



Brandman Center for Senior Care

Menu Cycle Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
	March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
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 Matzah Brie/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	* Cream of Tomato Soup or Mixed Green Salad *Grilled Cheese Sandwich Served with Potato Chips and Side of Spring Mix Salad or Tuna Salad Plate with Mixed Greens, Avocado and Assorted Dressings * Chocolate Cream Pie or Fresh Fruit	*Mushroom Barley Soup or Mixed Green Salad *Hot Dog on a Bun Served with Sauerkraut, Chopped Onions, Relish, Mustard, Ketchup, Baked Beans and Coleslaw or Chicken Salad Plate with Mixed Greens, Avocado and Assorted Dressings *Apple Strudel or Fresh Fruit	*Caesar Salad or Mixed Green Salad *Trout with Herbs in Lemon Sauce Served with Mediterranean Blend Vegetables and Garlic Bread or Teriyaki Bowl Served with Rice and Broccoli *Churros or Fresh Fruit	*Pear and Walnut Salad or Mixed Green Salad *Cheese Ravioli in a Mushroom & Chestnut Sauce with Grilled Vegetables or Fresh Fruit and Cottage Cheese Platter Served with Granola and Almonds *Fruit Compote or Fresh Fruit *Milk	*Vegetable Soup or Mixed Green Salad *Dill Crusted Salmon Served with Scalloped Potatoes and Romanesco Vegetables or Cheese Nachos Served with Beans and Guacamole *Noodle Kugel or Fresh Fruit *Milk
Snack	1/2 Tuna Sandwich Fresh Fruit Cup	1/2 Egg Sandwich Fresh Fruit Cup	1/2 Tuna Sandwich Fresh Fruit Cup	1/2 Egg Salad Sandwich Fresh Fruit Cup	1/2 Egg Salad Sandwich Fresh Fruit Cup

