

MCF Housing for Seniors Sample One Week Menu Supported Living Lodges

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	FRIED EGGS BACON ASSORTED COLD CEREAL TOAST & JAM PRUNES, PRUNE JUICE GRAPEFRUIT SECTIONS ASSORTED JUICE	HOT CEREAL ASSORTED COLD CEREAL TOAST & JAM CHEESE / EGG PRUNES, PRUNE JUICE ASSORTED JUICE	HOT CEREAL ASSORTED COLD CEREAL TOAST & JAM CHEESE / EGG PRUNES, PRUNE JUICE ASSORTED JUICE	HOT CEREAL POACHED EGGS HAM ASSORTED COLD CEREAL TOAST & JAM PRUNES, PRUNE JUICE ASSORTED JUICE	HOT CEREAL ASSORTED COLD CEREAL TOAST & JAM CHEESE / EGG PRUNES, PRUNE JUICE ASSORTED JUICE	HOT CEREAL ASSORTED COLD CEREAL TOAST & JAM CHEESE / EGG PRUNES, PRUNE JUICE ASSORTED JUICE	HOT CEREAL ASSORTED COLD CEREAL TOAST & JAM CHEESE / EGG PRUNES, PRUNE JUICE ASSORTED JUICE
10:00 A.M.	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED MUFFINS, TOAST & ASSORTED JAM	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED MUFFINS, TOAST & ASSORTED JAM	COFFEE, TEA, MILK, JUICE, DIET JUICE, TOAST & ASSORTED JAM	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED MUFFINS, TOAST & ASSORTED JAM	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED MUFFINS, TOAST & ASSORTED JAM	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED SCONES, TOAST & ASSORTED JAM	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED MUFFINS, TOAST & ASSORTED
D I N N E R	ROAST BEEF YORKSHIRE PUDDING MASHED POTATOES GRAVY FRESH CARROTS W/PEAS SALAD BAR APPLE PIE & ICE CREAM	VEAL PARMESAN BUTTERED / SEASONED PENNE NOODLES BROCCOLI SALAD BAR FRUIT WHIP	BBQ SPARERIBS RICE PILAF MIXED VEGETABLES SALAD BAR CHERRY TURNOVER CHOCOLATE DRIZZLE	HERB ROASTED CHICKEN MASHED POTATOES FRENCH STYLE GREEN BEANS SALAD BAR ICE CREAM SUNDAE BERRY BERRY TOPPING	PORK CHOPS IN SAUERKRAUT ROAST POTATOES GLAZED YAMS SALAD BAR BUTTERSOTCH PUDDING (WITH CREAM TOPPING)	BATTERED FISH LEMON WEDGE FRIES FRESH BEETS SALAD BAR LEMON MERINGUE TARTS	SALISBURY STEAK STEAMED BABY POTATOES CORN NIBLETS SALAD BAR BLUEBERRY
3:00 P.M.	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS,	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED
S U P P E R	SOUP SHRIMP CRISPS/ FISH NUGGETS COCKTAIL SAUCE & LEMON SIDE SALAD CHOICE SALAD BAR SOFT GINGER COOKIE ASSORTED FRESH FRUIT BOWL	SOUP LOADED POTATO SKINS / WEDGES W/SALSA & SOUR CREAM CHICKEN FINGER SALAD BAR DATE SQUARE FRESH FRUIT	SOUP PANCAKES SAUSAGE SALAD BAR OATMEAL RAISIN COOKIE CANNED FRUIT	SOUP BEEFY PASTA CASSEROLE GARLIC TOAST SALAD BAR BANANA CHOCOLATE CHIP LOAF FRESH FRUIT	SOUP GRILLED CHEESE SANDWICH RIPPLE CHIPS TOMATO JUICE SALAD BAR RASPBERRY SQUARE FRESH FRUIT	SOUP HAWAIIAN PIZZA SIDE OF GARDEN SALAD SALAD BAR HAYSTACK COOKIE FRESH FRUIT	SOUP HAM AND VEGGIE SUB DILL PICKLE SALAD BAR CARROT CAKE W/CREAM CHEESE ICING CANNED
8:00 P.M.	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS TOAST & JAM, CEREAL	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS, TOAST & JAM CEREAL	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS, TOAST & JAM, CEREAL	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS, TOAST & JAM, CEREAL	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS, TOAST & JAM, CEREAL	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS, TOAST & JAM, CEREAL	COFFEE, TEA, MILK, JUICE, DIET JUICE, ASSORTED REG. & DIET BAKED GOODS, TOAST & JAM, CEREAL
Coffee Break Offering							

DAILY NOON SALAD BAR - GREEN SALAD, COTTAGE CHEESE, SLICED TOMATOES & CUCUMBERS, REGULAR & DIET JELLO, BREAD, JUICE, MILK
 DAILY SUPPER SALAD BAR (STANDARD EVERY DAY) - MIN. 14 ITEMS - 3 MUST BE MEAT TRAYS, JELLO & CHEESE TRAYS.
 - ENSURE YOU HAVE A VARIETY - CREAMY VINEGRETTE -