

BLACK ROCK TERRACE - Sample Menu (Week 2)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fried eggs & bacon	Blueberry Yogurt	Scrambled eggs & sausage	Fresh baked muffin & cottage cheese	Soft poached eggs OR Hard boiled eggs	Peach yogurt	Waffle
	Cream of wheat	Oatmeal	Sunny Boy cereal	Oatmeal	Back Bacon	Oatmeal	Sausage
	Kiwi	Whole orange	Banana	Fresh plum	Cream of wheat Fresh peaches	Banana	Sunny Boy cereal Whole apple
Lunch	Mushroom soup	Southwest chicken rice soup	Beef noodle soup	Broccoli Soup		Beef barley soup	Tomato soup
	Grilled cheese sandwich OR Salmon salad sandwich	Homemade Hamburger OR Hotdog w/lettuce, tomato & onions	Ham, Tomato and Cheese flatbread sandwich OR Spaghetti w/meat sauce	Egg Salad Sandwich on multigrain bread and Homemade pickles OR Garden salad w/beef souvlaki skewers	Corn and Rib Fest BBQ pork back ribs Potato Salad French fries	Turkey sandwich OR Stuffed meat buns	Beef on a bun OR Chicken fingers w/plum sauce
	Cauliflower salad	Veggie macaroni salad	Greek salad	Kohlrabi slaw	Cauliflower salad Apple salad Corn on the cob	Beet salad	Garden salad
	Chocolate Ice cream OR Papaya & mango	Warm apple bread pudding w/caramel sauce OR Fruit cocktail	Chocolate Mousse OR Apricots	Yogurt fruit parfait OR Fresh strawberries	Lemon Meringue Pie OR Fresh cherries	Lemon Jello w/whipped cream OR Fresh nectarines	Strawberry Pudding OR Honeydew melon
Supper	Tossed salad	Tomato juice	Coleslaw	Chocolate Milk	Squash Soup	Spinach salad	Tomatoes & cucumbers
	Baked ham	Turkey loaf OR Baked pork chops	Sole & shrimp OR Breaded chicken drumsticks	Pancake Supper Pancakes Scrambled eggs	Chicken Salad Sandwich OR Grilled Ham and Swiss Sandwich	Fresh Sole w/creamy dill sauce OR Salisbury Steak	Beef stew OR Chicken lasagna
	Scalloped potatoes	Mashed potatoes	Quinoa	Hashbrown Casserole	Tossed Salad	Rice	Fresh baked biscuit
	Steamed asparagus OR Succotash	Broccoli	Stir fried kohlrabi	Bacon Orange slices		Mixed vegetables	Peas OR Fresh corn on the cob
	Apple pie OR mandarins	Carrot cake OR Cantaloupe	Cheesecake OR Fresh pineapple	Fresh mixed berries w/whipped cream OR Pears	Peanut butter marshmallow squares OR Watermelon	Key lime pie OR Fresh fruit cocktail	Mixed berry crumble OR Fresh peaches

Breakfast includes choice of: white or whole wheat toast, muffin, cold cereal, juice, milk, coffee, tea, water, peanut butter *as well as daily menu option*

Light Meal includes choice of: white or whole wheat bread, juice, milk, coffee, tea, water, sweet or diabetic dessert *as well as daily menu option*

Main Meal includes choice of: white or whole wheat bread, juice, milk, coffee, tea, water, peanut butter, sweet or diabetic dessert *as well as daily menu option*