

Client Name:


Client Signature:

Staff Initials:

All Fruits and veggies will be "of the day", as we strive to find the freshest Produce. Milk and fruit will be offered at every meal.

# March Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				0
				1
				<b>Breakfast:</b> Breakfast Burrito(sausage egg and cheese) with fruit  <b>Lunch:</b> French onion soup with a roast beef sandwich and seasonal vegetable
			Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )
4	5	6	7	8
<b>Breakfast:</b> WG French toast sticks with fruit and bacon  <b>Lunch:</b> Baked chicken with seasonal veg and macaroni and cheese	<b>Breakfast:</b> Breakfast taco(egg, bacon, cheese) and fruit  <b>Lunch:</b> Vegetable Lasagna with side salad and garlic bread	<b>Breakfast:</b> Mini pancakes with a sausage patty and fruit  <b>Lunch:</b> Chicken and Dumplings(carrots, celery, biscuit dumplings) with seasonal vegetable and a dinner roll	<b>Breakfast:</b> Cream of wheat with scrambled eggs, toast, and fruit  <b>Lunch:</b> Crunchy Tacos(ground beef, lettuce, tomatoes, sour cream, and cheese) with refried beans	<b>Breakfast:</b> Seasonal veggie quiche with hash browns and fruit  <b>Lunch:</b> Turkey dinner with gravy, stuffing, mashed potatoes, and seasonal vegetable
Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )
11	12	13	14	15
<b>Breakfast:</b> Open face breakfast bagel (sausage, cheese, eggs) with seasoned potatoes and fruit  <b>Lunch:</b> Beef stroganoff(beef, onions, sour cream, egg noodles) with veg and toast	<b>Breakfast:</b> Breakfast sliders(Hawaiian rolls, Canadian bacon, cheese, fritatta square with seasonal veg  <b>Lunch:</b> Ham steak with rice pilaf and glazed carrots	<b>Breakfast:</b> Montecristo sandwich(ham and cheese, dipped in egg, topped with powdered sugar) with hashbrown and fruit  <b>Lunch:</b> Spaghetti and meatballs served with a side salad and garlic bread	<b>Breakfast:</b> Eggs Benedict(biscuit, Canadian bacon, poached egg, hollandaise) and fruit  <b>Lunch:</b> Nachos(ground beef, cheese sauce, lettuce, tomatoes, mild jalapeno, tortilla chips)	<b>Breakfast:</b> Blueberry muffin with bacon and fruit  <b>Lunch:</b> Pollo Guisado(braised chicken thighs, potatoes, tomatoes, onions, cilantro, and beans) with rice
Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )
18	19	20	21	22
<b>Breakfast:</b> Sausage links with onions, peppers, with cheesy grits and toast	<b>Breakfast:</b> Ham steak with scrambled eggs, honey butter biscuit, and fruit	<b>Breakfast:</b> Sweet Potato pancakes with bacon and applesauce	<b>Breakfast:</b> Seared spam with scrambled eggs and cheese toast	<b>Breakfast:</b> Cheese quesadilla with turkey sausage links and fruit

<b>Lunch:</b> Broccoli, potato, and cheese soup, served with a turkey sandwich	<b>Lunch:</b> Guinness Stew(beef, potato, beer) and boxty with sour cream	<b>Lunch:</b> Chicken quesadilla with rice and beans	<b>Lunch:</b> Sloppy Joe on a hamburger bun with fries and seasonal vegetable	<b>Lunch:</b> Roasted Pork loin with stewed apples and mashed sweet potatoes
Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Breakfast:</b> Waffles with canadian bacon and fruit  <b>Lunch:</b> Bbq chicken with roasted potatoes and seasonal vegetable	<b>Breakfast:</b> BLT(bacon, lettuce, tomato) with scrambled eggs and fruit  <b>Lunch:</b> Corn chowder(corn, potatoes, celery, carrot, onion) with a ham and cheese sandwich	<b>Breakfast:</b> Breakfast Empanadas(sausage, egg, cheese) with fruit  <b>Lunch:</b> Pulled Pork sandwich on hamburger bun, with pasta salad and corn on the cob	<b>Breakfast:</b> Baked egg with seasonal veg, served with roasted potatoes  <b>Lunch:</b> Jambalaya(chicken, sausage, onions, peppers, celery, tomatoes, rice)	<b>Breakfast:</b> Breakfast Pizza(Tomato Sauce, sausage, scrambled eggs, cheese) with fruit  <b>Lunch:</b> Pastrami Reuben served with fries and side salad
Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )	Alternative Breakfast ( ) Lunch ( )
<b>Breakfast Alternatives:</b> 1. WG Fried Eggs sandwich & fruit 2. Scrambled eggs with cheese, meat, WG toast, and fruit 3. WG cold cereal, meat, & fruit 4. Scrambled egg whites, meat, & fruit 5. WG Grilled Ham and cheese sandwich  <b>Lunch Alternatives:</b> 1. WG Grilled Cheese, chips, & veggies 2. WG Roast beef sandwich with cheese, chips, & veggies 3. WG Egg salad sandwich, with chips, & veggies 4. Salad w/wo chicken & WG croutons 5. WG Tuna salad sandwich with chips & veggies	<b>Vegan/Vegetarian Breakfast Alternatives</b> 1. Cold cereal with fruit and toast 2. Hot oatmeal with fruit and toast 3. Seasonal vegetable hash 4.PB&J with fruit 5.House made granola with fruit  <b>Vegan/Vegetarian Breakfast Alternatives</b> 1. French onion lentils with vegan cheese and a dinner roll 2. Brown rice pilaf (onion, celery, carrot) 3.Garden Salad 4.Hummus and veggies 5.Pasta Primavera(tomato sauce and seasonal veggies with WG pasta)	<b>Soft diet Breakfast Alternatives</b> 1. Oatmeal with applesauce 2. Scrambled eggs with fruit and sausage crumble and untoasted bread 3.Seasonal vegetable scramble with cheese 4. Maserated fruit parfait 5. Baked Egg(tomato, soft seasonal vegetable), with fruit and toast  <b>Soft diet Lunch alternatives</b> 1.Progresso chicken noodle soup 2.Steamed seasonal vegetable, mach potatoes, baked beans 3.Garden Salad 4. Tuna Salad on toast 5. Egg salad on toast	<b>Gluten Free Breakfast alternatives</b> 1.Fried egg sandwich on gf bread with fruit 2.Scrambled eggs with gf toast, cheese, meat, and fruit 3.Scrambled egg whites, meat and fruit 4.Hot oatmeal with fruit and meat 5.GF ham and cheese sandwich with fruit  <b>Gluten free lunch alternatives</b> 1.French onion lentils with cheese and a dinner roll 2.Garden salad w/o chicken 3. GF roast beef sandwich with chips and vegetable 4. GF tuna salad with chips and vegetable 5.Hummus and veggies	