REGULAR WEEK AT A GLANCE

Fall & Winter 2026-2027
Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax* Yogurt Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat/Flax* Cheddar Cheese Assorted Muffins Fruit **Alternate available: Cold Cereal*	Oatmeal w/ Flax* Scrambled Egg Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat w/Flax* Boiled Egg Bacon Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oat Bran w/Flax* Yogurt Raisin Toast Fruit **Alternate available: Cold Cereal*	Apple Cinn. Oatmeal w/Flax* Breakfast Sausage Waffles w/Syrup Fruit **Alternate available: Cold Cereal*	Sunny Boy Egg Bacon Yogurt Fruit **Alternate available: Cold Cereal*
Lunch	Lasagna Chicken Krispy Perch Lemon & Tartar Sauce Mixed Vegetable Garlic Toast Salad Of The Day Fruit of the Day	Salisbury Steak Pork Roast Brown Sugar Turnip Mashed Potatoes Salad Of The Day Gravy Fruit of the Day	BBQ Chicken Breast Beef Stroganoff Crinkle Cut Carrots Buttered Rice Salad Of The Day Fruit of the Day	Beef Liver w/ Onions Pork bites w/Sauce Buttered Cabbage Savory Diced Potatoes Salad Of The Day Gravy Fruit of the Day	Resident Choice	English Style Fish Chicken Stew Steamed Broccoli Mashed Potatoes Salad Of The Day Gravy Tartar Sauce Lemon Fruit of the Day	Roast Beef Dilled Carrots Yorkshire Pudding Mashed Potatoes Salad Of The Day Gravy Sandwich of the Day Blueberry Pie
Supper	Soup of the Day Scrambled Eggs Back Bacon Tomato Slices Chocolate Iced Cake Sandwich of the Day	Soup of the Day Chicken Tenders Garden Salad Tator Tots Plum Sauce Rice Pudding Sandwich of the Day	Soup of the Day Spaghetti and meat sauce Mixed Vegetables Roasted Pears Sandwich of the Day	Soup of the Day Egg or Tuna Salad on a Bun Cucumber & Onion Salad Pineapple upside down cake Sandwich of the Day	Soup of the Day Hot Roast Beef Sandwich Green Beans Horseradish Gravy Fruit of the Day Sandwich of the Day	Soup of the Day Ham Hashbrown Peas Mandarin oranges Sandwich of the Day	Soup of the Day Chicken Salad croissant 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.			