REGULAR WEEK AT A GLANCE

Fall & Winter 2026-2027
Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oatmeal w/ Flax* Yogurt Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat w/Flax* Cheddar Cheese Assorted Muffins Fruit **Alternate available: Cold Cereal*	Oat Bran w/Flax* Scrambled Egg Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Apple Cinn. Oatmeal w/ Flax* Boiled Egg Bacon Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oat Bran/Flax* Yogurt Raisin Toast Fruit **Alternate available: Cold Cereal*	Oatmeal w/ Flax* Waffles w/Syrup Fruit Sausage **Alternate available: Cold Cereal*	Sunny Boy Omlette Bacon Fruit **Alternate available: Cold Cereal*
Lunch	Krunchie Perch BBQ chicken breast Mixed Vegetables Diced Potato Tartar Sauce Salad Of The Day Fruit of the day	Pork Roast Shepard's Pie Turnip Mashed Potato Salad of the Day Fruit of the day	Ground Beef Stroganoff Seasoned Pok chop Peas & Pearl Onions Egg noodle Salad of the Day Fruit of the day	Shake& Bake 9 cut Chicken Baked Hake Green Beans Lemon & Tartar Sauce Mashed Potatoes Gravy Salad Of The Day Fruit of the day	 Residents Choice	Honey Garlic Meatballs Chicken Fingers Buttered Carrots Rice Salad Of The Day Gravy Fruit of the day	Baked Ham Creamed Corn Scalloped Potatoes Salad Of The Day Pie of the Day Sandwich of the Day
Supper	Soup of the Day Denver Scramble Tomato Salad Corn Meal Muffin Home Baked Cake of the day Sandwich of the Day	Soup of the Day Chicken Tenders Garden Salad Sweet potato Fries Plum Sauce Fruit Cocktail Sandwich of the Day	Soup of the Day Slice ham Raw Veg Bun Jello Sandwich of the Day	Soup of the Day Sausage on a Bun Sauerkraut Brownie Sandwich of the Day	Soup of the Day Chicken Salad /Croissant Raw Veg Fruit of the day Sandwich of the Day	Soup of the Day sliced Beef on a bun beef gravy Coleslaw Lemon Buttermilk Cake Sandwich of the Day	Soup of the Day Hot Turkey Sandwich Peas Cranberry Sauce Fruit of the day Sandwich of the Day

Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)

***Available upon request: Sandwich of the day, toast, yogurt, and cheese.