry Jello Salad<br>1/2 c Roasted Cauliflower<br>3"x 2" pc Carrot Cake Bar | 2/3 c Vegetable Rice Soup<br>1 c Taco Cornbread Casserole<br>1/2 c Select Orange Salad<br>1/2 c Southwest Vegetable Medley<br>1/2 c Layered Pudding | 2/3 c Cream of Celery Soup<br>2 - Ham and Cheese Sliders<br>1/2 c Pineapple Coleslaw<br>1/2 c Baked Cinnamon Apples  | 2/3 c Vegetable Macaroni Soup<br>1 - Pepperoni and Mushroom Pizza<br>1/2 c Assorted Fruit<br>1/2 c Tossed Vegetable Salad<br>1 - Crusty Garlic Bread<br>1 - Chocolate Chip Rice Krispies Treats |
|   | Milk offered at every meal  |  |   |  |   |  |   |
|   | Week 1  |  |   |  |   |  |   |

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Dietitian's Signature: *Diane Jagan 10-14-2024*  
L10125



# Weekly Menu

## Cedar Cove Assisted Living



|   | Sun 12-15-2024  | Mon 12-16-2024  | Tue 12-17-2024  | Wed 12-18-2024   | Thu 12-19-2024  | Fri 12-20-2024  | Sat 12-21-2024   |
|---|---|---|---|--|---|---|--|
| B<br>R<br>E<br>A<br>K<br>F<br>A<br>S<br>T | 2 - Fluffy Pancakes.<br>1 oz Bacon<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice   | 1/2 c Egg and Ham Scramble<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  | 1/2 c Country Gravy and Biscuits<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 - French Texas Toast Bake<br>1 oz Sausage Link<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 - Fried Egg<br>1/2 c Hash Browns<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  | 2/3 c Bananas Foster Oatmeal<br>1 - Egg of Choice<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  | 1 - Egg Sausage Croissant<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice   |
| L<br>U<br>N<br>C<br>H                     | 1 c Green Salad<br>3 oz Seasoned Pot Roast<br>1/2 c Parmesan Mashed Potatoes<br>1/2 c Maple Roasted Carrots<br>1 - Baked Roll<br>1 slice Chocolate Banana Cream Pie | 1 c Green Salad<br>3 oz Buttermilk Baked Chicken<br>1/2 c Fresh Cooked Yams<br>1/2 c Seasoned Cabbage<br>1 - Baked Roll<br>1/2 c Cherry Cobbler                                     | 1 c Green Salad<br>3 oz Pork Chops with Sour Cream Sauce<br>1/2 c Parsley Potatoes<br>1/2 c Mixed Vegetables<br>1 - Baked Roll<br>1 slice Angel Food Cake     | 1 c Green Salad<br>3 oz Pepper Steak with Gravy<br>1/2 c Southwest Rice<br>1/2 c Seasoned Zucchini<br>1 - Baked Roll<br>1/2 c Hot Fudge Sundae | 1 c Green Salad<br>3 oz Chicken with Dijon Sauce<br>1/2 c Homestyle Stuffing<br>1/2 c Steamed Broccoli<br>1 - Baked Roll<br>1 slice Caramel Apple Pie | 1 c Green Salad<br>3 oz Breaded Fish Fillet<br>1/2 c Seasoned Fried Potatoes<br>1/2 c Chef's Steamed Vegetable<br>1 - Baked Roll<br>1/2 c Fruit Crisp | 1 c Green Salad<br>3 oz Mozzarella Meatloaf<br>1/2 c Herb Roasted Red Potatoes<br>1/2 c Seasoned Peas<br>1 - Baked Roll<br>3"x 2" pc Yellow Cake |
| D<br>I<br>N<br>N<br>E<br>R                | 2/3 c Cream of Cauliflower Soup<br>1 - Monterrey Ham Hoagie<br>1/2 c Four Fruit Medley<br>1/2 c Garlic Green Beans<br>3"x 2" pc Toffee Bar                          | 2/3 c Potato Spinach Soup<br>1 c Broccoli Cheese Casserole<br>1/2 c Peach Fruit Cup<br>1/2 - Herb Roasted Tomatoes<br>1 - Herb Pull Apart Roll<br>1 - Pumpkin Chocolate Chip Cookie | 2/3 c Italian Vegetable Soup<br>2/3 c Chicken Parmesan Dish<br>1/2 c Pears<br>1/2 c Chef's Steamed Vegetable<br>1 oz Garlic Bread<br>1/2 c Lemon Lush Pudding | 2/3 c Fresh Tomato Soup<br>1 - Crab Salad Croissant<br>1 - Orange Slices<br>1/2 c Zesty Cucumber Salad<br>1 - Strawberry Oatmeal Bars          | 2/3 c Homestyle Vegetable Soup<br>1 c Classic Beef Stroganoff<br>1/2 c Carrot Green Bean Blend<br>1 - Breadsticks<br>1/2 c Jello Salad                | 2/3 c Greek Lentil Soup with Lemon<br>1 - Chicken Gyro<br>1/2 c Grapes<br>2 slices Marinated Tomatoes<br>2 - Pita Chips<br>1 slice Zucchini Bread     | 2/3 c Vegetable Barley Soup<br>1 c Roasted Pork and Yams<br>1/2 c California Blend<br>3"x 2" pc Fresh Cornbread<br>1/2 c Winter Fruit Salad      |
|   | Milk offered at every meal  |   |   |  |   |   | Week 5   |

