

# Week at a Glance

Approved by Debra Maynard RD #815944

Prepared for Hope Arbor

Regular Diet (HAMI17)

Debra Maynard, RD

Week 1 of Cycle

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit
Soup Du Jour Herb Roasted Turkey Sweet Potato Casserole Country Green Beans Red Velvet Cake	Soup Du Jour Hamburger Steak Mushrooms & Onions Rice w/Gravy Peas & Carrots Apple Dumpling	Soup Du Jour Fried Shrimp w/Cocktail Sauce French Fries Cole Slaw Pound Cake	Soup Du Jour Honey Pecan Baked Chicken Baked Yellow Squash Casserole Steamed Broccoli Strawberry Shortcake	Soup Du Jour Crab Cake Baked Potato w/Sour Cream & Chives Roasted Vegetable Medley Banana Pudding	Soup Du Jour Lasagna w/Tomato Sauce Tossed Salad w/Dressing Country Peach Cobbler Garlic Bread	Soup Du Jour Savory Baked Chicken Herb Roasted Potatoes Collard Greens Pound Cake
Soup Du Jour Grilled Reuben Sandwich Steamed Broccoli Pickled Beet Salad Butterscotch Pudding Parfait	Soup Du Jour Lemon Chicken Baby Lima Beans Sliced Tomatoes Assorted Desserts	Soup Du Jour Classic Club Sandwich Fresh Zucchini Pear Salad	Soup Du Jour BBQ Pork on Bun Battered Onion Rings Roasted Vegetables Bread Pudding	Soup Du Jour Chef Salad w/Ham & Turkey Crackers Chocolate Brownie	Soup Du Jour Fried Catfish Corn Pudding Green Pea Salad Assorted Desserts	Soup Du Jour Kielbasa & Rice Casserole Apple & Red Cabbage Salad Ice Cream

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Week 2 of Cycle

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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit
Soup Du Jour Baked Ham w/Pineapple Glaze Macaroni & Cheese Herb Buttered Brussels Sprouts Pineapple Coconut Cake	Soup Du Jour BBQ Pork Chop Baked Beans Old Fashion Style Buttered Green Beans Coconut Cream Pie	Soup Du Jour Spaghetti w/Meatballs Tossed Salad w/Dressing Garlic Bread Chocolate Mousse	Soup Du Jour Tilapi Scampi Style Dirty Rice Corn Casserole Lemon Chess Pie Corn Muffin	Soup Du Jour Chicken Parmesan w/Sauce Buttered Pasta Tossed Salad w/Dressing Black Forest Cake Garlic Breadstick	Soup Du Jour Pork Chop w/Mushroom Gravy Twice Baked Potato Herb Buttered Green Peas Chocolate Cream Pie	Soup Du Jour Chicken Soft Taco Spanish Rice Buttered Mexican Corn Banana Split Cake
Soup Du Jour Chicken Tenders Potato Puffs Roasted Vegetables Fruited Gelatin	Soup Du Jour Hot Roast Beef on Toast Marinated Vegetable Salad Mandarin Orange Gelatin Whip Garlic Bread	Soup Du Jour Hot Dog on Bun Curly Fries Roasted Vegetable Medley Escalloped Apples	Soup Du Jour Supreme Turkey Burger Baked Sweet Potato Fries Tomato, Lettuce & Pickle Butterscotch Pudding	Soup Du Jour Broccoli Cheddar Quiche Home Fried Potatoes Roasted Vegetables Tropical Fruit	Soup Du Jour Salmon Burger Cauliflower Au Gratin Assorted Desserts	Soup Du Jour Mushroom Cheese Pizza Tossed Salad w/Dressing Ice Cream

