

CRYSTAL CREEK ASSISTED LIVING

Senior Living F/W Midwest AIts 2017

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	Cheesy Scrambled Egg Autumn Hash Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Pancakes Sausage Patty Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese omlet Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	French Toast Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Sausage Strata Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Breakfast Ham Slice Blueberry Muffin Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Roast Turkey Mashed Potatoes Italian Green Beans Fresh Baked Roll Cherry Pie Brown Gravy Margarine Coffee/Tea	Bourbon Pork Chop w/Apples Baked Sweet Potato Half Cauliflower & Peas Wheat Bread Pumpkin Cake Margarine Coffee/Tea	Dill Glazed Salmon Long Grain & Wild Rice Asparagus Dinner Roll Blueberry Cheesecake Delight Margarine Coffee/Tea	Baked Spaghetti Capri Vegetable Blend Garlic Bread Knot Apple Cobbler Cake Parmesan Cheese Margarine Coffee/Tea	Chicken & Broccoli Casserole Tossed Salad Buttermilk Biscuit carrot cake Choice of Dressing Margarine Coffee/Tea	Cracker Crumb Cod Baked Potato Garden Seasoned Broccoli Wheat Bread Confetti Angel Cake Sour Cream and Chives Margarine Coffee/Tea	Salisbury Steak Garlic Mashed Potatoes Carrots Dinner Roll Peanut Butter Brownies Brown Gravy Margarine Coffee/Tea
Polish Sausage	Philadelphia Cheese Steak Sandwich	Pork Chop Supreme	Turkey Pot Roast	Braised Pork Tips	Turkey Burger	Vegetable Lasagna
Dinner						
Chicken Fettuccine Alfredo with Broccoli Tossed Salad Buttered Breadstick Orange Wedges Choice of Dressing Margarine 2% Milk Coffee/Tea	Beef Stew Saltines Whole Baby Carrots Biscuit Diced Pears Margarine 2% Milk Coffee/Tea	Breaded Chicken Sandwich Lettuce / Tomato / Onion French Fries Fresh Fruit Ketchup 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled 4-Cheese Tomato Sandwich Zucchini & Summer Squash Margarine 2% Milk Coffee/Tea	Ham Slice American Fried Potatoes Spinach Combread Cinnamon Applesauce Margarine 2% Milk Coffee/Tea	Macaroni & Cheese Green Beans Wheat Bread Apple Slices Margarine 2% Milk Coffee/Tea	Chicken Rice Casserole Lima Beans Fresh Baked Roll Chilled Peaches Margarine 2% Milk Coffee/Tea
Shrimp Basket	Chicken Cordon Bleu	Beef Tater Tot Bake	Sweet & Sour Meatballs Rice	Chef's Salad	Chicken Kiev	BBQ Pulled Pork
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						
Hot or Cold Cereal Cheesy Scrambled Egg Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Continental Breakfast Whole Wheat English Muffin Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese omlet Canadian Bacon Strawberry Banana Yogurt Margarine Juice of Choice 2% Milk Coffee/Tea	French Toast Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Quiche Lorraine Strawberry Peach Yogurt Margarine Juice of Choice 2% Milk Coffee/Tea	Pancakes Sausage Patty Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Cinnamon Peach Muffin Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Roasted Pork Tenderloin Baked Potato Broccoli and Cheese Fresh Baked Roll Coconut Cream Pie Sour Cream and Chives Margarine Coffee/Tea	Teriyaki Chicken Rice Glazed Sugar Snap Peas Apple Cobbler Cake Margarine Coffee/Tea	Beef Stroganoff Parsley Noodles Dilled Carrots Wheat Bread Buckeye Cake Margarine Coffee/Tea	Cranberry Glazed Turkey Mashed Potatoes Green Bean Casserole Wheat Bread Pumpkin Pie Gravy Margarine Coffee/Tea	Parmesan Breaded Pork Spaghetti Noodles Spinach Garlic Bread Knot Cannoli Margarine Coffee/Tea	Tilapia Almondine Parmesan Rice Asparagus Fresh Baked Roll Tiger Brownies Margarine Coffee/Tea	Meatloaf Ranch Mashed Potatoes Buttered Corn Dinner Roll Blackberry Fruit Cobbler Margarine Coffee/Tea
Pot Roast Sandwich	Liver & Onions	Comflake Chicken Breast	Lemon Baked Fish	Country Fried Steak	BBQ Chicken Breast	Dijon Chicken
Dinner						
