

**WINTER WEEK FIVE****BREAKFAST**

**S** CREAM OF WHEAT  
**U** OR COLD CEREAL  
**N** SAUSAGE PATTY / BACON  
**D** CHOICE EGG  
**A** CINNAMON ROLL / TOAST  
**Y** RAISIN TOAST

**EASTRIDGE****LUNCH**

ROAST BEEF / CHICKEN  
MASHED POTATOES / GRAVY  
GREEN BEAN CASSEROLE  
BREAD / MARGARINE  
FRUIT PIE

**SUPPER**

CHICKEN & RICE SOUP  
HAM / CHEESE SANDWICH  
CRACKERS  
ICE CREAM

**M** CINNAMON OATMEAL  
**O** OR COLD CEREAL  
**N** TOAST OR COFFEE CAKE  
**D** CHOICE EGG  
**A** BACON OR SAUSAGE PATTY  
**Y** HASHBROWNS

PORK ROAST  
CREAMY PARMESAN RICE  
LAYERED PEA SALAD  
BREAD / BUTTER  
BREAD PUDDING WITH VANILLA SAUCE

BROCCOLI CHEESE SOUP  
CHICKEN SALAD SANDWICH  
CRACKERS  
PEARS

**T** MALT O MEAL  
**U** OR COLD CEREAL  
**E** PANCAKES / TOAST  
**S** BACON OR SAUSAGE LINK  
**D** CHOICE EGG or OMELET  
**A**  
**Y**

PIZZA  
PASTA SALAD  
LETTUCE SALAD  
BREAD / MARGARINE  
FRUIT

HOT HAM & CHEESE SANDWICH  
SWEET POTATO FRIES  
BROCCOLI  
PUDDING

**W** CREAM OF WHEAT  
**E** OR COLD CEREAL  
**D** CHOICE EGG  
**N** TOAST  
**E** SAUSAGE PATTY OR BACON  
**S** EGG / SAUSAGE OR BACON /  
**D** CHEESE MCMUFFIN  
**A**  
**Y**

HAM & BEANS  
COTTAGE CHEESE SALAD  
CORNBREAD  
ICE CREAM

TUNA NOODLE CASSEROLE  
GREEN BEANS  
BREAD MARGARINE  
COOKIES

**T** OATMEAL  
**H** OR COLD CEREAL  
**U** TOAST OR MUFFIN  
**R** CHOICE EGG  
**S** BACON OR SAUSAGE LINK  
**D** EGG/SAUSAGE/HASHBROWN BAKE  
**A**  
**Y**

MEATLOAF OR TACO SALAD  
MASHED POTATOES / GRAVY  
CORN  
BREAD / MARGARINE  
APPLE CRISP

OMELET BAKE  
TOAST  
BANANA HALF  
SHERBET

**F** MALT O MEAL  
**R** OR COLD CEREAL  
**I** SAUSAGE GRAVY  
**D** BISCUIT OR TOAST  
**A** BACON OR SAUSAGE PATTY  
**Y** CHOICE EGG

HAMBURGERS  
OVEN RANCH POTATOES  
BAKED BEANS  
BUN  
HEATH BAR CAKE

CHICKEN DRUMMIES  
MACARONI AND CHEESE  
PEAS  
BREAD / MARGARINE  
BANANA PUDDING WITH  
VANILLA WAFERS

**S** OATMEAL  
**A** OR COLD CEREAL  
**T** CHOICE EGG  
**U** FRENCH TOAST  
**R** SAUSAGE PATTY OR BACON  
**D**  
**A**  
**Y**

