

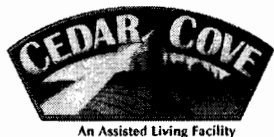
# Weekly Menu

## Cedar Cove Assisted Living



	Sun 09-30-2018	Mon 10-01-2018	Tue 10-02-2018	Wed 10-03-2018	Thu 10-04-2018	Fri 10-05-2018	Sat 10-06-2018
<b>B R K</b>	Whole Grain Waffle Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Bran Muffin Egg of Choice Fresh Fruit 100% Juice	Brown Sugar French Toast Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Raisin Toast	Cheese Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Fluffy Pancakes Sausage Fresh Fruit 100% Juice
<b>L U N</b>	Green Salad Herb Crusted Chicken Fresh M'Potatoes/Chix Gravy Corn Baked Roll Strawberry Pie	Green Salad Roast Pork/Ginger Glaze Lemon Rice Steamed Broccoli Baked Roll Homemade Carrot Cake	Green Salad Spaghetti/Marinara Meat Sauce Green Beans Italian Mozzarella Garlic Bread Snickerdoodle Brownie	Green Salad Homestyle Turkey/Gravy Cranberry Sage Dressing Baked Seasoned Squash Baked Roll Pear Cobbler	Green Salad Classic Baked Ham Scalloped Potatoes Chef's Steamed Vegetable Baked Roll Soft Brown Sugar Cookie	Green Salad Teriyaki Meatballs Parsley Rice Glazed Baby Carrots Baked Roll Honey Bun Cake	Green Salad Lemon Grilled Chicken Herb Roasted Red Potatoes Grilled Asparagus Baked Roll Banana Cream Pudding
<b>D I N</b>	Vegetable Rice Soup Egg Salad Sandwich Honeydew Green Bean Tomato Salad Fresh Lemon Bars	Tomato Florentine Soup Fish and Chips Pineapple Chunks Dill Cucumbers Zucchini Bread	Cream of Zucchini Soup Chicken Sweet Potatoes Peach Fruit Cup Peas/Mushrooms Baked Roll Marshmallow Treat	Vegetable Medley Soup Sloppy Joes BBQ/Bun Watermelon Sweet Slaw Tapioca Pudding	Creamy Carrot Soup Turkey Spinach Cheese Bake Fruited Jello Salad Harvard Beets Chocolate Caramel Bars	Potato Mushroom Soup Grilled Ham and Swiss Sandwich Cantaloupe Cucumber Tomato Salad Dishpan Cookie	Garden Vegetable Soup Crazy Crust Pizza Romaine Orange Salad Pan Breadsticks Ice Cream Sandwich
Milk offered at every meal							Week 1

Dietitian's Signature: *Diane Jagan, RDN*  
6-18-2018



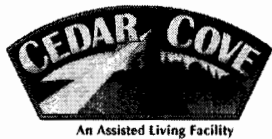
## Weekly Menu

### Cedar Cove Assisted Living



	Sun 09-02-2018	Mon 09-03-2018	Tue 09-04-2018	Wed 09-05-2018	Thu 09-06-2018	Fri 09-07-2018	Sat 09-08-2018
<b>B R K</b>	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon Muffin Egg of Choice Fresh Fruit 100% Juice	Deluxe Waffles Sausage Link Fresh Fruit 100% Juice	Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice	Fried Egg Hash Browns Fresh Fruit 100% Juice English Muffin	French Toast Dish Bacon Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
<b>L U N</b>	Green Salad Marinated Pork Roast Roasted Yams Mixed Vegetables Baked Roll Fruit Cocktail Bars	Green Salad Country Fried Steak/Gravy Fresh Mashed Potatoes Roasted Cauliflower Baked Roll Chocolate Sour Cream Cake	Green Salad Chicken/Pineapple Mango Salsa Long Grain Wild Rice Pilaf Corn O'Brien Baked Roll Apple Cobbler	Green Salad Pan Seared Cod Roasted Red Potatoes Lemon Pepper Green Beans Baked Roll Key Lime Pie	Green Salad Beef Patty/Mushroom Sauce Boiled Potatoes Beets Baked Roll Chocolate Lush	Green Salad Dressed Up Chicken Seasoned Rice Capri Blend Baked Roll Pineapple Upside Down Cake	Green Salad Luau Pork Aloha Sweet Potatoes Honey Glazed Carrots Baked Roll Double Chocolate Chip Cookie
<b>D I N</b>	Homemade Bean Bacon Soup Cornflake Chicken 24-Hour Fruit Salad Braised Carrots and Celery Ranch Potato Salad Fruit Marshmallow Dessert	Tomato Soup Crab Salad Croissant Honeydew Tomatoes/Cottage Cheese Mint Chocolate Chip Ice Cream	Creamy Vegetable Soup Beef Fried Rice Mandarin Oranges Sweet Sour Beets Spring Egg Roll Soft Ginger Cookies	Cabbage Soup Pulled Pork Sandwich Pineapple Chunks Creamy Coleslaw Ice Cream	Minestrone Soup Spaghetti Carbonara Lime Jello With Pears Chef's Steamed Vegetable Herb Pull Apart Roll Blonde Brownies	Tortilla Soup Taco Salad Grapes Taco Salad Veggies Layered Pudding	Lentil Soup BBQ Beef Hot Dog Watermelon Salad Sauerkraut Banana Splits
	Milk offered at every meal						Week 2

