



# Brandman Center for Senior Care

## Menu Cycle Week Seven

|                  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|------------------|---|---|--|--|---|
|                  | October 21, 2024  | October 22, 2024  | October 23, 2024   | October 24, 2024   | October 25, 2024  |
| <b>Breakfast</b> | Choice of Juice<br>Oatmeal or Dry Cereal<br>Scrambled Eggs<br>Toast/Margarine/Jelly<br>Milk<br>Coffee/Tea   | Choice of Juice<br>Oatmeal or Dry Cereal<br>Scrambled Eggs<br>Toast/Margarine/Jelly<br>Bagel & Cream Cheese<br>Milk<br>Coffee/Tea | Choice of Juice<br>Oatmeal or Dry Cereal<br>Scrambled Eggs<br>Toast/Margarine/Jelly<br>Muffin<br>Milk<br>Coffee/Tea  | Choice of Juice<br>Oatmeal or Dry Cereal<br>Scrambled Eggs<br>Toast/Margarine/Jelly<br>Waffles / Syrup<br>Milk<br>Coffee/Tea   | Choice of Juice<br>Oatmeal or Dry Cereal<br>Scrambled Eggs<br>Toast/Margarine/Jelly<br>Egg White & Cheese<br>Scramble<br>Milk<br>Coffee/Tea   |
| <b>Lunch</b>     | *Green Salad or Mixed Green Salad<br>*Boneless Chicken Thighs Served with Couscous and Broccoli<br>or<br>Onion Steak Served with Rice and Beans<br>*Vanilla Cake or Fresh Fruit | *3 Bean Soup or Mixed Green Salad<br>*BBQ Meat Loaf Served with Peas and Mashed Potato<br>*Berries and Cream or Fresh Fruit       | *Fennel Carrot Soup or Mixed Green Salad<br>*Glazed Chicken Leg Served with Roasted Vegetables and Rice<br>or<br>Teriyaki Salmon Served with Rice and Vegetables<br>*Macarons or Fresh Fruit | *Baby Spinach Salad or Mixed Green Salad<br>*Grilled Salmon Served with Roasted baby Carrots with Tartar sauce and Lemon<br>or<br>Veggie Burger Served with French Fries, Garnish and Condiments<br>*Lemon Meringue Pie or Fresh Fruit | *Caesar Salad or Mixed Green Salad<br>*Jumbo Stuffed Shell Served with Spinach and tossed pink Sauce<br>or<br>Baked Fish Served with Rice and Vegetables<br>*Assorted Cheesecake or Fresh Fruit |
| <b>Snack</b>     | 1/2 Tuna Sandwich<br>Fresh Fruit Cup  | 1 ½ C. Cottage Cheese<br>Fresh Fruit Cup  | 1/2 Egg Salad Sandwich<br>Fresh Fruit Cup  | 1/2 Turkey Sandwich<br>Fresh Fruit Cup   | 1/2 Tuna Sandwich<br>Fresh Fruit Cup  |