Brandman Center for Senior Care
Menu Cycle Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
	November 5, 2018	November 6, 2018	November 7, 2018	November 8, 2018	November 9, 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	*Chicken Noodle Soup or Mixed Green Salad *Hot Dog on a Bun Served with Baked Beans, Coleslaw, Chopped Onions, Sauerkraut and Condiments or Barbequed Chicken Served with Yams and Vegetables *Fresh Fruit	*Mushroom Barley Soup or Mixed Green Salad *Seafood Salad Served with Lettuce Leaf, Tomato and Red Onion Slices and Pita Bread or Main Plate Mixed Greens Served with Egg Salad, Assorted Vegetables and Avocado *Ice Cream or Fresh Fruit *Milk	*New England Fish Chowder or Mixed Green Salad *Macaroni and Cheese Served with Stewed Tomatoes or Baked Salmon Served with Rice and Vegetables *Fresh Berry Yogurt Parfait or Fresh Fruit *Milk	*Caesar Salad or Mixed Green Salad *Baked Fresh Halibut with Lemon and Garlic Sauce Served with Rice Pilaf and Fresh Carrots with Stems or Fresh Fruit Platter with Cottage Cheese, Granola and Almonds *Lemon Meringue Pie or Fresh Fruit *Milk	*Gazpacho Soup or Mixed Green Salad *Cheese Enchiladas Served with Rice and Beans, Sour Cream, Salsa and Guacamole or Tuna Melt Served with Chips and Fresh Fruit *Flan 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