Chicken Noodle Soup Saltines Hot Roast Beef Sandwich Peas & Carrots Mandarin Oranges Margarine 2% Milk Coffee/Tea	Beer Battered Fish Potato Wedges Creamy Cole Slaw Cobread Tomato Wedges Margarine 2% Milk Coffee/Tea	Navy Bean Soup Saltines Egg Salad Sandwich Lettuce / Tomato / Onion Marinated Cucumbers & Tomatoes Margarine 2% Milk Coffee/Tea	Cheeseburger Lettuce / Tomato / Onion French Fries Pineapple Chunks Ketchup 2% Milk Coffee/Tea	Chicken Cordon Bleu Red Bliss Potatoes Broccoli Wheat Bread Apple Slices Margarine 2% Milk Coffee/Tea	Chili Saltines Tossed Salad Corn Muffin Diced Pears Choice of Dressing Margarine 2% Milk Coffee/Tea	Herb Marinated Chicken Breast Bread Stuffing Mixed Vegetables Honey Wheat Dinner Roll Banana Margarine 2% Milk Coffee/Tea
Sweet Potato Crusted Pollock	Cheese Stfd Pasta Shells	Homestyle Veal	Ham Slice	Grid Corn Bf & Swiss Sandwich	Cheese Souffle	Tuna Melt 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

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Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
French Toast Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Cinnamon Roll Margarine Juice of Choice 2% Milk Coffee/Tea	Pancakes Sausage Patty Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Bacon Wheat Toast Strawberry Banana Yogurt Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Belgian Waffle Bacon Strawberry Peach Yogurt Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Continental Breakfast Breakfast Ham Slice Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Sausage Links Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Baked Glazed Ham Scalloped Potatoes Green Beans Wheat Bread Apple Pie Margarine Coffee/Tea	Swiss Steak Sour Cream & Chive Mashed Potatoes Carrots Dinner Roll Chocolate Ice Cream Cup Margarine Coffee/Tea	Turkey Cacciatore Spaghetti Noodles Italian Vegetable Blend Garlic Bread Knot Blondie Brownie Margarine Coffee/Tea	Stuffed Cornbread Pork Chop Roasted Sweet Potato Wedges Creamed Spinach Honey Wheat Dinner Roll Boston Cream Pie Margarine Coffee/Tea	Chicken and Dumplings Lima Beans Tossed Salad Fresh Baked Roll Creamy Frozen Fruit Dessert Choice of Dressing Margarine Coffee/Tea	Creamy Baked Fish Tater Tots Creamy Cole Slaw Cherry Cake Margarine Coffee/Tea	Braised Beef Tips Parmesan Noodles Dilled Carrots Fresh Baked Roll Chocolate Ice Cream Margarine Coffee/Tea
Goulash	Chicken Strips	Beef & Vegetable Stir Fry	Herb Marinated Chicken Breast	Grilled Sweet & Sour Beef	Chicken Parmesan	Trio Salad Platter
Dinner						
Tuscan Bean & Sausage Soup Saltines Whitefish Burger Lettuce / Tomato / Onion French Fries Cantaloupe Ketchup Dill Tartar Sauce 2% Milk Coffee/Tea	Chicken & Broccoli Casserole Peas & Pearl Onions Buttered Breadstick Apricots Margarine 2% Milk Coffee/Tea	Chunky Vegetable Soup Saltines Reuben Sandwich Lettuce / Pickles / Chips Strawberries Margarine 2% Milk Coffee/Tea	Shrimp Fettuccine Alfredo with Broccoli Capri Vegetable Blend Buttered Breadstick Banana Margarine 2% Milk Coffee/Tea	Tomato Bisque Saltines Roast Beef & Cheese Sandwich Broccoli Raisin Salad Apple Slices Margarine 2% Milk Coffee/Tea	Cheese Pizza Italian Green Beans Buttered Breadstick Cottage Cheese & Pears Margarine 2% Milk Coffee/Tea	Hot Turkey Sandwich Mashed Potatoes Green Peas Dinner Roll Orange Wedges Gravy Margarine 2% Milk Coffee/Tea
Stuffed Cabbage Roll w/ Sauce	Potato Crunch Fish Fillet	Fried Chicken	Salsa Chicken	Herbed Pork Loin	Swedish Meatballs	Fried Pork Chop
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						
French Toast Sausage Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Canadian Bacon Whole Wheat English Muffin Jelly Margarine Juice of Choice Coffee/Tea 2% Milk	Pancakes Turkey Links Strawberry Banana Yogurt Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Continental Breakfast Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Sausage Strata Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Assorted Donut Strawberry Peach Yogurt Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Honey Mustard Pork Tenderloin Roasted Tri-Color Potatoes Broccoli Wheat Bread Sugar Cream Pie Margarine Coffee/Tea	Chicken Florentine