Dietitian's Signature: *Diana Jager, RDN*  
6-18-2018



## Weekly Menu

### Cedar Cove Assisted Living



	Sun 09-09-2018	Mon 09-10-2018	Tue 09-11-2018	Wed 09-12-2018	Thu 09-13-2018	Fri 09-14-2018	Sat 09-15-2018
<b>B R K</b>	Raspberry Muffin Egg of Choice Fresh Fruit 100% Juice	Homemade Pancakes Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Scrambled Egg Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	French Toast Sticks Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Baked Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
<b>L U N</b>	Green Salad Bacon Meatloaf O'Brien Potatoes Spinach Polonaise Baked Roll Peanut Butter Bars	Green Salad Louisiana Chicken Seasoned Mushroom Rice California Blend Baked Roll Homemade Cherry Cobbler	Green Salad Crispy Pork Chop Baked Yams Stewed Tomatoes Baked Roll Rainbow Cake	Green Salad Hamburger Steak/Onions Baked Potato Mixed Vegetables Baked Roll Pineapple Cream Pie	Green Salad Grilled Chicken Cheesy Potato Rounds Caribbean Blend Baked Roll Blueberry Cream Angel Dessert	Green Salad Tilapia/Savory Herb Butter Garlic Mashed Potatoes Green Beans Baked Roll Soft Oatmeal Raisin Cookie	Green Salad Beef Rigatoni Bake Fresh Cooked Zucchini Crusty Garlic Bread Cinnamon Coffee Cake
<b>D I N</b>	Cream of Cauliflower Soup Skillet Pork Chops/Vegetables Fruit Medley Mixed Vegetables Fresh Biscuits Carrot Cake Cookie	Garden Tomato Soup Seasoned Burgers Strawberries Pickle Relish Plate Vanilla Pudding	Lentil Soup Mediterranean Chicken Salad Grapes Romaine Salad Crackers Sherbet w/ Raspberry Sauce	Homestyle Vegetable Soup Seafood Alfredo Lemon Cream Salad Seasoned Peas Rice and Raisin Pudding	Cheesy Vegetable Soup BBQ Ham Sandwich Peaches Coleslaw Vinaigrette Tropical Citrus Bar	Plantation Vegetable Soup Pepperoni Pizza Muffins Applesauce Sweet Spinach Salad Chocolate Banana Bread	Green Pea Soup Parmesan Chicken Strips Frog Eye Salad Seasoned Broccoli Herb Pull Apart Roll Italian Knot Cookie
	Milk offered at every meal						Week 3

