

CRYSTAL CREEK ASSISTED LIVING

Senior Living S/S Midwest Alts 2018

Regular/NAS/Consistent CHO

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Continental Breakfast Hot or Cold Cereal Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sandwich Breakfast Ham Slice Margarine Juice of Choice 2% Milk Coffee/Tea	Buttered Waffles Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Western Omelet Bake Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Buttermilk Biscuit Hot or Cold Cereal Hard Boiled Egg Sausage Patty Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Pot Roast Mashed Potatoes Whole Baby Carrots Fresh Baked Roll Strawberry Shortcake Brown Gravy Margarine Coffee/Tea	100% whole wheat dinner roll Lemon Baked Fish Garden Rice Blend Sugar Snap Peas Rhubarb Crumble Pie Margarine Coffee/Tea	100% whole wheat dinner roll Dijon Chicken Baked Sweet Potato Half Green Beans Almondine Vanilla Ice Cream Cup Margarine Coffee/Tea	Turkey Noodle Casserole Crumb Topped Brussels Sprouts Fresh Baked Roll Banana Cream Pie Margarine Coffee/Tea	BBQ Chicken Breast Garlic Mashed Potatoes Asparagus Honey Wheat Dinner Roll Peanut Butter Brownies Margarine Coffee/Tea	Cracker Crumb Cod Parsley Noodles California Vegetable Blend Wheat Bread Carrot Cake Margarine Coffee/Tea	Kielbasa Pierogis Boiled Cabbage Carrots Margarine Coffee/Tea
Chicken Strips	Beef Burgundy	Grilled Cajun Pork Chop	Patty Melt Sandwich	Tomato Stuffed Salad	Turkey Club	Chicken Cordon Bleu
Dinner						
Chicken and Noodles Green Peas Buttered Breadstick Chilled Peaches Margarine 2% Milk Coffee/Tea	Cantaloupe & Honeydew BBQ Pulled Pork French Fries Creamy Cole Slaw Ketchup 2% Milk Coffee/Tea	Sweet & Sour Meatballs Rice Broccoli Dinner Roll Pineapple Chunks Margarine 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled Cheese Sandwich Red Grapes Ketchup 2% Milk Coffee/Tea	Breaded Pork Chops O'Brien Potatoes Creamed Spinach Berry Applesauce Margarine 2% Milk Coffee/Tea	Cheese Ravioli w/Sauce Italian Green Beans Tossed Salad Garlic Toast Cantaloupe Choice of Dressing Margarine 2% Milk Coffee/Tea	Vegetable Beef Soup Saltines Roast Beef & Cheese Sandwich Lettuce / Tomato / Onion Strawberries 2% Milk Coffee/Tea
Cottage Cheese & Fruit Plate	Creamy Swiss Chicken	Potato Crunch Fish Fillet	Chicken a l'Orange	Chicken Parmesan	Ham Slice	Zesty Lemon Pepper Turkey
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Buttered Waffles Sausage Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Bacon Hot or Cold Cereal Cheesy Scrambled Egg Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Continental Breakfast Hot or Cold Cereal Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Croissant Sandwich Canadian Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Wheat Toast Peanut Butter Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Sausage & Egg Breakfast Skillet Buttermilk Biscuit Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Sausage Patty Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Meatloaf Sour Cream & Chive Mashed Potatoes Green Beans Fresh Baked Roll Apple Brown Betty Brown Gravy Margarine Coffee/Tea	Teriyaki Chicken Rice Glazed Sugar Snap Peas Honey Wheat Dinner Roll Peach Crisp Margarine Coffee/Tea	Chicken and Mushroom Orecchiette Whole Wheat Linguine Pasta Tuscan Vegetable Blend Chocolate Cheesecake Bars Margarine Coffee/Tea	Comflake Chicken Breast Red Skin Mashed Potatoes Spinach Southern Style Biscuit Cherry Fruit Cobbler Margarine Coffee/Tea	Beef Enchilada Mexican Fiesta Rice Refried Beans Peanut Butter Cookie Margarine Coffee/Tea	Breaded Cod Potato Wedges Harvard Beets Dinner Roll Lemon Mousse Margarine Coffee/Tea	Zesty Lemon Pepper Turkey Potatoes Romanoff Asparagus Buttered Breadstick Frosted Marble Cake Margarine Coffee/Tea
BBQ Chicken Thighs	Deli Sandwich on Pretzel Bun	Fried Chicken	Pepper Steak	Honey Glazed Pork Chop	Stuffed Cabbage Roll w/Scs	Creamy Beef Pasta
Dinner						