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Dietitian's Signature: *Renee Jager 10-14-2024*  
610128



# Weekly Menu

## Cedar Cove Assisted Living



|           | Sun 12-08-2024  | Mon 12-09-2024  | Tue 12-10-2024  | Wed 12-11-2024   | Thu 12-12-2024  | Fri 12-13-2024  | Sat 12-14-2024   |
|-----------|---|---|---|--|---|---|--|
| BREAKFAST | 1/2 c Egg Mushroom Scramble<br>1/2 c Hash Browns<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast                      | 2 - Homestyle Pancakes<br>1 oz Sausage Link<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 - Spanish Omelet<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  | 1 c Ham Egg and Cheese Casserole<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast   | 1 - Bagel and Cream Cheese<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 - Cinnamon Belgian Waffles<br>1 oz Sausage Link<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice                                    | 1 - Bacon Egg Muffin<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  |
| LUNCH     | 1 c Green Salad<br>3 oz Baked Ham<br>1/2 c Scalloped Potatoes<br>1/2 c Seasoned Cauliflower<br>1 - Baked Roll<br>1/2 c Pear Crisp           | 1 c Green Salad<br>3 oz Melt In-Your Mouth Chicken<br>1/2 c Garlic Parnesan Rice<br>1/2 c Roasted Zucchini<br>1 - Baked Roll<br>Pc 2" Chocolate Chip Cake | 1 c Green Salad<br>3 oz Swedish Meatballs<br>1/2 c Noodles<br>1/2 c Mixed Vegetables<br>1 - Baked Roll<br>Pc 2" Caramel Gingerbread Bars                | 1 c Green Salad<br>3 oz Honey Mustard Pork<br>1/2 c Roasted Sweet Potatoes<br>1/2 c Green Beans<br>1 - Baked Roll<br>1 slice Fresh Coconut Cream Pie | 1 c Green Salad<br>3 oz Beef Patty with Mushroom Sauce<br>1 - Baked Potato<br>1/2 c Lemon Glazed Carrots<br>1 - Baked Roll<br>1/2 c Berry Buckle Cake | 1 c Green Salad<br>3 oz Baked Cod Fillet<br>1/2 c Seasoned Rice<br>1/2 c Normandy Blend<br>1 - Baked Roll<br>1 - Pudding Tart | 1 c Green Salad<br>3 oz Turkey Cutlets with Pan Gravy<br>1/2 c Mashed Red Potatoes<br>1/2 c Bacon Brussels Sprouts<br>1 - Baked Roll<br>Pc 2" Pumpkin Squares    |
| DINNER    | 2/3 c Beet Bisque<br>1 - Grilled Turkey and Swiss Sandwich<br>1/2 c Fruit Cocktail<br>1/2 c Carrot Raisin Salad<br>1 - Maple Oatmeal Cookie | 2/3 c Garden Vegetable Soup<br>1 c Ravioli with Herb Cream Sauce<br>1/2 c Capri Blend<br>1/2 c Peach Jello Salad  | 2/3 c Tomato Florentine Soup<br>1 c Cranberry Apple Chicken Salad<br>1/2 c Chef's Steamed Vegetable<br>1 - Mini Croissant Roll<br>1/2 c Vanilla Pudding | 2/3 c Fresh Vegetable Soup<br>1 c Baked Ziti<br>1/2 c Assorted Fruit<br>1 c Lettuce Tomato Salad<br>1 slice Classic Banana Bread                     | 2/3 c Butternut Squash Soup<br>1/2 - Turkey Club Sandwich<br>1/2 c Ambrosia<br>1 c Vegetable Sticks<br>1/2 c Ice Cream                                | 2/3 c Vegetable Medley Soup<br>1 c Beef Enchilada Casserole<br>1/2 c Mexicali Corn<br>1/2 c Tangy Pear Salad                  | 2/3 c Minestrone Soup<br>3 oz Parmesan Chicken Strips<br>1/2 c Baked Cinnamon Apples<br>1/2 c Sauteed Yellow Squash<br>10 - Tater Tots<br>1 - Soft Snickerdoodle |
|           | Milk offered at every meal  |   |   |  |   |   |  |
|           | Week 4  |   |   |  |   |   |  |