Dietitian's Signature: *Diana Agui, RDN*  
6-18-2018



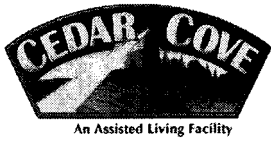
## Weekly Menu

### Cedar Cove Assisted Living



	Sun 09-16-2018	Mon 09-17-2018	Tue 09-18-2018	Wed 09-19-2018	Thu 09-20-2018	Fri 09-21-2018	Sat 09-22-2018
<b>B R K</b>	Buttermilk Pancakes Sausage Link Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Scrambled Egg Hash Browns Fresh Fruit 100% Juice English Muffin	French Toast Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Oatmeal Muffin Egg of Choice Fresh Fruit 100% Juice	Belgian Waffle Breakfast Ham Fresh Fruit 100% Juice
<b>L U N</b>	Green Salad Honey Glazed Ham Fresh Cooked Yams Seasoned Cabbage Baked Roll Apple Pie Ala Mode	Green Salad Oven Fried Chicken Ranch Mashed Potatoes Mixed Vegetables Fresh Biscuits Lemon Cookie	Green Salad Baked Meatballs/Gravy Parsley Egg Noodles Seasoned Cauliflower Baked Roll Chocolate Marshmallow Cake	Green Salad Roasted Rosemary Pork Savory Rice Sweet Sour Beets Baked Roll Mixed Berry Crisp	Green Salad Salisbury Steak/Gravy Red Potatoes Roasted Carrots Baked Roll Southern Style Bread Pudding	Green Salad Grilled Sole Fillet Brown Rice Sweet Slaw Baked Roll Frozen Caramel Square	Green Salad Turkey Breast/Lemon Thyme Sauce Cornbread Dressing Cream Peas Baked Roll Apple Cake Kuchen
<b>D I N</b>	Vegetable Medley Soup Southwest Turkey Dish Mixed Melons Corn Cheesy Rice Rootbeer Floats	Garden Vegetable Soup Caesar Salad Wrap Pears Green Pepper Tomato Salad Chips German Chocolate Brownie	Corn Chowder Texas BBQ Chicken Salad Assorted Fruit Veggies in Salad Fresh Biscuits Applesauce Cookies	Creamy Tomato Bisque Beef and Noodles Fruity Ginger Ale Jello Chef's Steamed Vegetable Magic Cookie Bar	French Onion Soup Classic Turkey Sandwich Apple Slices Garden Pasta Salad Cinnamon Cookies	Cream of Mushroom Soup Comforting Beef Stew Watermelon Dutch Spinach Salad Baked Roll Nut Bread	Vegetable Rice Soup Chicken and Biscuits Strawberry Mango Fruit Salad Sautted Summer Squash Sugar Cookie w/Frosting
Milk offered at every meal							Week 4

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6-18-2018



# Weekly Menu

## Cedar Cove Assisted Living



	Sun 09-23-2018	Mon 09-24-2018	Tue 09-25-2018	Wed 09-26-2018	Thu 09-27-2018	Fri 09-28-2018	Sat 09-29-2018
<b>B R K</b>	Scrambled Egg	Texas French Toast	Hot Cereal	Strawberry Muffin	Whole Wheat Pancakes	Cold Cereal	Fried Egg
	Hash Browns	Bacon	Egg of Choice	Egg of Choice	Sausage Link	Egg of Choice	Breakfast Ham
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Whole Grain Toast		Whole Grain Toast			Raisin Toast	English Muffin
<b>L U N</b>	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Pot Roast of Beef	BBQ Chicken Leg	Sweet Pear Pork Chop	Sour Cream Beef Patty	Melt In Your Mouth	Tropical Tilapia	Brown Sugar Meatloaf
	Red Skin Mash	Beans, Corn and Rice	Smashed Sweet Potatoes	Baked Potato	Chicken	Delicious Rice	Mashed Potato Casserole
	Oven Roasted Broccoli	Green Beans/Bacon	Spinach with Almonds	Mixed Vegetables	Cream and Cheese	Chef's Steamed Vegetable	Green Beans
	Baked Roll	Fresh Biscuits	Baked Roll	Baked Roll	Potatoes	Baked Roll	Baked Roll
	Fresh Coconut Cream Pie	Peach Crisp	Banana Sheet Cake	Hershey's Kiss PB Cookie	Corn on the Cob	Citrus Cake	Cookie Dough Cheesecake Bars
				Baked Roll			
				Blueberry-Lemon Parfait			
<b>D I N</b>	Cream of Celery Soup	Vegetable Barley Soup	Cream of Broccoli Soup	Creamy Vegetable Soup	Black Bean Cuban Style Soup	Tomato Green Bean Soup	Egg Flower Soup
	Ham Salad Sandwich	Baked Macaroni Cheese	Chicken and Dumplings	Tuna Sandwich	Soup	Garden Chicken Sandwich	Stir Fry Pork with Snap
	Cantaloupe	Fruit Cocktail Salad	Grapes	Watermelon	Meat and Potato Casserole	Pears	Peas
	Corn Salad	California Blend	Cabbage Waldorf Salad	Sour Cream Cucumber	Pineapple Salad	Beet Salad	Apple Salad
	Key Lime Parfait	Garlic Bread	Brownie Butter Bread	Salad	Seasoned Broccoli	Bread Pudding/Vanilla Sauce	Garlic Carrots
		Berry Oat Bars		Chips	Cheddar Biscuit		Vegetable Egg Roll
			Sherbet	Homemade Ranger Cookie		Soft Snickerdoodle	
Milk offered at every meal							Week 5

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