Sugar Cookie Manicotti with Parmesan Cheese Tossed Salad Garlic Bread Knot Choice of Dressing Margarine 2% Milk Coffee/Tea	Potato Leek Soup Saltines Grilled Ham & Cheese Sandwich Cinnamon Apples Margarine 2% Milk Coffee/Tea	Fresh Fruit Bacon-Wrapped Beef Burger Lettuce / Tomato / Onion Pasta Salad Ketchup Mustard Packet Margarine 2% Milk Coffee/Tea	Macaroni & Cheese Stewed Tomatoes Dinner Roll Chilled Peaches Margarine 2% Milk Coffee/Tea	Deli Sandwich Broccoli Cheese Soup Saltines Pineapple Chunks 2% Milk Coffee/Tea	Swedish Meatballs Buttered Noodles Green Peas Honey Wheat Dinner Roll Orange Wedges Margarine 2% Milk Coffee/Tea	Combread Ham & Sweet Potato Casserole Parslief Cauliflower Fruit Compote Margarine 2% Milk Coffee/Tea
French Dip Sandwich	Braised Beef Tips	Herbed Pork Loin	Citrus-Glazed Turkey Breast	Swiss Steak	Chicken Kiev	Cheese Souffle
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Pancakes Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Continental Breakfast Hot or Cold Cereal Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Sausage Patty Raisin Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Quiche Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Cheese Omelet Hot or Cold Cereal Blueberry Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Hard Boiled Egg Hot or Cold Cereal Canadian Bacon Whole Wheat English Muffin Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Scrambled Eggs Hot or Cold Cereal Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
100% whole wheat dinner roll Mustard Glazed Beef Duchess Potatoes Herb Glazed Carrots Raspberry Parfait Pie Margarine Coffee/Tea	Chicken Ratatouille Spaghetti Noodles Buttered Breadstick Oreo Cookie Blondies Margarine Coffee/Tea	Pollock Almondine Rice Pilaf Chalet Garlic Vegetable Blend Fresh Baked Roll Pineapple Upside Down Cake Margarine Coffee/Tea	Roast Turkey AuGratin Potatoes Peas & Carrots Honey Wheat Dinner Roll Blueberry Crisp Margarine Coffee/Tea	Country Fried Steak Whipped Sweet Potatoes Lima Beans Cheese Biscuit Butterscotch Brownie Parfait Margarine Coffee/Tea	Mediterranean Fish Parmesan Noodles Parslied Cauliflower Dinner Roll Sugar Cream Pie Margarine Coffee/Tea	Buttered Corn BBQ Chicken Thighs Baked Potato Fresh Baked Roll Zucchini Bars Sour Cream and Chives Margarine Coffee/Tea
Chicken Quesadilla	Hamburger	Breaded Chicken Patty	BLT Salad	Herb Marinated Chicken Breast	Ham Slice	Beef Pepper Patty
Dinner						
Navy Bean Soup Saltines Egg Salad Sandwich Red Grapes 2% Milk Coffee/Tea	Herbed Pork Loin Red Bliss Potatoes Buttered Corn Dinner Roll Berry Applesauce Margarine 2% Milk Coffee/Tea	Beef Tater Tot Bake Green Beans Wheat Bread Banana Margarine 2% Milk Coffee/Tea	Fresh Fruit Baked Ziti Tossed Salad Garlic Toast Parmesan Cheese Choice of Dressing Margarine 2% Milk Coffee/Tea	Baked Potato Soup Saltines Chicken Reuben Sandwich Watermelon Margarine 2% Milk Coffee/Tea	American Cheese Burger Briolle FE Lettuce / Tomato / Onion French Fries Diced Pears Ketchup 2% Milk Coffee/Tea	Pepperoni Pizza Tossed Salad Buttered Breadstick Cottage Cheese & Peaches Choice of Dressing Margarine 2% Milk Coffee/Tea
Italian Turkey Pot Roast	Dill Glazed Salmon	Breaded Chicken Sandwich	Roast Beef & Cheese Sandwich	RS Grilled Cheese Sandwich	Chef's Salad	Chicken a la King
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Hot or Cold Cereal Egg & Cheese Sandwich Canadian Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Pancakes Sausage Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Assorted Donut Margarine Juice of Choice 2% Milk Coffee/Tea	Buttered Waffles Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Continental Breakfast Hot or Cold Cereal Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Denver Ham Bake Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Meatloaf Garlic Mashed Potatoes Capri Vegetable Blend Wheat Bread Key Lime Meringue Pie Margarine Coffee/Tea	Grilled Cajun Pork Chop Roasted Sweet Potato Wedges Broccoli and Cheese Dinner Roll Frosted Banana Cake Margarine Coffee/Tea	Beef Teriyaki Rice Sugar Snap Peas Turtle Squares Margarine Coffee/Tea	Lemon Pepper Chicken Rosemary Roasted Potatoes California Vegetable Blend Fresh Baked Roll Orange Cream Bars Margarine Coffee/Tea	Baked Glazed Ham Scalloped Potatoes Spinach Wheat Bread Peanut Butter Pie Margarine Coffee/Tea	Spaghetti Sauce w/Meat Spaghetti Noodles Italian Green Beans Tossed Salad Garlic Toast Red Velvet Cake Choice of Dressing Margarine Coffee/Tea	Italian Baked Chicken Parsied Potatoes Tuscan Vegetable Blend Muddy Buddy Dessert Margarine Coffee/Tea
