

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