



Brandman Center for Senior Care

Menu Cycle Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
	September 12, 2022	September 13, 2022	September 14, 2022	September 15, 2022	September 16, 2022
Breakfast	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly O'Brien Potatoes 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 Scrambled Eggs Toast/Margarine/Jelly Pancakes/Syrup Banana Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Muffin Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Hard Boiled Egg Toast/Margarine/Jelly French Toast/Syrup Banana Milk Coffee/Tea
Lunch	*Greek Salad or Mixed Green Salad *Rainbow Trout Served with Tartar Sauce, Lemon, Brown Rice and Baked Squash or Soy Chicken Marsala Served with Rice and Vegetables *Seven Layer Cookie or Fresh Fruit *Milk	*Spinach Fruit Salad or Mixed Green Salad *Grilled Cheese and Tomato Sandwich Served with Roasted Red Beets or Veggie Burger Served with Garnish, Potato Chips and Condiments *German Chocolate Cake or Fresh Fruit *Milk	*Caesar Salad or Mixed Green Salad *Fettucini Alfredo Served with Broccoli Spears or Baked Salmon Served with Rice and Vegetables *Ice Cream or Fresh Fruit *Milk	*Quinoa Salad or Mixed Green Salad *Pulled BBQ Beef Sandwich on Brioche Bun Served with Roasted Red Pepper Aioli and Coleslaw or Baked Chicken Served with Rice and Vegetables *Fresh Fruit	*Israeli Salad or Mixed Green Salad *Seafood Cakes Served with Tartar Sauce, Lemon and Acorn Squash Stuffed with Couscous or Grilled Cheese Sandwich Served with French Fries and Garnish *Apple Pie or Fresh Fruit *Milk
Snack	1/2 Tuna Sandwich Fresh Fruit Cup	1/2 Egg Salad Sandwich Fresh Fruit Cup	1 ½ C. Cottage Cheese Fresh Fruit Cup	1/2 Turkey Sandwich Fresh Fruit Cup	1/2 Tuna Sandwich Fresh Fruit Cup