Fettuccine Pasta Italian Vegetable Blend Buttered Breadstick Slurped Brownies Margarine Coffee/Tea	Pot Roast Golden Mashed Potatoes Whole Baby Carrots Fresh Baked Roll Berry Pear Crisp Margarine Coffee/Tea	Turkey Butternut Squash Bake Cauliflower Honey Wheat Dinner Roll Pudding Tart Margarine Coffee/Tea	Ham & Potato AuGratin Green Beans & Mushrooms Dinner Roll Apple Cobbler Cake Margarine Coffee/Tea	Italian Baked Fish Long Grain & Wild Rice Winter Blend Vegetable Fresh Baked Roll Lemon Cream Pie Margarine Coffee/Tea	Swedish Meatballs Parsley Noodles Carrots Honey Wheat Dinner Roll Gingersnap Cookie Margarine Coffee/Tea
Manicotti with Parmesan Cheese	Beef Pepper Patty	Creamy Swiss Chicken	Beef Burgundy	Crab Cakes	Hamburger	Chicken Divan
Dinner						
California Medley Soup Saltines French Dip Sandwich Lettuce / Tomato / Onion French Fries Cantaloupe 2% Milk Coffee/Tea Fried Fish	Lemon Pepper Tilapia Garden Rice Blend Green Peas Dinner Roll Fruit Parfait Margarine 2% Milk Coffee/Tea Turkey BBQ Sandwich	Cheese Ravioli w/Sauce Green Beans Garlic Toast Chilled Peaches Parmesan Cheese Margarine 2% Milk Coffee/Tea Beef Teriyaki	Cheesy Chicken Tortilla Soup Beef Enchilada Black Bean & Corn Relish Pineapple Chunks Margarine 2% Milk Coffee/Tea Macaroni & Cheese	Grilled Chicken Breast Swch Lettuce / Tomato / Onion Tater Tots Cherries 2% Milk Coffee/Tea Turkey Tetrazzini	Country Fried Steak Cheesy Mashed Potatoes Spinach Southern Style Biscuit Emerald Pears Margarine 2% Milk Coffee/Tea Tuna Salad Sandwich	Minestrone Soup Saltines Turkey Club Sweet Potato Fries Red Grapes 2% Milk Coffee/Tea Beef Fritter
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						
Pancakes Sausage Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Breakfast Ham Slice Wheat Toast Margarine Juice of Choice 2% Milk Coffee/Tea	Belgian Waffle Canadian Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Bacon Orange Cranberry Biscuit Margarine Juice of Choice 2% Milk Coffee/Tea	French Toast Turkey Links Syrup Margarine Juice of Choice Coffee/Tea 2% Milk	Hot or Cold Cereal Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Continental Breakfast Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Breaded Pork Tenderloin Hungarian Potatoes Green Beans Wheat Bread Raspberry Pie Margarine Coffee/Tea	Lasagna Cauliflower Tossed Salad Buttered Breadstick Toffee Crunch Blondie Bar Choice of Dressing Margarine Coffee/Tea	Citrus-Glazed Turkey Breast Baked Potato Fresh Baked Roll Wpnd Chocolate Chip Cookie Sour Cream and Chives Margarine Coffee/Tea	Italian Sausage w/ Peppers & Onions Roasted Tri-Color Potatoes Wheat Bread Black Forest Parfait Margarine Coffee/Tea	Creamy Swiss Chicken Rice Pilaf Dilled Carrots Dinner Roll Apple Orchard Bars Margarine Coffee/Tea	Baked Ziti Green Beans Caramel Dumpling Margarine Coffee/Tea	Braised Boneless Short Ribs Garlic Mashed Potatoes Spinach Honey Wheat Dinner Roll Carrot Cake Margarine Coffee/Tea
Chicken a la King	Crispy Lemon Chicken Breast	Beef Brisket	Tahitian Chicken	Creamy Beef Pasta	Chicken Quesadilla	Salmon Patty
Dinner						
Fish Sandwich Lettuce / Tomato / Onion Steak Fries Pickled Asian Slaw Strawberries 2% Milk Coffee/Tea	Blackberry Dijon Chicken Brown Rice Peas & Carrots Dinner Roll Pineapple Chunks Margarine 2% Milk Coffee/Tea	Italian Wedding Soup Saltines Deli Sandwich on Pretzel Bun Lettuce / Tomato / Onion Marinated Cucumbers Mustard Packet 2% Milk Coffee/Tea	Soup of the Day Saltines Cottage Cheese & Fruit Plate Honey Bran Muffin Margarine 2% Milk Coffee/Tea	Homestyle Veal Red Bliss Potatoes Green Peas Fresh Baked Roll Mandarin Oranges Margarine 2% Milk Coffee/Tea	Three-Bean Turkey Chili Saltines Tossed Salad French Fries Berry Applesauce Choice of Dressing 2% Milk Coffee/Tea	Ham & Sweet Potato Casserole Lima Beans Combread Plums Margarine 2% Milk Coffee/Tea
Italian Baked Chicken	BLT Sandwich	Sloppy Joe & Macaroni Casserole	Pepper Steak	Lemon Pepper Chicken	Oven Baked Fish	Turkey & Cheese Sub 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