

Week at a Glance

Approved by Debra Maynard RD #815944
Regular Diet (HOPEARBO)

Prepared for Hope Arbor
Debra Maynard, RD

<u>Date: 1/10/2015 through 1/17/2015</u>						
Sunday (1)	Monday (2)	Tuesday (3)	Wednesday (4)	Thursday (5)	Friday (6)	Saturday (7)
Juice Scrambled Eggs Bacon Choice of Cereal Breakfast Pastry Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal French Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Doughnut Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Assorted Danish Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Fresh Baked Muffin Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Pancakes Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Breakfast Pastry Fresh Fruit
Acorn Squash Soup Baked Chicken Wild Rice w/Mushrooms Asparagus Country Peach Cobbler Corn Bread	Mushroom Barley Soup Italian Meat Loaf Mashed Potatoes Mixed Vegetables Apple Pie	Tomato Soup Baked Fish Baked Sweet Potato w/Cinnamon Butter Seasoned Spinach Lemon Pudding	Chunky Vegetable Soup Beef Stroganoff Casserole Basil Buttered Italian Green Beans Side Salad w/Dressing Cherry Pie	Baked Potato Soup Baked Ham w/Cranberry Glaze Parmesan Roasted Potatoes Glazed Ginger Carrots Apple Streusal Cake	Country Corn Chowder Breaded Country Fried Beef Steak Mashed Potatoes w/Gravy Sugar Snap Peas Chocolate Layer Cake	Minestrone Soup Italian Lasagna Tossed Salad Supreme w/Dressing Cheese Cake w/Topping Garlic Bread
Acorn Squash Soup Grilled Reuben Sandwich Steamed Broccoli Diced Beet Salad Butterscotch Pudding Parfait	Mushroom Barley Soup Fried Shrimp w/Cocktail Sauce Baked Potato w/Sour Cream & Chives Cole Slaw Lemon Gelatin Dessert Square	Tomato Soup Classic Club Sandwich Pasta Salad Frosted Spice Cake	Chunky Vegetable Soup Grilled Turkey Melt Sandwich Baked Beans Old Fashion Style Oreo** Brownie	Baked Potato Soup Chicken Salad Plate Savory Three Bean Salad Vanilla Pudding Crackers	Country Corn Chowder Baked Fish w/Lemon Butter Confetti Rice Cole Slaw w/Dressing Orange Sherbet Hush Puppies	Minestrone Soup Chicken Tenders Macaroni & Cheese Brussels Sprouts Banana Pudding

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Sunday (8)	Monday (9)	Tuesday (10)	Wednesday (11)	Thursday (12)	Friday (13)	Saturday (14)
Juice Scrambled Eggs Bacon Choice of Cereal Breakfast Pastry Fresh Fruit Maple Syrup	Juice Scrambled Eggs Sausage Patty Choice of Cereal Cinnamon Roll Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Doughnut Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Biscuit Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Pancakes Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Danish Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Breakfast Pastry Fresh Fruit
Roast Turkey w/Gravy Bread Dressing Buttered Green Beans Cranberry Sauce Pumpkin Cake	Baked Pork Chop w/Gravy Steamed Rice Herb Buttered Brussels Sprouts Cranberry Crisp	Cranberry Chicken Baked Sweet Potato w/Cinnamon Butter Steamed Spinach Chocolate Pudding Parfait	Minestrone Soup Turkey & Broccoli Casserole Garden Salad w/Dressing Fresh Baked Cookies	Chicken Parmesan w/Sauce Pasta Sugar Snap Peas Marble Cheese Cake Garlic Breadstick	Broiled Steak Baked Potato Herb Buttered Green Peas Tossed Salad w/Dressing Frosted Chocolate Cake	Breaded Chicken Tenders American Fries Carrot & Raisin Salad Apple Dumpling w/Vanilla Sauce
Cauliflower Cheese Beer Soup BBQ Chicken Sandwich on Bun Creamy Cucumber Salad Sweet Potato Pie	Tomato Florentine Soup Mushroom Swissburger on Bun Breaded Onion Rings Lemon Bar	Vegetable Soup Egg Salad Sandwich on Croissant Country Potato Salad Pear Crisp w/Crumb Top	Homestyle Beef Stew Tossed Salad Supreme w/Dressing Frosted Brownie Corn Bread	Grilled Ham Lima Beans w/Bacon Marinated Tomato & Cucumbers Ice Cream	Chunky Vegetable Soup Tuna Melt Sandwich on Bun BBQ Potato Chips Ice Cream	Chili Con Carne Steamed Rice Corn Chips Tossed Salad w/Dressing Lemon Meringue Pie

