

WINTER WEEK THREE**EASTRIDGE****BREAKFAST**

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

LUNCH

ROAST BEEF / CHICKEN
 MASHED POTATOES / GRAVY
 GREEN BEANS W/BACON AND ONIONS
 BREAD / MARGARINE
 FRUIT PIE

SUPPER

PIG IN A BLANKET
 POTATO CHIPS
 BAKED BEANS
 PUDDING

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

GLAZED HAMLOAF
 CREAMED POTATOES
 PICKLED BEETS
 BREAD / MARGARINE
 GLAZED PUMPKIN CAKE

SWEDISH MEATBALLS
 OVER NOODLES
 WINTER BLEND
 BREAD / MARGARINE
 COOKIE

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

SMOTHERED STEAK
 BAKED POTATO / SOUR CREAM
 CORN
 BREAD / MARGARINE
 STRAWBERRY CREAM DESSERT

POTATO SOUP
 HAM SALAD SANDWICH
 CRACKERS
 SHERBET

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

CHILI
 APPLESAUCE
 CRACKERS
 CINNAMON ROLL

LITTLE SMOKIES
 POTATO WEDGES
 CARROTS
 FRUIT IN JELLO

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

TACO SALAD OR
 FISH
 SCALLOPED POTATOES
 CUCUMBER SALAD
 BREAD / MARGARINE
 ICE CREAM

CHICKEN PATTY ON BUN
 FRENCH FRIES
 PICKLED BEETS
 PUDDING

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

SALISBURY STEAK
 MASHED POTATOES / GRAVY
 CAULIFLOWER W/ CHEESE SAUCE
 BREAD / MARGARINE
 POPPY SEED CAKE

CHEESEBURGER MACARONI
 SPINACH
 BREAD / MARGARINE
 PEACHES

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

GRILLED CHICKEN
 RICE PILAF
 MIXED VEGETABLES
 BREAD / MARGARINE
 TOLLHOUSE BAR

TURKEY / CHEESE SANDWICH
 COTTAGE CHEESE
 BREAD / MARGARINE
 ROSY APPLESAUCE

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