



Brandman Center for Senior Care

Menu Cycle Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
	October 8, 2018	October 9, 2018	October 10, 2018	October 11, 2018	October 12, 2018
Breakfast	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Fresh Baked Muffin Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Bagel & Cream Cheese Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Hard Boiled Egg Toast/Margarine/Jelly Chocolate Chip Pancakes/Syrup Banana Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Bagel and Cream Cheese Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Hard Boiled Egg Toast/Margarine/Jelly French Toast/Syrup Banana Milk Coffee/Tea
Lunch	*Corn Chowder or Mixed Green Salad *Hot Dog on a Bun Served with Baked Beans, Coleslaw, Chopped Onions, Sauerkraut and Condiments or Chicken Fajitas Served with Rice, Beans and Flour Tortillas *Fresh Fruit	*New England Fish Chowder or Mixed Green Salad *Leek Herb Frittata Served with Baked Squash and Dinner Roll or Vegetable Pizza Served with Green Salad *Lemon Meringue Pie or Fresh Fruit *Milk	*Navy Bean Soup or Mixed Green Salad *Macaroni and Cheese Served with Stewed Tomatoes or Seafood Salad Served with Lettuce Leaf, Tomato and Red Onion Slices and Pita Bread *Fresh Berry Yogurt Parfait or Fresh Fruit *Milk	*Caesar Salad or Mixed Green Salad *Mustard Dill Crusted Salmon Served with Brown Rice and Capri Blend Vegetables or Main Plate Mixed Greens Served with Assorted Vegetables, HB Egg, Assorted Cheeses, Garbanzo Beans and Olives *Chocolate Cream Pie or Fresh Fruit *Milk	*Mushroom Barley Soup or Mixed Green Salad *Seafood Salad Served with Lettuce Leaf, Tomato and Red Onion Slices and Pita Bread or Potato Taquitos Serve with Guacamole and Beans *Tapioca Pudding or Fresh Fruit *Milk
Snack	1/2 Tuna Sandwich Fresh Fruit Cup	1/2 Cup Egg Salad Fresh Fruit Cup	1/2 Cup Cottage Cheese Fresh Fruit Cup	1/2 Cup Tuna Salad Fresh Fruit Cup	1/2 Cup Egg Salad Fresh Fruit Cup