

ActivCare at Bressi Ranch

Menu Week 1

1/6/19 - 1/12/19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scallion and Cheddar Scramble	Scrambled Eggs	Banana Pancakes	Scrambled Eggs	French Toast	Vegetable Scramble	Belgian Waffles
English Muffin	Sausage	Bacon	Home Fries	Sausage	Toast	with Strawberry syrup
Choice of Cold or Hot Cereal	Toast		English Muffin	Fruit Garnish	Fruit Garnish	Cream
Butter/Jelly	Choice of Cold or Hot Cereal	Choice of Cold or Hot Cereal	Choice of Cold or Hot Cereal	Choice of Cold or Hot Cereal	Choice of Cold or Hot Cereal	Choice of Cold or Hot Cereal
Milk	Butter/Jelly	Butter & Syrup	Butter/Jelly	Butter & Syrup	Butter/Jelly	Butter
Juice of Choice	Milk	Milk	Milk	Milk	Milk	Milk
Coffee or Hot Tea	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice
	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea
10: pm Snack	10: pm Snack	10: pm Snack	10: pm Snack	10: pm Snack	10: pm Snack	10: pm Snack
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice

Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Country Fried pork Steak	Chicken Florentine	Fish and Chips	Cheeseburger Macaroni	Herb pasta with cacciatore	Pork Afritada	Chicken Teriyaki
Rice Pilaf	Roasted Red Potato	Tater Tots	Green Peas	Chef Salad	Steam Rice	Fried Rice
Vegetable Blend	Mixed Veggies	Steam Carrot	Garlic Bread	Garlic Bread	Vegetable Du Jour	Stir Fry Vegetables
Cornbread	Garlic Bread	Cornbread			Dinner Roll	Sweet Roll
Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice
3 pm Snack	3 pm Snack	3 pm Snack	3 pm Snack	3 pm Snack	3 pm Snack	3 pm Snack
Pop-Over	Cake	Parfait	Pudding	Muffin	Cake	Ambrosia
Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice

Dinner	Dinner	Dinner		Dinner	Dinner	Dinner
Blackened Cajun Fried Fish	Homemade Chili	Sweet & Spicy Pork chop	Cajun Chicken Jambalaya	Grilled Ham & Cheese	Chili Lime Fried Fish	Meat Lasagna
Baked Potato	Side Salad	Fried Rice	Broccoli	French Fries	Rice Pilaf	Caesar Salad
Vegetable Capri	Cornbread	Green beans	Cornbread	Prince Edward mixed	Sautéed Zucchini	Garlic Bread
Dinner Roll						
Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice
6 pm Dessert	6 pm Dessert	6 pm Dessert	6 pm Dessert	6 pm Dessert	6 pm Dessert	6 pm Dessert
Ice Cream	Peach Cobbler	Brownie	Cake	Bread Pudding	Cookie	Pudding
Beverage of Choice	Beverage of Choice	Snack of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice

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Menu Week 2

1/13/19 - 1/19/19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Blueberry Pancakes Sausage	Scrambled Eggs w/ Ham and Cheese Toast	French Toast Bacon	Vegetable Scramble English Muffin	Belgian Waffles Fruit Garnish	Scallion and Cheddar Scramble Toast	French Toast Sausage Link
Choice of Cold or Hot Cereal Butter & Syrup Milk	Choice of Cold or Hot Cereal Butter/Jelly Milk	Choice of Cold or Hot Cereal Butter & Syrup Milk	Choice of Cold or Hot Cereal Butter/Jelly Milk	Choice of Cold or Hot Cereal Butter & Syrup Milk	Choice of Cold or Hot Cereal Butter/Jelly Milk	Choice of Cold or Hot Cereal Butter/Jelly Milk
Juice of Choice Coffee or Hot Tea	Juice of Choice Coffee or Hot Tea	Juice of Choice Coffee or Hot Tea	Juice of Choice Coffee or Hot Tea	Juice of Choice Coffee or Hot Tea	Juice of Choice Coffee or Hot Tea	Juice of Choice Coffee or Hot Tea
10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice

Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pork Diablo Roasted Red Potato Vegetable Capri Dinner Roll Beverage of Choice	Chicken Fajitas Spanish Rice 5-way-Veggies Cornbread Beverage of Choice	Parmesan Crusted Baked Fish Baked Potato Steam Carrot Dinner Roll Beverage of Choice	Creamy Beef Noodles Green beans Garlic Bread Beverage of Choice	Cobb Salad Soup Du Jour Garlic Bread Beverage of Choice	Lemon Creamy Pork Chop Roasted Red Potato Peas and Carrots Sweet Roll Beverage of Choice	Chicken Potato Baked Casserole Rice Pilaf Vegetable Capri Dinner Roll Beverage of Choice
3 pm Snack Danish Beverage of Choice	3 pm Snack Muffin Beverage of Choice	3 pm Snack Cake Beverage of Choice	3 pm Snack Pie Beverage of Choice	3 pm Snack Ice Cream Beverage of Choice	3 pm Snack Cake Snack of Choice	3 pm Snack Pudding Beverage of Choice

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Shrimp Tempura Curly Fries Vegetable Du Jour Cornbread Beverage of Choice	Beef Taco Casserole Vegetable Du Jour Dinner Roll Beverage of Choice	Kalua Pork Ranch style Bean Sautéed Spinach Cornbread Beverage of Choice	Sweet and Sour chicken Steam Rice Sautéed Zucchini Cornbread Beverage of Choice	Vegetable Lasagna Vegetable Blend Dinner Roll Beverage of Choice	Fried Fish Cilantro Gremolata Ranch style Bean 5-way-veggies Conrbread Beverage of Choice	Hot dog Curly Fries Steam Carrots Beverage of Choice
6 pm Dessert Jello Beverage of Choice	6 pm Dessert Parfait Beverage of Choice	6 pm Dessert Cookie Beverage of Choice	6 pm Dessert Pop-Over Beverage of Choice	6 pm Dessert Rice Pudding Beverage of Choice	6 pm Dessert Peach Cobbler Beverage of Choice	6 pm Dessert Cottage Cheese Beverage of Choice

ActivCare at Bressi Ranch

Menu Week 3

1/20/19 - 1/26/19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Blueberry Pancakes Sausage Choice of Cold or Hot Cereal Butter & Syrup Milk Juice of Choice Coffee or Hot Tea	Scrambled Eggs w/ Ham and Cheese Toast Choice of Cold or Hot Cereal Butter/Jelly Milk Juice of Choice Coffee or Hot Tea	French Toast Bacon Choice of Cold or Hot Cereal Butter & Syrup Milk Juice of Choice Coffee or Hot Tea	Vegetable Scramble English Muffin Choice of Cold or Hot Cereal Butter/Jelly Milk Juice of Choice Coffee or Hot Tea	Belgian Waffles Fruit Garnish Choice of Cold or Hot Cereal Butter & Syrup Milk Juice of Choice Coffee or Hot Tea	Scallion and Cheddar Scramble Toast Choice of Cold or Hot Cereal Butter/Jelly Milk Juice of Choice Coffee or Hot Tea	French Toast Sausage Link Choice of Cold or Hot Cereal Butter/Jelly Milk Juice of Choice Coffee or Hot Tea
10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice	10 am snack Fresh Fruit Beverage of Choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Hungarian Pork Loin Ranch Style bean Vegetable Blend Cornbread Beverage of Choice	Chicken Marsala Egg Noodles Vegetable Du Jour Dinner Roll Beverage of Choice	Rosemary Glazed Fish Baked Potato Glazed Carrot Cornbread Beverage of Choice	Burger Steak w/ Tomato Gravy Garlic Mashed Potato Green Peas Dinner Roll Beverage of Choice	Grilled Tuna Melt Seasoned Fries Onion Rings Beverage of Choice	Pork Chimichurri Fusilli Steam Broccoli Dinner Roll Beverage of Choice	Chicken Pesto Rice Pilaf Sautéed Spinach Dinner Roll Beverage of Choice
3 pm Snack Danish Beverage of Choice	3 pm Snack Muffin Beverage of Choice	3 pm Snack Cake Beverage of Choice	3 pm Snack Pie Beverage of Choice	3 pm Snack Ice Cream Beverage of Choice	3 pm Snack Cake Snack of Choice	3 pm Snack Pudding Beverage of Choice
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Herbed Fried Fish Rice Pilaf Vegetable Capri Dinner Roll Beverage of Choice	Baked Mac & Cheese Casserole Spinach salad Garlic Bread Beverage of Choice	Orange Molasses Pork chop Steam Rice Green beans Dinner Roll Beverage of Choice	Chicken Curry Rice Pilaf Braised Cabbage Cornbread Beverage of Choice	Vegetable Quiche Roasted Red potato 5 way-Veggie Blend Cornbread Beverage of Choice	Lemon Parmesan Fish Baked Potato Sautéed Zucchini Cornbread Beverage of Choice	Corndog Tater Tots Prince Edward Mix Beverage of Choice
6 pm Dessert Jello Beverage of Choice	6 pm Dessert Parfait Beverage of Choice	6 pm Dessert Cookie Beverage of Choice	6 pm Dessert Pop-Over Beverage of Choice	6 pm Dessert Rice Pudding Beverage of Choice	6 pm Dessert Peach Cobbler Beverage of Choice	6 pm Dessert Cottage Cheese Beverage of Choice

