

Schlegel Villages



Week Three-Fall & Winter 2023/2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Scrambled Eggs Bacon Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Pancake Breakfast Sausage Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Fried Eggs Bacon Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Continental Breakfast: Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Whole Wheat Toast or Baked Muffin Cheddar Cheese, Yogurt Fresh Fruit <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Poached Eggs Bacon Whole Wheat Toast or Grilled English Muffin <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Chefs Omelette Breakfast Ham Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Continental Breakfast: Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Whole Wheat Toast or Baked Muffin Cheddar Cheese Yogurt Fresh Fruit <u>Note</u> -Breakfast/Brunch Option served at lunch
Lunch	Beef Barley Soup Bacon and Tomato Sandwich Strawberries and Mixed Green Salad -- Mandarin Pineapple Cup	Chicken and Rice Soup Haddock Bites Tartar Sauce Creamy Coleslaw -- Tropical Fruit	Tomato Bisque Soup Grilled Cheese Sandwich Dill Potato Salad -- Red Seedless Grapes	Roasted Cauliflower Soup Sausage and Potato Bake Tossed Salad -- Fresh Fruit Salad	Potato Bacon Soup Tuscan Mac and Cheese Apple Salad -- Berry Pineapple Cream	Butternut Squash Soup Hot Beef Dip Sandwich Tossed Salad -- Mandarin Oranges	Fall Harvest Soup Belgian Waffle & Berries Sausage Links or Bacon -- Diced Cantaloupe and Honeydew
Dinner	Chicken & Veg Stir Fry Or Mediterranean Moussaka Both Served with Fluffy Rice Garden Salad -- Boston Cream Cake	Glazed Pork Chop Or Beef Meatloaf Both Served with Orange Sage Mashed Sweet Potato Green Beans with Cranberries and Pecan -- Apple Tart	Beef Stroganoff Or Salmon Pie Both Served with Buttered Egg Noodles Peas and Carrots -- Chocolate Brownie	Salmon Fillet with Yogurt Lemon Sauce OR Lemon Thyme Chicken Both Served with Herbed Potatoes Sweet & Sour Cabbage -- Black Forest Pudding	Braised Beef Brisket Or Haddock with Roasted Red Pepper Sauce Both Served with Creamy Mashed Potatoes Fresh Broccoli Florets -- Lemon Blueberry Coffee Cake	Creamy Sundried Tomato and Chicken Penne Or Braised Lamb Shanks Served with Whipped Potatoes Fresh Cauliflower and Peppers -- Chocolate Eclair	Pork Loin with Apples Served with Glazed Sweet Potatoes Roasted Root Vegetables -- Pecan Pie

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