REGULAR WEEK AT A GLANCE

Fall & Winter 2026-2027
Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax* Boiled Egg Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat/Flax* Cheddar Cheese Assorted Muffins Fruit **Alternate available: Cold Cereal*	Oatmeal w/ Flax* Yogurt Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat w/Flax* Bacon Scrambled Eggs Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oat Bran w/Flax* Cheddar Cheese Raisin Toast Fruit **Alternate available: Cold Cereal*	Apple Cinn. Oatmeal w/Flax* Breakfast Sausage French Toast w/Syrup Fruit **Alternate available: Cold Cereal*	Sunny Boy Bacon Omelet Whole Wheat Toast Fruit **Alternate available: Cold Cereal*
Lunch	Teriyaki Chicken Seasoned Pork Chop California Vegetable Buttered Rice Salad Of The Day Fruit of the day	Garlic Sausage Meatloaf Picked Beets Perogies Fried Onion & Bacon Crumble Sour Cream Salad Of The Day Fruit of the Day	BBQ Pork Roast Seasoned Chicken Breast Mixed Vegetable Mashed Potato Salad Of The Day Fruit of the Day	Chicken Stew Pork Bites Mixed Vegetable Mashed Potato Salad Of The Day Gravy Fruit of the Day	Resident Choice	Pork Chop Meatballs Green Beans Mashed Potatoes Salad Of The Day Gravy Fruit of the Day	Roast chicken Winter Squash Casserole Roasted Potatoes Salad Of The Day Sandwich of the Day Apple Pie
Supper	Soup of the Day Back Bacon Pancakes mixed Berries & Sauce Banana Cake Sandwich of the Day	Soup of the Day Lasagna Caesar Salad Garlic Toast Rice Pudding Sandwich of the Day	Soup of the Day Egg or Seafood Salad Croissant Creamy Pea Salad Butter Pecan Fudge Cake Sandwich of the Day	Soup of the Day Cheese Burger w/Tomato & Lettuce Tomato Baked Beans Vegetable of the day Chocolate Peanut Butter Cake Sandwich of the Day	Soup of the Day Beef Chili Mixed Vegetable Dinner Bun Fruit of the Day Sandwich of the Day	Soup of the Day Raw Veg Turkey & Swiss Sandwich Raw Veg Berry Cheesecake Sandwich of the Day	Soup of the Day Fish & Chip Lemon Tartar Sauce Vegetable of the day 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.			