

THE COTTAGES MENU*

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Oatmeal Raisins, Walnuts Yogurt Orange Slices	Breakfast Scrambled Eggs Blueberry Muffin Fruit Salad	Breakfast Cold Cereal Toast & PB Sliced Banana	Breakfast French Toast 222 Bacon Fresh Berries	Breakfast Oatmeal English Muffins & PB Sliced Banana	Breakfast Waffles Yogurt Mixed Fruit	Breakfast Farmer's Breakfast 80 Toast Berries
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Lunch Turkey Sandwich Kidney & Green Bean Salad 38	Lunch Roast Beef Tortilla Wrap 103 Coleslaw 36 Apple Slices	Lunch Tuna & Macaroni Salad 98 Cucumbers & Hummus Dip	Lunch Peanut Butter and Banana Sandwich Orange Slices	Lunch Cream of Chicken Soup Turkey & Cheese Sandwich	Lunch Macaroni & Cheese 113 Garden Salad Sliced Apples	Lunch *Chicken & Garbanzo Bean Salad 93 Dinner Roll *See Notes
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Dinner Meatloaf 188 Baked Potato 61 Spinach Salad	Dinner Oven-Baked Tangy Chicken 129 Steamed Broccoli Brown Rice	Dinner Meatballs with Cheese Sauce 189 Scalloped Potatoes 58 Green Peas	Dinner Tuna Cakes w/Lemon Dill Sauce 218 White Rice Sautéed Carrots	Dinner *Chicken a la King 148 English Muffin Tossed Salad	Dinner Beef Tips and Egg Noodles 166 Peas & Carrots	Dinner Pork Chops and Rice 202 Baked Sweet Potato Tossed Salad

***Notes:**

- Friday dinner and Sunday lunch use one whole baked/roasted chicken each day. Plan ahead: Roast 2 chickens Thursday and refrigerate accordingly. Each chicken should provide 3 1/2 -4 cups cooked chicken.

Additional Procedures for Daily Meals:

*A variety of healthful meals and snacks will be offered. Local and seasonal produce will be emphasized. Texture modifications will be considered on a per client basis.

*Coffee, Decaf Coffee and Hot Tea will be offered at Breakfast.

*Milk, Juice and water will be offered at every meal and snack.

*Snacks must be offered twice per day, and may include: seasonal fruit, fruit smoothie, veggies with nut butter, guacamole, ranch or hummus dip, cheese with crackers, mixed nuts, pudding, muffin, yogurt, jell-O, cookies, ice cream, fruit crisp.

*Desserts can be offered after the evening meal- cookies, ice cream, ice cream with fruit or chocolate toppings, fruit crisps, puddings and cakes