Ham Salad Baked Croissant	Spinach Quiche	Chicken Strips	Grilled Cheese Sandwich Tomato Soup	Turkey BBQ Sandwich	Ham & Sweet Potato Casserole	Braised Beef Tips
Dinner						
Salmon Burger Lettuce / Tomato / Onion French Fries Banana Tartar Sauce Ketchup 2% Milk Coffee/Tea	Tuscan Bean & Sausage Soup Saltines Grilled Chicken Breast Swch Lettuce / Tomato / Onion Orange Wedges Mayonnaise Packet 2% Milk Coffee/Tea	Fresh Fruit Turkey Goulash Tossed Salad Choice of Dressing Margarine 2% Milk Coffee/Tea	Italian Meatball Sub with Sauce Creamy Cole Slaw Pineapple Chunks Parmesan Cheese 2% Milk Coffee/Tea	Succotash Vegetable Blend Apple Slices Margarine 2% Milk Coffee/Tea Grid Corn Bf & Swiss Sandwich Waffle Fries	Creole Fish Long Grain & Wild Rice Creamed Peas Fresh Fruit Margarine 2% Milk Coffee/Tea	Cheeseburger Soup Saltines Deli Sandwich Red Grapes 2% Milk Coffee/Tea
Honey Mustard Chicken	Baked Spaghetti	Tropical Pork	Sweet Potato Crusted Pollock	Brd Chicken w/Broccoli & Cheddar	Comflake Chicken Breast	Chicken Divan Rice
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Hard Boiled Egg Hot or Cold Cereal Sausage Patty Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Pancakes Scrambled Eggs Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Patty Canadian Bacon Whole Wheat English Muffin Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Continental Breakfast Hot or Cold Cereal Margarine Juice of Choice 2% Milk Coffee/Tea	Strawberry Yogurt Hot or Cold Cereal Cheese Omelet Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Egg & Cheese Sandwich Hot or Cold Cereal Turkey Links Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Bacon Banana Bran Muffin Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Honey Mustard Pork Tenderloin Roasted Potato Medley Dilled Carrots Fresh Baked Roll Peach Fruit Cobbler Margarine Coffee/Tea	Chocolate Brownie Pepper Steak Rice Sugar Snap Peas Honey Wheat Dinner Roll Margarine Coffee/Tea	Fried Fish Potato Wedges Mandarin Cole Slaw Dinner Roll Oatmeal Raisin Cookie Margarine Coffee/Tea	Apple Pie Baked Spaghetti Green Beans Garlic Bread Knot Parmesan Cheese Margarine Coffee/Tea	Combread Lime Tarragon Chicken Mexican Fiesta Rice Seasoned Black Beans Cherry Chocolate Bar Margarine Coffee/Tea	Panko Crusted Tilapia Parsley Noodles Creamed Spinach Fresh Baked Roll Strawberry Pretzel Squares Margarine Coffee/Tea	Italian Sausage w/ Peppers & Onions American Fried Potatoes Tossed Salad Honey Wheat Dinner Roll Lemon Poppyseed Cake Choice of Dressing Margarine Coffee/Tea
Bacon-Wrapped Beef Burger	Crispy Chicken Salad Choice of Dressing	Meatloaf	Chicken Kiev	Beef Tater Tot Bake	Tahitian Chicken	Chicken Rice Casserole
Dinner						
Beef and Cabbage Soup Saltines Grilled Turkey & Swiss Sandwich Berry Applesauce Margarine 2% Milk Coffee/Tea	Vegetable Lasagna Tossed Salad Buttered Breadstick Strawberry & Banana Cup Choice of Dressing Margarine 2% Milk Coffee/Tea	Buttered Corn BBQ Chicken Breast Baked Beans Southern Style Biscuit Chilled Peaches Margarine 2% Milk Coffee/Tea	Creamy Garden Veg Soup Saltines Grilled Ham & Cheese Sandwich Pineapple Chunks Margarine 2% Milk Coffee/Tea	Country Fried Pork Chop Mushroom Gravy Red Skin Mashed Potatoes Chalet Garlic Vegetable Blend Fruit Compote Margarine 2% Milk Coffee/Tea	Chunky Vegetable Soup Saltines Turkey Sub Sandwich Mandarin Oranges 2% Milk Coffee/Tea	Macaroni & Cheese Stewed Tomatoes Dinner Roll Diced Pears Margarine 2% Milk Coffee/Tea
BBQ Pork Ribette	Trio Salad Platter	Shrimp Basket	Salisbury Steak	Pepperoni Pizza	Red Beans & Rice	Philadelphia Cheese Steak Sandwich
Eve. Snack						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages