



## Brandman Center for Senior Care Menu Cycle Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
	November 4, 2024	November 5, 2024	November 6, 2024	November 7, 2024	November 8, 2024
Breakfast	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Hash Brown Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Waffle / Syrup Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Vegetable Frittata Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Sweet Potato Hash Milk Coffee/Tea	Choice of Juice Oatmeal or Dry Cereal Scrambled Eggs Toast/Margarine/Jelly Fried Eggs & Vegan Sausage Milk Coffee/Tea
Lunch	*Green Salad or Mixed Green Salad *Fried Chicken Served with Coleslaw, Roasted Zucchini and Dinner Roll or Beef Fajitas Served with Rice and Beans *Peach Cobbler or Fresh Fruit	*French Onion Soup or Mixed Green Salad *Prime Rib Served with Baked Potato and Brussels Sprouts or Teriyaki Salmon Served with Rice and Vegetables *Ice Cream Sundae or Fresh Fruit	*Spinach Salad or Mixed Green Salad *Breaded Tilapia Served with Tartar Sauce, Lemon, Brown Rice and Winter Squash or Pasta Served with Marinara Sauce and Vegetables *Chocolate Cake or Fresh Fruit	*Cauliflower Chowder or Mixed Green Salad *Citrus Glazed Chicken Thigh Served with Saffron Risotto and Roasted Baby Carrots or Beef Huarache Served with Lettuce, Pico de Gallo and Guacamole *Vegan Walnut Chocolate Chip Cookie or Fresh Fruit	*Wedge Salad or Mixed Green Salad *Caribbean Grilled Salmon Served with Pineapple Coconut Rice and Roasted Chayote Squash or Cheese Nachos Served with Beans and Guacamole *Sorbet or Fresh Fruit *Milk
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