ActivCare at Bressi Ranch

Menu Week 4

1/27/19 - 2/2/19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
French Toast Bacon Choice of Cold or Hot Cereal Butter & Syrup Milk Juice of Choice Coffee or Hot Tea	Scrambled Eggs With Cheese Wheat Toast Choice of Cold or Hot Cereal Butter/Jelly Milk Juice of Choice Coffee or Hot Tea	Blueberry Pancakes Sausage Link Choice of Cold or Hot Cereal Butter & Syrup Milk Juice of Choice Coffee or Hot Tea	Country Scramble Biscuit Choice of Cold or Hot Cereal Butter/ Jelly Milk Juice of Choice Coffee or Hot Tea	French Toast Bacon Choice of Cold or Hot Cereal Butter & Syrup Milk Juice of Choice Coffee or Hot Tea	Turkey And Cheese Scramble English Muffin Choice of Cold or Hot Cereal Butter/Jelly Milk Juice of Choice Coffee or Hot Tea	Belgian Waffles with Strawberry Syrup Cream Choice of Cold or Hot Cereal Margarine Milk Juice of Choice Coffee or Hot Tea
10 am Snack Fresh Fruit Beverage of Choice	10 am Snack Fresh Fruit Beverage of Choice	10 am Snack Fresh Fruit Beverage of Choice	10 am Snack Fresh Fruit Beverage of Choice	10 am Snack Fresh Fruit Beverage of Choice	10 am Snack Fresh Fruit Beverage of Choice	10 am Snack Fresh Fruit Beverage of Choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Baked Ham Baked Yam Vegetable Blend Cornbread Beverage of Choice	Rosemary Ranch Chicken Roasted Red potato Vegetable Du Jour Dinner Roll Beverage of Choice	Shrimp Pesto Fusilli Glazed Carrot Conrbread Beverage of Choice	Beef Stroganoff Baked Potato Green Peas Dinner Roll Beverage of Choice	Herb Pasta with Marinara Sauce Sautéed Zucchini Dinner Roll Beverage of Choice	Balsamic Honey Mustard Pork Baked Yam 5 way-veggie blend Garlic Bread Beverage of Choice	Turkey Pot Pie Ranch Style Bean Vegetable Du Jour Cornbread Beverage of Choice
3 pm Snack Pop-Over Beverage of Choice	3 pm Snack Cake Beverage of Choice	3 pm Snack Muffin Beverage of Choice	3 pm Snack Pie Beverage of Choice	3 pm Snack Cottage Cheese Beverage of Choice	3 pm Snack Cake Beverage of Choice	3 pm Snack Ambrosia Beverage of Choice
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Lemon Pepper Fish Rice Pilaf Vegetable Capri Dinner Roll Beverage of Choice	Swedish Meatball Egg noodle Prince Edward Cornbread Beverage of Choice	Pork Adobo Steam Rice Green beans Dinner Roll Beverage of Choice	Creamy Garlic Chicken Mashed Potato Steam Broccoli Cornbread Beverage of Choice	chicken Caesar Salad Soup du Jour Dinner Roll Beverage of Choice	Coconut Fish Curry Rice Pilaf Steam Carrot Cornbread Beverage of Choice	Meatloaf Mashed Potato Peas and Carrots Dinner Roll Beverage of Choice
6 pm Dessert Ice Cream Beverage of Choice	6 pm Dessert Cookie Beverage of Choice	6 pm Dessert Parfait Beverage of Choice	6 pm Dessert Cake Beverage of Choice	6 pm Dessert Peach Cobbler Beverage of Choice	6 pm Dessert Cookie Beverage of Choice	6 pm Dessert Pudding Beverage of Choice