

Stone Crest Assisted Living

Week 1

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Hot or Cold Cereal Pancakes Sausage Patty Syrup Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of eggs Toasted English Muffin Peanut Butter and Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Western Omelet Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cereal Belgian Waffles Turkey Links Strawberries Syrup Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Bacon Cinnamon Peach Muffin Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Canadian Bacon Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Bagel Cream Cheese Juice of Choice 2% Milk Coffee/Tea
Lunch						
Meat Loaf Baked Potato Key West Veggies Fresh Baked Roll Cherry Crisp Sour Cream/Chive Juice of Choice 2% Milk Coffee/Tea	Braised Turkey Egg Noodles Crumb topped Brussel sprouts Wheat Bread Banana Pudding Pound Cake Juice of Choice 2% Milk Coffee/Tea	Bourbon Pork Chop w/apples Red Bliss Potatoes Garden Seasoned Broc. Pumpkin Cheesecake Crumble Juice of Choice 2% Milk Coffee/Tea	Beef w/ broc, White Rice Sugar Snap Peas Bread stick Éclair Dessert Juice of Choice 2% Milk Coffee/Tea	Veggie Lasagna Tossed Salad Garlic Toast Apricot Crisp Choice of dressing Parm Cheese Juice of Choice 2% Milk Coffee/Tea	Cornflake Chicken Scalloped Potatoes Asparagus Dinner Roll Rhubarb Crumble Juice of Choice 2% Milk Coffee/Tea	Pot Roast Whipped Sweet Potatoes Roasted Cauliflower Cornbread Picasso's Brownies Juice of Choice 2% Milk Coffee/Tea
Dinner						
Broccoli Cheese Soup Saltines Grilled Chicken Breast Swch Carrots Cinnamon Apples Juice of Choice 2% Milk Coffee/Tea	Cabbage Roll Stuffed w/ Sauce Mashed Potatoes Tossed Salads Breadstick Cottage Cheese and Peaches Choice of Dressing Juice of Choice 2% Milk Coffee/Tea	Chunky Veggie Soup Saltines Oven Baked Fish Zucchini & Summer Squash Cornbread Mixed Melon Salad Juice of Choice 2% Milk Coffee/Tea	BBQ Chicken Thighs Baked Beans Corn on the Cob Wheat Bread Red Grapes Juice of Choice 2% Milk Coffee/Tea	Hot Roast Beef Swch Mashed Potatoes Peas and Carrots Diced Pears Juice of Choice 2% Milk Coffee/Tea	Chicken Noodle Soup Saltines Grilled Ham & Cheese Italian Green Beans Pineapple Chunks Juice of Choice 2% Milk Coffee/Tea	Chef's Salad Breadsticks Banana Choice of Dressing Juice of Choice 2% Milk Coffee/Tea
Evening Snacks						
Assorted Beverages		Assorted Snacks				

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Week 2

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Hot or Cold Cereal Scrambled Eggs Bacon Cinnamon Roll Wheat Toast Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal French Toast Sausage Patty Syrup Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Swch Breakfast Ham Slice Juice of Choice 2% Milk Coffee/Tea	Scrambled Eggs Cranberry Scone Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Turkey Links Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg, Bacon, and Cheddar Scramble Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Blueberry Muffin Juice of Choice 2% Milk Coffee/Tea
Lunch						
Lemon Baked Fish Rosemary Roasted Potatoes Herb Glazed Carrots Wheat Bread Frosted Spice Cake Juice of Choice 2% Milk Coffee/Tea	Spaghetti Sauce w/meat Spaghetti Noodles Green Beans Tossed Salad Garlic Toast Cranberry Chill Choice of Dressing Parm Cheese Juice of Choice 2% Milk Coffee/Tea	Baked Glazed Ham Garlic Mash Potatoes Broccoli Dinner Roll Blueberry Crisp Juice of Choice 2% Milk Coffee/Tea	Chicken Marsala Baked Potato Spinach Fresh Baked Roll Lemon Bars Sour Cream Chives Juice of Choice 2% Milk Coffee/Tea	Stuff Green Peppers Tossed Salad Buttered Breadstick Black Forest Cake Choice of Dressing Juice of Choice 2% Milk Coffee/Tea	Turkey Pot Roast Cinnamon Maple Squash Capri Veggie Blend Wheat Bread Chocolate Satin Pound Cake Juice of Choice 2% Milk Coffee/Tea	Pepper Steak White Rice Oriental Veggie Blend Wheat Bread Pudding/Cookie Parfait Parm Cheese Juice of Choice 2% Milk Coffee/Tea
Dinner						
BBQ Pork Swch Southwest Slaw Orange Wedges Juice of Choice 2% Milk Coffee/Tea	Chicken Fajitas Spanish Rice Seasoned Black Beans Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Salmon Patty Creamed Peas Breadstick Emerald Pears Juice of Choice 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled Cheese Swch Baby Carrots Strawberry & Banana Cup Juice of Choice 2% Milk Coffee/Tea	Hearty Cabbage Soup Grilled Chicken Breast Swch Zucchini & Summer Squash Red Grapes Juice of Choice 2% Milk Coffee/Tea	Cheese Pizza Tossed Salad Breadstick Cottage Cheese & Peaches Choice of Dressing Juice of Choice 2% Milk Coffee/Tea	Minestrone Soup Saltines Turkey Salad on Croissant Broccoli Raisin Salad Mixed Melon Salad Juice of Choice 2% Milk Coffee/Tea
Evening Snacks						
Assorted Beverages		Assorted Snacks				

