

Shady Oaks Assisted Living Center Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	<p>Select two of the following: Cold Cereal* Fruit Bowl Veggie Omelet Brown Butter Banana Muffin</p> <p>Assorted Juice and Beverages**</p>	<p>Select two of the following: Cold Cereal Fruit Bowl Oatmeal Pancakes Cinnamon Rolls w/ Icing</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following: Cold Cereal Fruit Bowl Scrambled Eggs and Hash Browns Blueberry Muffin</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following: Cold Cereal Fruit Bowl Biscuits and Gravy Raspberry Banana Scone</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following: Cold Cereal Fruit Bowl Eggs Benedict Walnut Banana Bread</p> <p>Assorted Juice and Beverages</p>	<p>Select two of the following: Cold Cereal Fruit Bowl Belgian Waffles Country Grits</p> <p>Assorted Juice and Beverages</p>
Lunch	<p>Please Specify Main Selection Herb-Crusted Salmon OR Herb-Baked Chicken Rice Pilaf Sautéed Green Beans Vanilla Cake w/ Lemon Buttercream</p> <p>Assorted Juice and Beverages</p>	<p>Home-Style Macaroni & Cheese Sliced Honey-Spiral Ham Cornbread Muffin Steamed Broccoli Raspberry Jell-O w/ Whipped Cream</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection Grilled Cheese Sandwich & Tomato Basil Soup OR Turkey Cilantro Sandwich & Broccoli Cheese Soup OR Chef Salad Strawberry Smoothie</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection Beef Stir Fry OR Asian Chicken Burger Pot Stickers Cherry Cheesecake</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection Apricot Chicken OR Apricot-Ginger Pork Chops Buttermilk Mashed Potatoes Swiss Chard w/ Toasted Breadcrumbs Mini Blackberry & Ginger Trifle</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection Chicken Salad Sandwich OR Turkey Reuben Sandwich Tomato Cucumber Salad French Onion Soup Peach Cobbler w/ Vanilla Ice Cream</p> <p>Assorted Juice and Beverages</p>
Dinner	<p>Please Specify Main Selection Lasagna OR Fettuccine Alfredo Romaine Lettuce Salad Garlic Breadsticks Warm Apple Crisp w/ Vanilla Ice Cream</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection Fried Rice With Eggs, Bacon, & Veggies OR Asian Noodle Bowl With Flank Steak & Garlic Pork Egg Rolls Glazed Carrots Raspberry or Strawberry Sorbet</p> <p>Assorted Juice and Beverages</p>	<p>Zesty Grilled Chicken Rotini Pasta With clear gravy, marinara, or alfredo sauce California Vegetables carrots, broccoli, cauliflower Banana Pudding w/ Vanilla Wafers</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection Chicken Enchilada Verde OR Steak Quesadilla With peppers, mushrooms, tomatoes, and cheese Black Beans Chewy Chocolate Chip Cookie</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection Italian Meatball Soup OR Black Bean Soup Spinach Salad w/ Mandarin Oranges Breadstick or Roll Strawberry Cheesecake Bars</p> <p>Assorted Juice and Beverages</p>	<p>Please Specify Main Selection BBQ Chicken OR Turkey Pot Pie Roasted Asparagus Fruit Cocktail Red Velvet Cupcake w/ Cream Cheese Frosting</p> <p>Assorted Juice and Beverages</p>
Evening Snack	<p>Select one of the following: Cottage Cheese & Peaches Snack Crackers & Pudding Cup Chocolate Chip Cookies & Low-Fat Milk</p>	<p>Select one of the following: Melon Salad w/ Ginger Simple Syrup and Mint Oatmeal Crème Pie</p>	<p>Select one of the following: Peach & Raspberry Cobbler Dark Chocolate Brownie Trail Mix</p>	<p>Select one of the following: Applesauce plain or cinnamon Frozen Yogurt vanilla, chocolate, chocolate mint Cheese and Crackers</p>	<p>Select one of the following: Cinnamon Apple Turnovers Carrot Cake Fruit Smoothies</p>	<p>Select one of the following: Yogurt w/ Mixed Berries Hardboiled Egg Kettle Corn</p>

*Cereal Options: Raisin Bran, Rice Krispies, Cheerios, Frosted Flakes, Cinnamon Toast Crunch

**Juice and Beverages always available: Orange Juice, Cranberry Juice, Apple Juice, V-8 Juice, Coffee, Tea, Milk, Water

Fresh Fruit Choices are always available