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Date:						
Sunday (15)	Monday (16)	Tuesday (17)	Wednesday (18)	Thursday (19)	Friday (20)	Saturday (21)
Juice Scrambled Eggs Bacon Choice of Cereal Breakfast Pastry Fresh Fruit Maple Syrup	Juice Sausage Patty Choice of Cereal French Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Doughnut Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Cranberry Muffin Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Assorted Doughnuts Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Biscuit & Butter Fresh Fruit Maple Syrup	Juice Scrambled Eggs Sausage Patty Choice of Cereal Breakfast Pastry Fresh Fruit
Country Pot Roast w/Vegetables Corn Casserole Buttered Italian Green Beans Peach Pie	Apricot Glazed Pork Roast Sweet Potatoes & Apples Steamed Broccoli & Cauliflower Ice Cream Corn Muffin	Deviled Egg & Pickled Beet Plate Chopped Steak w/Gravy Fluffy Rice Buttered Peas Cherry Cobbler Dinner Roll	Hearty Shrimp Gumbo Steamed Yellow Rice Green Beans & Tomatoes Bread Pudding w/Raisins Garlic Biscuit	Wedding Soup Stuffed Shells w/Tomato Sauce Tossed Salad Supreme w/Dressing German Chocolate Cake Garlic Bread	Taco Salad w/Nachos Spanish Rice Refried Beans* Ice Cream	Homestyle Meat Loaf w/Brown Gravy Mashed Potatoes Seasoned California Vegetables Boston Cream Pie Dinner Roll
Pepper Pot Soup Turkey Burger Potato Salad Brownie	Wild Rice & Carrot Soup Open Face Hot Turkey Sandwich Country Bread Dressing Cranberry Sauce Cinnamon Baked Apples	Chicken & Pasta Alfredo Buttered Corn Asparagus Salad Ambrosia Pudding Garlic Bread	Tomato Basil Soup Ham & Broccoli Fettucini Garlic Spinach w/Red Onion Carrot Sticks & Dip Broiled Pineapple Ring	Cream of Broccoli Soup Mushroom Swissburger on Bun Potato Chips Lemon Pudding Cake	Beef Vegetable Soup Chef Salad Black Forest Cake Crescent Roll	Cauliflower Cheddar Soup Ham Salad Sandwich on Croissant Country Potato Salad Sliced Tomato & Onion Salad Pumpkin Pie

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Date:						
Sunday (22)	Monday (23)	Tuesday (24)	Wednesday (25)	Thursday (26)	Friday (27)	Saturday (28)
Juice Scrambled Eggs Bacon Choice of Cereal Breakfast Pastry Fresh Fruit Maple Syrup	Juice Sausage Patty Choice of Cereal French Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Doughnut Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Fresh Baked Muffin Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal English Muffin Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Crunchy Oven French Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Breakfast Pastry Fresh Fruit
Oven Fried Chicken Scalloped Potatoes Mixed Vegetables Pineapple Upside Down Cake	Spaghetti w/Meatballs Tossed Salad w/Dressing Frosted Marble Cake Garlic Breadstick	Cauliflower Cheddar Soup BBQ Pork Tenderloin Rice Pilaf Basil Buttered Green Peas Cinnamon Baked Apples	French Dip Sandwich Battered Onion Rings Marinated Cucumber Salad Lemon Bar	Butternut Squash Soup Apricot Glazed Chicken Confetti Rice Collard Greens w/Bacon Carrot Cake w/Cream Cheese Icing	Tossed Salad w/Dressing Pepperoni Cheese Pizza Marinated Mushrooms w/Dressing Ice Cream	Pickled Beet Salad Italian Meatballs w/Brown Gravy Seasoned Egg Noodles Steamed Asparagus Pineapple Coconut Cake
Corn Chowder Stuffed Pepper w/Sauce Glazed Carrots Fresh Baked Cookies	Tomato Soup Grilled Cheese Sandwich Potato Chips Ice Cream	Turkey Pot Pie Tossed Salad w/Dressing Beets w/Orange Sauce Chocolate Cream Pie	Minestrone Soup Garden Vegetable Lasagna Tossed Salad Supreme w/Dressing Apple Cranberry Compote Garlic Breadstick	Honey BBQ Pork Sandwich Baked Beans Carrot & Pineapple Salad Fruited Gelatin	Chili Macaroni Bake Tossed Marinated Vegetables Iced Banana Cake Corn Bread	Breaded Chicken Tenders Baked Sweet Potato Wedges Buttered Green Beans Ice Cream Sundae

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<u>Date:</u>						
Sunday (29)	Monday (30)	Tuesday (31)	Wednesday (32)	Thursday (33)	Friday (34)	Saturday (35)
Juice Scrambled Eggs Bacon Choice of Cereal Breakfast Pastry Fresh Fruit Maple Syrup	Juice Scrambled Eggs Sausage Patty Choice of Cereal Cinnamon Roll Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Doughnut Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Biscuit Fresh Fruit	Juice Sausage Patty Choice of Cereal Pancakes Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Danish Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Breakfast Pastry Fresh Fruit
Yankee Pot Roast Boiled Potatoes & Carrots Tossed Salad Supreme w/Dressing Coconut Cream Pie Dinner Roll	BBQ Pork Chop Lima Beans w/Bacon Brussels Sprouts w/Bacon Pudding Parfait Corn Bread	Crab Cake Baked Potato Cole Slaw Lemon Bar Hush Puppies	BBQ Chicken Wild Rice w/Mushrooms Buttered Green Beans Strawberry Cake	Baked Turkey Tetrazzini Petite Green Peas Cranberry Sauce Apple Brown Betty	Broccoli Cheese Soup Fried Fish Cauliflower w/Cheese Sauce Spinach Souffle Country Peach Cobbler	Pot Roast w/Gravy Roasted Potatoes & Carrots Garlic Buttered Brussels Sprouts Cranberry Sour Cream Bar Dinner Roll
Chicken & Dumplings Steamed Broccoli Peanut Butter Chocolate Marshmallow Bar	Sausage Sandwich w/Onions & Peppers Sauteed Spinach w/Garlic Marinated Tomato Salad Ice Cream Sundae	Chunky Vegetable Soup Caesar Chicken Salad Crescent Roll Ice Cream Sundae	Beef Vegetable Barley Soup Soft Taco w/Tomato, Lettuce & Cheese Seasoned Mexican Corn Rice Pudding w/Cinnamon Whipped Cream	Baked Potato Soup Chef Deli Wrap Three Bean Salad BBQ Potato Chips Sherbet	Sloppy Joe on Bun Country Macaroni Salad Broccoli Salad Fruited Gelatin	Chicken Vegetable Soup Cheese Pizza Tossed Salad Supreme w/Dressing Sherbet