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Week 3

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Hot or Cold Cereal Scrambled Eggs Bacon Cinnamon Roll Wheat Toast Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Buttered Waffles Turkey Links Syrup Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Patty Canadian Bacon Toasted English Muffin Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Country Brunch Casserole Hard Boiled Egg Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Autumn Hash Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Honey Bran Muffin Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Parmesan Breaded Pork Egg Noodles Green Beans Fresh Baked Roll Frosted Marble Cake Juice of Choice 2% Milk Coffee/Tea	Beef Stroganoff Baked Potato Whole Baby carrots Strawberry Pretzel Squares Juice of Choice 2% Milk Coffee/Tea	Beer Battered Fish French Fried Creamy Cole Slaw Wheat Bread Lemon Whip Juice of Choice 2% Milk Coffee/Tea	Baked Ham w. Raisin Sauce Rice Pilaf Zucchini & Summer Squash Dinner Roll Princess Bars Juice of Choice 2% Milk Coffee/Tea	Sweet Potato Crusted Pollock Creamed Spinach Biscuit Cinnamon Apple Tart Juice of Choice 2% Milk Coffee/Tea	Salisbury Steak Garlic Mashed Potatoes Green Beans & Mushrooms Dinner Roll Confetti Angel Cake Juice of Choice 2% Milk Coffee/Tea	Paprika Chicken with Sour Cream Gravy Rosemary Roasted Potatoes Lemon Dill Lima Beans French Baked Roll Brownie Juice of Choice 2% Milk Coffee/Tea
<b>Dinner</b>						
Chicken Quesadilla Tossed Salad Refried Beans Diced Pears Choice of Dressing Juice of Choice 2% Milk Coffee/Tea	Creamy Garden Veg Soup Saltines Turkey Reuben Swch Fresh Orange Juice of Choice 2% Milk Coffee/Tea	Veggie Lasagna Broccoli Garlic Toast Apple Slices Juice of Choice 2% Milk Coffee/Tea	Chicken Cordon Bleu Red Bliss Potatoes Green Peas Dinner Roll Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Cheeseburger Soup Saltines BLT Sandwich Cottage Cheese Chilled Peaches Juice of Choice 2% Milk Coffee/Tea	Macaroni & Cheese Stewed Tomatoes Wheat Bread Pineapple Chunks Juice of Choice 2% Milk Coffee/Tea	Pepperoni Pizza Tossed Salad Choice of Dressing Cantaloupe & Honeydew Juice of Choice 2% Milk Coffee/Tea
<b>Evening Snacks</b>						
Assorted Beverages		Assorted Snacks				

