



Brandman Center for Senior Care

Menu Cycle Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
	September 23, 2024	September 24, 2024	September 25, 2024	September 26, 2024	September 27, 2024
Breakfast	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly 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 Scrambled Eggs Toast/Marg./Jelly Pancakes / Syrup Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Scrambled Eggs & Vegetable Scramble Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly French Toast / Syrup Breakfast Bread Milk Coffee/Tea
Lunch	*Sweet & Sour Cabbage Soup or Mixed Green Salad *Tuna Melt Served with Macaroni Salad and Coleslaw or Cheese Enchiladas Served with Rice and Beans *Ice Cream or Fresh Fruit	*Turnip Bisque or Mixed Green Salad *Apricot BBQ Glazed Short Ribs Served with Polenta and Lemon Zested Broccoli or Teriyaki Salmon Served with Rice and Vegetables *Brownie or Fresh Fruit	*Israeli Salad or Mixed Green Salad *Chicken Shawarma Served with Saffron Rice and Tomato or Beef Burrito Served with Rice and Beans *Baklava or Fresh Fruit	*Green Salad or Mixed Green Salad *Baked Eggplant Served with Ratatouille Vegetables and Garlic Bread or Cheese Quesadilla Served with Beans and Avocado *Spumoni or Fresh Fruit	*Caesar Salad or Mixed Green Salad *Sun-Dried Tomato, Spinach & Goat Cheese Quiche Served with Citrus Tarragon Beets or Grilled Cheese Sandwich Served with Potato Chips and Fruit *Sorbet or Fresh Fruit
Snack	1/2 Tuna Sandwich Fresh Fruit Cup	1/2 Egg Salad Sandwich Fresh Fruit Cup	1/2 Turkey Sandwich Fresh Fruit Cup	1/2 Tuna Sandwich Fresh Fruit Cup	1 ½ C. Cottage Cheese Fresh Fruit Cup