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Dietitian's Signature: *Renee Jagan* 12-14-2024  
616728



# Weekly Menu

## Cedar Cove Assisted Living



|           | Sun 12-01-2024  | Mon 12-02-2024  | Tue 12-03-2024  | Wed 12-04-2024  | Thu 12-05-2024  | Fri 12-06-2024   | Sat 12-07-2024   |
|-----------|---|---|---|---|---|--|--|
| BREAKFAST | 1 - Oatmeal Raisin Muffin<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice   | 1 - Ham Egg Muffin Sandwich<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 - Texas French Toast<br>1 - Egg of Choice<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 - Fried Egg<br>1 oz Sausage Link<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 - Fresh Biscuit  | 1 c Potato Omelet Bake<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  | 2 - Perfect Pancakes<br>1 oz Bacon<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice  | 1 c Sausage Casserole<br>1/2 c Fresh Fruit<br>1/2 c 100% Juice<br>1 slice Whole Grain Toast  |
| LUNCH     | 1 c Green Salad<br>3 oz Meatloaf<br>1/2 c Garlic Roasted Potatoes<br>1/2 c Herb Sautéed Vegetables<br>1 - Baked Roll<br>1/10th - Homemade Chocolate Cream Pie | 1 c Green Salad<br>3 oz Herb Crusted Chicken<br>1/2 c Seasoned Rice<br>1/2 c Whole Green Beans<br>1 - Baked Roll<br>1/2 c Fruit Cobbler | 1 c Green Salad<br>3 oz Spiced Apple Pork Chops<br>1/2 c Homestyle Stuffing<br>1/2 c Baked Squash<br>1 - Baked Roll<br>3"x 2" pc Banana Pudding Poke Cake | 1 c Green Salad<br>3 oz Classic Salisbury Steak and Gravy<br>1/2 c Sour Cream Potatoes<br>1/2 c Country Trio Medley<br>1 - Baked Roll<br>3"x 2" pc German Chocolate Brownie | 1 c Green Salad<br>1 - Sweet and Sour Drumsticks<br>1/2 c Easy Lo Mein<br>1/2 c Stir-Fry Vegetables<br>1 - Spring Egg Roll<br>1 slice Pineapple Cream Pie | 1 c Green Salad<br>3 oz Seasoned Parmesan Fish<br>3 oz Steamed Red Potatoes<br>1/2 c Sautéed Spinach<br>1 - Baked Roll<br>1/2 c Honey Bread Pudding      | 1 c Green Salad<br>1 c Hungarian Goulash<br>1/2 c Chef's Steamed Vegetable<br>1 - Baked Roll<br>3"x 2" pc Autumn Spice Cake  |
| DINNER    | 2/3 c Fresh Vegetable Soup<br>1 - Shredded Pork Sandwich<br>1/2 c Fall Fruit Salad<br>1/2 c Pickled Beets and Onions<br>1 slice Pumpkin Bread                 | 2/3 c Cream of Mushroom Soup<br>1 - Baked Potato with Chili<br>1/2 c Pears<br>1 c Green Salad<br>1 - No Bake Cookie                     | 2/3 c Italian Vegetable Soup<br>1 c Three Cheese Chicken Penne<br>1/2 c Oven Roasted Broccoli<br>1 oz Garlic Bread<br>1/2 c Fruit Medley                  | 2/3 c Homestyle Bean Bacon Soup<br>3 oz Fish and Chips<br>1/2 c Assorted Fruit<br>1/2 c Southern Coleslaw<br>1/2 c Strawberry Ice Cream                                     | 2/3 c Garden Tomato Soup<br>1 - Hero Sandwich<br>1/2 c Three Bean Salad<br>1/2 c Select Peach Salad   | 2/3 c Pasta Fagioli Soup<br>1 - Meat Lover's Pizza<br>1/2 c Grapes<br>1 c Light Caesar Salad<br>1 - Parmesan Breadsticks<br>1 - Peanut Butter M&M Cookie | 2/3 c Cream of Vegetable Soup<br>1 - Chicken Patty Sandwich<br>1/2 c Mandarin Oranges<br>1 c Pickle Relish Plate<br>3 oz French Fries<br>3"x 2" pc Applesauce Bars |
|           | Milk offered at every meal  |   |   |   |   |  | Week 3   |

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Dietitian's Signature: *Diana Jager* 10-14-2024  
L10123