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Week 4

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Buttermilk Pancakes Turkey Links Syrup Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sandwich Bacon Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Breakfast Ham Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Sausage Patty English Muffin Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	French Toast Turkey Link Syrup Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg, Bacon & Cheddar Scramble Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea
Lunch						
Veal Picata Spaghetti Noodles Asparagus Breadstick Cherry Tart Juice of Choice 2% Milk Coffee/Tea	Dill Glazed Salmon Long Grain & Wild Rice Prince Charles Veggie Blend Dinner Roll Apple Crisp Juice of Choice 2% Milk Coffee/Tea	Roast Port Company Potatoes Green Beans with basil Biscuit Blueberry Lemon Cream Bars Juice of Choice 2% Milk Coffee/Tea	Apple-Raisin Stuffed Chicken Whipped Sweet Potatoes Broccoli Dinner Roll Raspberry Filled Cookies Juice of Choice 2% Milk Coffee/Tea	Lasagna Parslied Cauliflower Breadstick Cream Pie Juice of Choice 2% Milk Coffee/Tea	Veggie Baked Fish Rice Pilaf Zucchini Squash Dinner Roll Chocolate Satin Pound Cake Juice of Choice 2% Milk Coffee/Tea	Ham & Potato Augratin Corn Dinner Roll Juice of Choice 2% Milk Coffee/Tea
Dinner						
Old Fashioned Veggie Beef Soup Saltines Deli Plate w/ Potato Salad Diced Pears Juice of Choice 2% Milk Coffee/Tea	Deluxe Hamburger Waffle Fries Bakes Beans Red Grapes Juice of Choice 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled Cheese Swch Tossed Salad Cinnamon Apples Choice of Dressing Juice of Choice 2% Milk Coffee/Tea	Seasoned Beans w/ Ham bits Breaded Corn Nuggets Fresh Baked Roll Pineapple Chunks Juice of Choice 2% Milk Coffee/Tea	OF Hot Turkey Swch Mashed Potatoes Baby Carrots Strawberry & Banana Cup Juice of Choice 2% Milk Coffee/Tea	Hearty Cabbage Soup Saltines French Dip Swch Sweet Potato Fries Mixed Melon Salad Juice of Choice 2% Milk Coffee/Tea	Chicken Salad on Croissant German Potato Salad Cucumber Slices Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea
Evening Snacks						
Assorted Beverages		Assorted Snacks				

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Week 5

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Hot or Cold Cereal Choice of Eggs Bacon Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Blueberry Pancake Squares Sausage Patty Syrup Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Breakfast Casserole Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Cinnamon Roll Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheddar Eggs Benedict Bacon Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Eggs Turkey Links Tstd Cinn Swirl Bagel w/ cream cheese Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & cheese Sandwich Breakfast Ham Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Cranberry Glazed Turkey Bread Stuffing Dinner Roll Apple Pie Juice of Choice 2% Milk Coffee/Tea	Herbed Pork Loin Baked Sweet Potato Half Asparagus Croissant Strawberry Shortcake Juice of Choice 2% Milk Coffee/Tea	Veal Parmesan Spaghetti Noodles Broccoli Garlic Toast Chocolate Ice Cream Parm Cheese Juice of Choice 2% Milk Coffee/Tea	Chicken & Dumplings Green Peas Cheese Biscuit Cheese Cake Juice of Choice 2% Milk Coffee/Tea	Braised Boneless Short Ribs Mashed Potatoes Baby Carrots Fresh Baked Rolls Pumpkin Spice Bars Juice of Choice 2% Milk Coffee/Tea	Pollock Almondine Broccoli Rice Au Gratin Glazed Sugar Snap Peas Dinner Roll Berry Pear Crisp Juice of Choice 2% Milk Coffee/Tea	Salsa Chicken Black Beans and Rice Corn Oreo Cookie Blondies Juice of Choice 2% Milk Coffee/Tea
<b>Dinner</b>						
Chunky Veggie Soup Saltines Grld Corn Beef & Swiss Swch Dilled Carrots Orange Wedges Juice of Choice 2% Milk Coffee/Tea	Chicken Chill Saltines Tossed Salad Breadstick Red Grapes Choice of Dressing Juice of Choice 2% Milk Coffee/Tea	Fried Fish Corn on the Cob Creamy Cole Slaw Fresh Baked Roll Pineapple Chunks Juice of Choice 2% Milk Coffee/Tea	Sweet Potato Bacon Corn Chowder Saltines Ham Slices Zucchini & Summer Squash Dinner Roll Mixed Melon Salad Juice of Choice 2% Milk Coffee/Tea	Crispy Chicken Salad Cornbread Cinnamon Applesauce Choice of Dressing Juice of Choice 2% Milk Coffee/Tea	Baked Ziti Parslied Cauliflower Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Creamy Garden Veggie Soup Saltines Ham Swch Marinated Cucumber & Tomatoes Apricots Juice of Choice 2% Milk Coffee/Tea

Evening Snacks						
Assorted Beverages		Assorted Snacks				