



Brandman Center for Senior Care

Menu Cycle Week Two

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|---|--|---|
| | December 4, 2023 | December 5, 2023 | December 6, 2023 | December 7, 2023 | December 8, 2023 |
| 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 Spiced Apple Pancakes with Whipped Cream/Syrup Milk | Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Belgian Waffle with Strawberries/Syrup Banana Milk | Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Blueberry Muffin Milk Coffee/Tea | Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Marg./Jelly Breakfast Kugel Banana Milk/Coffee/Tea |
| Lunch | *Green Salad or Mixed Green Salad *Pulled BBQ Sandwich with Pareve Mozzarella Cheese Served with Sweet Potato Wedges and Broccoli Slaw or Onion Steak Served with Rice, Vegetables and Tortillas *Vanilla Cupcake or Fresh Fruit | *Israeli Salad or Mixed Green Salad *Chicken Shawarma Served with Saffron Rice, Roasted Tomato, Tzatziki Sauce and Pita Bread or Spaghetti Served with Meat Sauce, Salad and Garlic Bread *Fresh Fruit | *Mushroom Barley Soup or Mixed Green Salad *Steak Served with Roasted Parsnips and Sauteed Greens or Teriyaki Salmon Served with Rice and Vegetables *Cookie or Fresh Fruit | *Chicken Soup or Mixed Green Salad *Hot Dog on Bun Served with Sauerkraut, Baked Beans and Coleslaw or Chicken Marsala Served with Mashed Potato and Vegetables *Gingerbread Cake or Fresh Fruit | *Carrot Ginger Soup or Mixed Green Salad *Roasted Salmon Served with Potatoes and Spinach or Veggie Burger Served with Potato Chips, Garnish and Condiments *Rugalach or Fresh Fruit |
| Snack | 1/2 Tuna Sandwich Fresh Fruit Cup | 1/2 Egg Salad Sandwich Fresh Fruit Cup | 1½ Cup Cottage Cheese Fresh Fruit Cup | 1/2 Turkey Sandwich Fresh Fruit Cup | 1/2 Tuna Sandwich Fresh Fruit Cup |

