

## Week 5 November through April

Date: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Daily Breakfast choices:</b> Coffee, Tea, Water, Milk, Juice White and Whole Wheat Toast Muffin Cold Cereal Peanut Butter and Jams	Yogurt  Raisin Toast Oatmeal Chef's Choice Fruit Bowl _____	Scrambled Eggs Saratoga  Cream of Wheat  Oranges or Mandarins	Chef's Choice Pastry _____ Cottage Cheese bowl  Oatmeal  Bananas	Fried Eggs  Sausage  Sunny Boy or Cream of Wheat  Apple or Apple Sauce	Yogurt Smoothie  Raisin Toast  Oatmeal  Oranges or Mandarins	Poached Eggs Bacon  Cream of Wheat  Bananas	French toast  Sunny Boy or Oatmeal  Fresh or Canned Pears
<b>Daily Light Meal choices:</b> Coffee, Tea, Water, Milk, Juice White or Whole Wheat Bread Peanut Butter and Jams	Scotch Broth  <u>Choice of:</u> Reuben  or Chef's Choice Mexican (Burrito, Taco, Enchilada) _____  Coleslaw	Red Beet Soup  <u>Choice of:</u> Chicken Salad Sandwich  or Fruit Plate w/Protein and Bun _____  Potato Salad	Hearty Root Vegetable Soup (Carrots, Yams, & Rutabaga)  <u>Choice of:</u> Ham & Cheese Sandwich  or Seafood en Croute _____  Spinach Salad	Chicken Rice Soup  <u>Choice of:</u> Roast Beef Sandwich  or Chef's Choice Wrap _____  Pea Salad	Cream of Spinach Soup  <u>Choice of:</u> Tuna Sandwich  or Chicken Strips _____  French Fries	Potato Soup  <u>Choice of:</u> Chef Salad  or Omelette _____  Cucumber & Tomato Slices	French Onion Soup  <u>Choice of:</u> Bologna Sandwich  or Sloppy Joe  Carrot Salad
<u>Dessert:</u>  <b>Diabetic option:</b>	<u>Choice of:</u> Pudding w/ Fruit _____ or Apple or Apricots	<u>Choice of:</u> Ice Cream w/ Fruit _____ or Honey Dew	<u>Choice of:</u> Chef's Choice Loaf _____ or Chef's Choice Seasonal Fruit _____	<u>Choice of:</u> Mousse w/ Fruit _____ or Grapes	<u>Choice of:</u> Fruit Trifle _____ or Watermelon	<u>Choice of:</u> Nanaimo Bars  or Mandarins	<u>Choice of:</u> Pudding w/ Fruit _____ or Chef's Choice Seasonal Fruit _____
<b>Daily Main Meal choices:</b> Coffee, Tea, Water, Milk, Juice White or Whole Wheat Bread Peanut Butter and Jams	Tossed Salad  Roast Turkey  Gravy  Mashed Potatoes Stuffing  <u>Choice of:</u> Brussel Sprouts or Mashed Yams	Hummus and Pita Points  <u>Choice of:</u> Bratwurst with Roasted Potatoes  or Chef's Choice Fish with Rice _____  Asparagus	Sugar Free Jello Salad _____ <u>Choice of:</u> Ribs _____ or Chicken Thighs _____  Potatoes  Mashed Rutabaga	Tomato Juice  <u>Choice of:</u> Veal _____ or Chef's Choice Fish _____  Egg noodles  Chef's Choice Vegetables _____	Chef's Choice Appy/Salad _____ Chef's Choice Meal (Theme, Breakfast, Event)  Protein 1 _____ Protein 2 _____  Starch _____ Orange Veg _____ Vegetable 2 _____	V8  <u>Choice of:</u> Fresh Salmon Fillets _____ or Stroganoff _____  Rice  Broccoli Stir-fry	Tossed Salad  <u>Choice of:</u> Chicken Breasts _____ or Liver _____  Baked Potatoes  Green Beans
<b>Sweet Dessert Option:</b>  <b>Diabetic Fruit Option:</b>	<u>Choice of:</u> Chef's Choice Pie _____ or Fresh Pineapple	<u>Choice of:</u> Cherry Cake  or Peaches	<u>Choice of:</u> Sticky Toffee Pudding  or Pears	<u>Choice of:</u> Chocolate Cream Pie  or Papaya or Mango	<u>Choice of:</u> Chef's Choice Dessert _____ or Mixed Berries	<u>Choice of:</u> Ice Cream _____ or Cantaloupe	<u>Choice of:</u> Strawberry Short Cake  or Fruit Cocktail