




Mason Wright Senior Living

WEEK 4

DECEMBER	3	4	5	6	7	8	9
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>BREAKFAST</p>	<p>Hot Oatmeal Cold Cereal Variety Biscuits & Gravy Egg Beaters ♥ Whole Grain Toast Raisin Toast & English Muffins Assorted Juices</p>	<p>Hot Oatmeal Cold Cereal Variety Pancakes Home Fries Egg Beaters ♥ Whole Grain Toast Raisin Toast & English Assorted Juices</p>	<p>Chef made Grits Cold Cereal Variety French Toast & Bacon Egg Beaters ♥ Whole Grain Toast Raisin Toast & English Muffins Assorted Juices</p>	<p>Hot Oatmeal Cold Cereal Variety Waffles & Sausage Egg Beaters ♥ Whole Grain Toast Raisin Toast & English Muffins Assorted Juices</p>	<p>Hot Oatmeal Cold Cereal Variety Western Scrambled Home Fries Egg Beaters ♥ Whole Grain Toast Raisin Toast & English Muffins Assorted Juices</p>	<p>Hot Oatmeal Cold Cereal Variety Hard Fried Egg Bacon Egg Beaters ♥ Whole Grain Toast Raisin Toast & English Muffins Assorted Juices</p>	<p>Chef made Grits Cold Cereal Variety Scrambled Eggs Sausage Egg Beaters ♥ Whole Grain Toast Raisin Toast & English Muffins Assorted Juices</p>
 <p>DINNER</p>	<p><i>Fresh Garden Salad</i> 1-) Oven Roasted Turkey ♥ 2-) Sliced Roast Beef Dinner Roll Wild Rice Fresh Carrot Coins Banana Cake</p>	<p><i>Fresh Garden Salad</i> 1-) Pork Diane ♥ 2-) New Brunswick Cod Buttered Noodles Brussels Sprouts Dinner Roll Peach Cobbler</p>	<p><i>Fresh Garden Salad</i> 1-) Grilled Sesame Chicken ♥ 2-) Baked Stuffed Shells Marinara Dinner Roll Garden Brown Rice Steamed Broccoli Apple Pie</p>	<p><i>Fresh Garden Salad</i> 1-) Turkey Scaloppini ♥ Egg Noodles Steamed Peas Dinner Roll 2-) Steak & Cheese on a Roll Cole Slaw Pineapple Tidbits</p>	<p><i>Fresh Garden Salad</i> 1-) Beef Stew ♥ 2-) Old Bay Baked Haddock Filet Whole Wheat Pasta Green Beans Dinner Roll Brownie</p>	<p><i>Fresh Garden Salad</i> 1-) Honey Glazed Salmon ♥ Yams Zucchini Squash 2-) Pasta w/Meat Sauce Zucchini Squash Dinner Roll Bread Pudding</p>	<p><i>Fresh Garden Salad</i> 1-) Roasted Vegetable Frittata ♥ Fresh Fruit Cup Couscous Dinner Roll 2-) Chicken Tenders w/Dipping Sauce Tater Tots Dessert: Chef's Choice</p>
 <p>SUPPER</p>	<p><i>Fresh Garden Salad</i> Chef Made Beef Vegetable Soup 1-) Seafood Jambalaya White Rice Dinner Roll 2-) Tuna Sandwich Alternate: Baked Fish or Chicken ♥ Vanilla Ice Cream</p>	<p><i>Fresh Garden Salad</i> Chef Made Cream of Mushroom Soup 1-) Scalloped Potato & Ham Casserole Vegetable Medley Dinner Roll 2-) Turkey Sandwich Alternate: Baked Fish or Chicken ♥ Butterscotch Pudding</p>	<p><i>Fresh Garden Salad</i> Chef Made Split Pea Soup 1-) Stuffed Peppers Cauliflower Dinner Roll 2-) Ham Sandwich Alternate: Baked Fish or Chicken ♥ Peanut Butter Cookie</p>	<p><i>Fresh Garden Salad</i> Chef Made Cream of Broccoli Soup 1-) Beef & Broccoli White Rice Dinner Roll 2-) Chicken Salad Sandwich Alternate: Baked Fish or Chicken ♥ Jell-O with topping</p>	<p><i>Fresh Garden Salad</i> Chef Made Hearty Vegetable Barley 1-) Tex-Mex (Mild) Chili w/Cornbread Kernel Corn 2-) Bologna Sandwich Alternate: Baked Fish/Chicken ♥ Diced Pears</p>	<p><i>Fresh Garden Salad</i> Chef Made Fish Chowder 1-) Homemade Assorted Pizza's Vegetable of the Day 2-) Seafood Salad Sandwich Alternate: Baked Fish/Chicken ♥ Decorated Cake</p>	<p><i>Fresh Garden Salad</i> Chicken Rice Soup 1-) Linguine with a Clam Sauce Broccoli Dinner Roll 2-) Egg Salad Sandwich Alternate: Baked Fish/Chicken ♥ Dessert: Chefs Choice</p>

Before placing your order, please inform your server if a person in your party has a FOOD ALLERGY.

Coffee, Tea, Milk, Cranberry Juice, 100% Orange Juice, 100% Apple Juice and Fresh Fruit are offered at each meal.

Alternate menu always available. Assorted whole grain bread options always available. Sugar-free dessert and ice cream options always available at dinner and supper.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

♥Heart Smart options = 500mg sodium or less, 15g fat or less, 35g carbohydrates or less

Dietitian signature on file. **Glendale Senior Dining, Inc. Fall/Winter 2017-2018.**