CHILI  
CRACKERS  
APPLESAUCE  
CINNAMON ROLL

HOT BEEF SANDWICH  
MASHED POTATOES / GRAVY  
CARROTS  
FRUIT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b> <ul style="list-style-type: none"><li>▪ Cream of Wheat</li><li>▪ Cold cereal</li><li>▪ Scrambled Egg</li><li>▪ Bacon</li><li>▪ Coffee cake</li><li>▪ Toast/marg</li></ul>	<b>Breakfast</b> <ul style="list-style-type: none"><li>▪ Raisin Oatmeal</li><li>▪ Cold cereal</li><li>▪ Scrambled Egg</li><li>▪ Sausage patty</li><li>▪ Toast/marg</li></ul>	<b>Breakfast</b> <ul style="list-style-type: none"><li>▪ Malt O Meal</li><li>▪ Cold cereal</li><li>▪ Scrambled Egg</li><li>▪ Egg/sausage casserole</li><li>▪ Toast/marg</li></ul>	<b>Breakfast</b> <ul style="list-style-type: none"><li>▪ Cream of Wheat</li><li>▪ Cold cereal</li><li>▪ Scrambled Egg</li><li>▪ Omelet</li><li>▪ Toast/marg</li></ul>	<b>Breakfast</b> <ul style="list-style-type: none"><li>▪ Oatmeal</li><li>▪ Cold cereal</li><li>▪ Scrambled Egg</li><li>▪ Sausage link</li><li>▪ Ham, egg, cheese scramble</li><li>▪ Toast/marg</li></ul>	<b>Breakfast</b> <ul style="list-style-type: none"><li>▪ Cream of Wheat</li><li>▪ Cold cereal</li><li>▪ Scrambled Egg</li><li>▪ Sausage gravy</li><li>▪ Biscuit</li><li>▪ Toast/marg</li></ul>	<b>Breakfast</b> <ul style="list-style-type: none"><li>▪ Oatmeal</li><li>▪ Cold cereal</li><li>▪ Scrambled Egg</li><li>▪ Poached egg</li><li>▪ Toast/marg</li></ul>
<b>Lunch</b> <ul style="list-style-type: none"><li>▪ Beef tips</li><li>▪ Chicken strips</li><li>▪ Mashed pot/gravy</li><li>▪ Corn</li><li>▪ Dinner roll/marg</li><li>▪ Pie</li></ul>	<b>Lunch</b> <ul style="list-style-type: none"><li>▪ Glazed Ham</li><li>▪ Chicken Fajita salad</li><li>▪ Roasted potatoes &amp; veggies</li><li>▪ Asparagus (line &amp; pt’s only)</li><li>▪ Green beans or corn (RB)</li><li>▪ Bread/marg</li><li>▪ Pumpkin dessert</li></ul>	<b>Lunch</b> <ul style="list-style-type: none"><li>▪ Baked or grilled chicken</li><li>▪ Broccoli cheese soup</li><li>▪ Roast beef and swiss sand</li><li>▪ Macaroni &amp; cheese</li><li>▪ BP (only if pt requests w/soup – No RB)</li><li>▪ Carrots</li><li>▪ Bread/marg</li><li>▪ Brownie</li></ul>	<b>Lunch</b> <ul style="list-style-type: none"><li>▪ Hamburger</li><li>▪ Chicken wrap</li><li>▪ French fries</li><li>▪ Baked beans</li><li>▪ Broccoli salad</li><li>▪ Fruit</li></ul>	<b>Lunch</b> <ul style="list-style-type: none"><li>▪ Lasagna</li><li>▪ Black bean soup</li><li>▪ Chicken salad sandwich</li><li>▪ Lettuce salad</li><li>▪ Pea salad</li><li>▪ Garlic bread/marg</li><li>▪ Cake</li></ul>	<b>Lunch</b> <ul style="list-style-type: none"><li>▪ Fish</li><li>▪ Potato soup sandwich/ crackers</li><li>▪ Mashed potatoes</li><li>▪ Carrots</li><li>▪ Bread/marg</li><li>▪ Cookie</li></ul>	<b>Lunch</b> <ul style="list-style-type: none"><li>▪ Meatloaf</li><li>▪ Chili dog (RB only)</li><li>▪ Baked potato/marg</li><li>▪ Mixed vegetables</li><li>▪ Bread/marg</li><li>▪ Custard</li></ul>
<b>Supper</b> <ul style="list-style-type: none"><li>▪ Potato soup</li><li>▪ Pulled chicken slider</li><li>▪ Baked chips</li><li>▪ Mixed vegetables</li><li>▪ Crackers</li><li>▪ Cake</li></ul>	<b>Supper</b> <ul style="list-style-type: none"><li>▪ Pork burger</li><li>▪ Vegetable beef soup</li><li>▪ Potato wedges</li><li>▪ Lettuce salad</li><li>▪ Crackers</li><li>▪ Cookie</li><li>▪ Fruit</li></ul>	<b>Supper</b> <ul style="list-style-type: none"><li>▪ Black eyed pea soup</li><li>▪ Turkey salad on whole wheat bread</li><li>▪ Chips</li><li>▪ Fresh veggies &amp; dip</li><li>▪ Crackers</li><li>▪ Baked pears</li></ul>	<b>Supper</b> <ul style="list-style-type: none"><li>▪ Baked goulash</li><li>▪ Green beans</li><li>▪ Cornbread muffin or bread/marg</li><li>▪ Pineapple</li></ul>	<b>Supper</b> <ul style="list-style-type: none"><li>▪ Chicken pot pie</li><li>▪ Turkey &amp; swiss wrap</li><li>▪ California vegetables</li><li>▪ Bread/marg</li><li>▪ Ambrosia fruit salad</li></ul>	<b>Supper</b> <ul style="list-style-type: none"><li>▪ Seafood casserole</li><li>▪ Roast beef &amp; swiss sandwich (pts only)</li><li>▪ Bologna sand (ROnly)</li><li>▪ Lettuce salad</li><li>▪ Fruit</li><li>▪ Bread/marg</li><li>▪ Ice cream or sherbet</li></ul>	<b>Supper</b> <ul style="list-style-type: none"><li>▪ Chicken breast fritters</li><li>▪ Cheeseburger soup</li><li>▪ 7 layer lettuce salad</li><li>▪ Rice</li><li>▪ Crackers</li><li>▪ Applesauce gelatin salad</li><li>▪ Fruit</li></ul>

FRUIT, MILK, JUICE, COFFEE, TEA IS AVAILABLE AT ALL MEALS

Dietary phone number – 889-4657 ext 4475  
Salad bar Monday-Friday at noon meal only