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Week 3 of Cycle

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Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Bacon Choice of Cereal Choice of Toast Fresh Fruit	Juice Scrambled Eggs Sausage Patty Choice of Cereal Choice of Toast Fresh Fruit
Soup Du Jour Roast Turkey w/Gravy Country Bread Dressing Seasoned Baby Carrots Cranberry Sauce Pineapple Cobbler	Soup Du Jour Chicken Fried Patty w/Gravy Brown Rice Sugar Snap Peas Caramel Bread Pudding	Soup Du Jour Homestyle Meat Loaf Mashed Potatoes w/Gravy Peas & Carrots Lemon Mousse Layer Cake Dinner Roll	Soup Du Jour Chicken Tenders w/BBQ Sauce Blackeye Peas Seasoned Turnip Greens Pecan Pie Honey Corn Bread	Soup Du Jour Shepherd's Pie Buttered Baby Lima Beans Tossed Salad Supreme w/Dressing Grasshopper Pie Garlic Bread	Soup Du Jour Shrimp Creole Steamed Yellow Rice Roasted Vegetables Brownie A' la Mode Country Corn Bread	Soup Du Jour Grilled Bratwurst Grilled Peppers & Onions Mashed Potatoes Buttered Green Beans Cherry Pie
Soup Du Jour Ribeye Steak Lettuce Wedge w/Blue Cheese Sliced Tomatoes German Chocolate Cake Crackers	Soup Du Jour Pimiento Cheese Sandwich Fresh Potato Chips Pineapple Carrot Salad California Chess Pie	Soup Du Jour Turkey Tetrazzini Marinated Vegetable Salad Assorted Desserts	Soup Du Jour Sloppy Joe on Bun French Fries Cole Slaw Orange Pineapple Cup	Soup Du Jour Quesadilla w/Chicken Spanish Rice Refried Beans w/Cheese Fruit Pudding Cake	Soup Du Jour Hamburger on Bun Tomato, Lettuce & Onion French Fries Roasted Vegetables Assorted Desserts	Soup Du Jour Fish n' Chips Sauteed Cabbage Fruited Gelatin

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Week 4 of Cycle

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Soup Du Jour Oven Fried Chicken Macaroni & Cheese Tomato Pie Lemon Bar	Soup Du Jour Baked Salmon Rice Pilaf Steamed Asparagus Peanut Butter Pie Sweet Roll	Soup Du Jour Honey Glazed Pork Chop Roasted Root Vegetables Sweet n' Sour Red Cabbage Carrot Cake w/Cream Cheese Icing	Soup Du Jour Batter Fried Shrimp Baked Sweet Potato Wedges Petite Green Peas Cranberry Crisp	Soup Du Jour Beef Tips w/Gravy Confetti Rice Collard Greens w/Bacon Blackeye Peas Banana Split Cake	Soup Du Jour Baked Red Snapper Creamed Spinach Dilled Carrots Cream Puff	Soup Du Jour Salisbury Steak w/Mushroom Gravy Roasted Red Potatoes Broccoli Casserole Cherry Bar
Soup Du Jour Tuna & Bow Noodle Casserole Carrot & Raisin Salad w/Pineapple Lemon Bar	Soup Du Jour Chicken & Dumplings Seasoned Carrots Cinnamon Baked Apples	Soup Du Jour Ravioli w/Tomato Sauce Tossed Salad w/Dressing Assorted Desserts Garlic Bread	Soup Du Jour Philly Cheese Steak Sandwich Roasted Vegetables Fruited Strawberry Gelatin	Soup Du Jour Honey BBQ Pork Sandwich Potato Salad Country Cole Slaw Spice Cake w/Cream Cheese Icing	Soup Du Jour Baked Chicken Breast Navy Beans Roasted Vegetables Assorted Desserts	Soup Du Jour Grilled Ham & Swiss Cheese Sandwich Battered Onion Rings Fresh Fruit Salad Ice Cream

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Soup Du Jour Baked Ham w/Cranberry Glaze Squash Medley Baked Sweet Potato Coconut Cream Pie	Soup Du Jour Savory Chicken Stew w/Biscuit Seasoned Field Peas* German Chocolate Cake	Soup Du Jour Sautéed Shrimp w/Cream Sauce Puff Pastry Buttered Green Beans Cole Slaw Key Lime Pie	Soup Du Jour BBQ Chicken Wild Rice w/Mushrooms Asparagus Strawberry Cake	Soup Du Jour Quiche' Lorraine Baked Sweet Potato Wedges Petite Green Peas Apple Brown Betty	Soup Du Jour Tuna Cake Green Rice Pilaf Cauliflower w/Cheese Sauce Country Peach Cobbler	Soup Du Jour Breaded Chicken Breast Roasted Potatoes & Carrots Marinated Corn Salad Cranberry Sour Cream Bar Dinner Roll
Soup Du Jour Chef Salad w/Ham & Turkey Bread Pudding w/Raisins Crackers	Soup Du Jour Grilled Reuben Sandwich Sautéed Spinach w/Garlic Caramel Pear Crumble	Soup Du Jour Italian Calzone Tossed Salad w/Dressing Ice Cream Sundae	Soup Du Jour Soft Taco w/Tomato, Lettuce & Cheese Seasoned Mexican Corn Rice Pudding w/Cinnamon Whipped Cream	Soup Du Jour Chef Deli Wrap Three Bean Salad BBQ Potato Chips Sherbet	Soup Du Jour Sloppy Joe on Bun Country Macaroni Salad Broccoli Salad Fruited Gelatin	Soup Du Jour Cheese Pizza Tossed Salad Supreme w/Dressing Sherbet