

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

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

LUNCH

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

SUPPER

TOMATO BASIL SOUP
 HAM / CHEESE SANDWICH
 CRACKERS
 ICE CREAM

M OATMEAL
O OR COLD CEREAL
N TOAST OR COFFEE CAKE(cinnamon)
D CHOICE EGG
A BACON OR SAUSAGE PATTY
Y

PORK ROAST
 SCALLOPED POTATOES
 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
A
Y

PIZZA
 SOUR CREAM MACARONI SALAD
 LETTUCE SALAD
 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 OMELET
D
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
A
Y

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

OMELET
 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

PIG IN A BLANKET
 MACARONI SALAD
 CARROTS
 FRUIT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast <ul style="list-style-type: none"> ▪ Cream of wheat ▪ Cold cereal ▪ Scrambled Egg ▪ Banana bread/ marg ▪ Toast/marg 	Breakfast <ul style="list-style-type: none"> ▪ Oatmeal ▪ Cold cereal ▪ Scrambled Egg ▪ Sausage ▪ Hash browns ▪ Toast/marg 	Breakfast <ul style="list-style-type: none"> ▪ Malt O Meal ▪ Cold cereal ▪ Scrambled Egg ▪ Egg casserole ▪ Toast/marg 	Breakfast <ul style="list-style-type: none"> ▪ Oatmeal ▪ Cold cereal ▪ Scrambled Egg ▪ Turkey sausage ▪ Breakfast burrito ▪ Toast/marg 	Breakfast <ul style="list-style-type: none"> ▪ Cream of Wheat ▪ Cold cereal ▪ Scrambled Egg ▪ Egg, ham & cheese slider ▪ Toast/marg 	Breakfast <ul style="list-style-type: none"> ▪ Malt O Meal ▪ Cold cereal ▪ Scrambled Egg ▪ Sausage gravy ▪ Biscuit ▪ Toast/marg 	Breakfast <ul style="list-style-type: none"> ▪ Oatmeal ▪ Cold cereal ▪ Scrambled Egg ▪ Bacon ▪ Toast/marg
Lunch <ul style="list-style-type: none"> ▪ Ham ▪ Fish ▪ A gratin potatoes ▪ Baked potato (patients only) ▪ Peas ▪ Bread/marg ▪ Pie 	Lunch <ul style="list-style-type: none"> ▪ Pork loin ▪ Cheesy chicken tortilla soup ▪ Tater tots ▪ Green beans ▪ Bread/marg ▪ Fruit crisp 	Lunch <ul style="list-style-type: none"> ▪ Swiss steak ▪ Enchilada casserole ▪ Baked potato ▪ Carrots ▪ Bread/marg ▪ Strawberry delight 	Lunch <ul style="list-style-type: none"> ▪ Fried chicken ▪ Taco soup ▪ Turkey & cheese slider ▪ Mashed pot/gravy ▪ Corn ▪ Bread/marg ▪ Fruit 	Lunch <ul style="list-style-type: none"> ▪ Fish (Redbud & Pt's) Fish taco's (line) ▪ Tomato soup/Grilled sand. ▪ Wild rice ▪ Steamed broccoli ▪ Coleslaw ▪ Bread/marg ▪ Cheesecake 	Lunch <ul style="list-style-type: none"> ▪ Tuna noodle casserole ▪ Roast beef & swiss sand ▪ Mixed veggies ▪ Bread/marg ▪ Pudding or pudding salad/dessert 	Lunch <ul style="list-style-type: none"> ▪ Meatballs ▪ Scalloped potatoes ▪ Baked chips ▪ Green beans ▪ Bread/marg ▪ Cake
Supper <ul style="list-style-type: none"> ▪ Chicken fettuccini ▪ Ham & cheese sand ▪ Chips ▪ California vegetables ▪ Bread/marg ▪ Strawberries 	Supper <ul style="list-style-type: none"> ▪ Sloppy joe ▪ Pork salad sandwich ▪ French fries ▪ Mixed veggies ▪ Jello parfait 	Supper <ul style="list-style-type: none"> ▪ Chicken casserole ▪ Roast beef & swiss sand ▪ Broccoli ▪ Bread/marg ▪ Mandarin oranges 	Supper <ul style="list-style-type: none"> ▪ Minestrone soup ▪ Ground turkey burger ▪ Potato wedges ▪ Peas ▪ Crackers ▪ Peanut butter cookie 	Supper <ul style="list-style-type: none"> ▪ Vegetable beef soup ▪ Hot ham & cheese slider ▪ Carrot sticks ▪ Baked chips ▪ Brownie 	Supper <ul style="list-style-type: none"> ▪ Salmon loaf ▪ Baked potato ▪ Macaroni & cheese ▪ California veggies ▪ Deviled eggs ▪ Bread/marg ▪ Sherbet 	Supper <ul style="list-style-type: none"> ▪ Chicken and noodles ▪ Egg salad sand. ▪ Mashed potatoes (RB only and regular diets) ▪ Pasta salad ▪ Carrots ▪ Cookie

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

Dietary phone number – 889-4657 ext 4475 or Direct line from outside: 785-889-5640

Salad bar Monday-Friday at noon meal only