



Week At a Glance

Menu: Copy of SGC Selective 4 SB S/S 2020

Week

Sunday (Day 8)	Monday (Day 9)	Tuesday (Day 10)	Wednesday (Day 11)	Thursday (Day 12)	Friday (Day 13)	Saturday (Day 14)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice - 3/4 cup Cream of Wheat Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Margarine/Jelly - 1 each Toast or Biscuit - 1 slice or 1 biscuit Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Rice Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Oatmeal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Biscuit & Sausage Gravy - 1 Biscuit + 2 oz gravy White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Wheat Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Rice Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Waffles - 2 waffles Margarine/Syrup - 1 tsp/1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Oatmeal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Toast or Biscuit - 1 slice or 1 biscuit Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Wheat Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Brown Gravy - 2 oz ladle Beef Pot Roast - 3 oz Mashed Potatoes - #8 dip Buttered Carrots (A) - 4 oz spdl Cheesecake - 4" x 2.5" svg Dinner Roll/Margarine - 1 ea/1 tsp Beverage - 1 cup ***** - 1	Baked Chicken - 3 oz Mashed Potatoes & Gravy - #8 dip/2 oz gvy Five Way Mixed Vegetables (A) - 4 oz spdl Brownie - 2" x 4" svg Beverage - 1 cup ***** - 1	Taco Salad - 1 Salad Spanish Rice - #8 dip Salsa - 1/4 cup Sour Cream - 1 Tbsp Mousse - #8 dipper Beverage - 1 cup ***** - 1	Salisbury Steak - 3 oz Mashed Potatoes & Gravy - #8 dip/2 oz gvy Green Beans - 4 oz spdl Snickerdoodle Blondie Bars - 2" x 2" ***** - 1	Shrimp Fried Rice - #6 dip Asian Vegetables - 4 oz spdl Egg Roll - 1 Coconut Cake - 1 slice Beverage - 1 cup ***** - 1	Fried Fish - 2 each Baked Beans - 4 oz spdl Pasta Salad - 4 oz spdl Fresh Fruit Cup - 4 oz spdl Cheese Herb Biscuit - 1 biscuit Beverage - 1 cup ***** - 1	Baked Ziti w/ Italian Sausage - 3" x 3" Sq or 6 oz spdl Squash Medley - 4 oz spdl Side Salad w/Dressing - 8 oz spdl/2 T dsq Jell-O Cake w/Whipped Topping - 2" x 4" svg Bread Stick - 1 each Beverage - 1 cup ***** - 1
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Brown Sugar Pork Chops w/ Garlic & Herbs - 1 chop Buttered Orzo - 4 oz spdl Green Beans - 4 oz spdl Chilled Peaches - 4 oz spdl Milk/Beverage - 1 cup ***** - 1	Cheeseburger on Bun - 3 oz/1 bun Relish Plate - 1 Plate Sweet Potato Puffs (A) - 4 oz spdl Butterscotch Pudding w/Topping - #8 dip + 1 Tbs Ketchup/Mustard - 1 each Milk/Beverage - 1 cup ***** - 1	Ham & Beans - 8 oz spdl Fried Potatoes - 4 oz spdl Mixed Greens (A) - 4 oz spdl Cornbread/Margarine - 3" x 2" svg/1 tsp Goosey Butter Cookies - 2 Cookies Milk/Beverage - 1 cup ***** - 1	Chicken Breast in Onion Gravy - 3 oz Buttered Penne Pasta - 4 oz spdl Roasted Brussel Sprouts - 4 oz spdl Frosted Cake - 2" x 3" svg Beverage - 1 cup ***** - 1	Chicken Pot Pie - 8 oz Cucumber & Tomato Salad - 4 oz spdl Peach Crisp (FR) - #6 dip Milk/Beverage - 1 cup ***** - 1	Mini Pizza - 1 each Tossed Green Salad/Dressing - 8 oz spdl/2T drsg Bread Stick - 1 each Strawberries & Bananas - 4 oz spdl Milk/Beverage - 1 cup ***** - 1	Open Faced Turkey Sandwich w/Gravy - 2 oz/ 1 sl brd/ 2 oz gravy Mashed Potatoes - #8 dip Broccoli Slaw (A) - 4 oz spdl Cinnamon Apple Slices - 4 oz spdl Milk/Beverage - 1 cup ***** - 1
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink - 1/2 cup	Fruit Drink - 1/2 cup	Fruit Drink - 1/2 cup	Fruit Drink - 1/2 cup	Fruit Drink - 1/2 cup	Fruit Drink - 1/2 cup	Fruit Drink - 1/2 cup



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Week 2

Asst.Snacks/Cookies/Crx - 1 serving	Asst.Snacks/Cookies/Crx - 1 serving	Asst.Snacks/Cookies/Crx - 1 serving	Asst.Snacks/Cookies/Crx - 1 serving	Asst.Snacks/Cookies/Crx - 1 serving	Asst.Snacks/Cookies/Crx - 1 serving	Asst.Snacks/Cookies/Crx - 1 serving

The meal items shown are those served on a **Regular Diet**. If your physician has ordered for you a **Therapeutic** or **Texture Altered Diet**, you may be served a different menu item, a different portion of the menu item or the item may be eliminated entirely in order to comply with your current diet order. Thank you!



Week At a Glance

Menu: Copy of SGC Selective 4 SB S/S 2020

Week 3

Sunday (Day 15)	Monday (Day 16)	Tuesday (Day 17)	Wednesday (Day 18)	Thursday (Day 19)	Friday (Day 20)	Saturday (Day 21)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice - 3/4 cup Cream of Rice Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Oatmeal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Wheat Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Biscuit & Sausage Gravy - 1 Biscuit + 2 oz gravy White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Rice Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Oatmeal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz French Toast - 1 Slice Margarine/Syrup - 1 tsp/1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Wheat Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Rice Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Toast or Biscuit - 1 slice or 1 biscuit Margarine/Jelly - 1 each Milk/Beverage - 1 cup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream Gravy - 2 oz ladle Oven Fried Chicken - 3 oz E.P. Mashed Potatoes - #8 dip Green Bean Casserole - 4 oz spdl Peach Cobbler (FR) - #6 dip Dinner Roll/Margarine - 1 ea/1 tsp Beverage - 1 cup ***** - 1	Swedish Meatballs with Sauce - 4-1 oz Meatballs Steamed Rice - #8 dip Broccoli (A) - 4 oz spdl Chocolate Chip Cookie Bar - 3"x 2.5" bar ***** - 1	Hawaiian Chicken - 3 oz Candied Sweet Potatoes (A) - 4 oz spdl Coleslaw - 3 oz spdl Pineapple Cake - #8 dip Hawaiian Roll - 1 ea Beverage - 1 cup ***** - 1	Meatloaf - 3 oz Mashed Potatoes & Gravy - #8 dip/2 oz gvy Peas & Sauteed Onions - 4 oz spdl Cookies - 2 each Beverage - 1 cup ***** - 1	Lasagna - 2" x 4" svg Green Beans - 4 oz spdl Garlic Toast - 1 Slice Strawberry Pretzel Dessert - 3" x 2.5" svg Beverage - 1 cup ***** - 1	Pork Gravy - 2 oz Roast Pork - 3 oz Mashed Potatoes - #8 dip Corn on the Cob - 1 each Assorted Pies - 1 svg. Beverage - 1 cup ***** - 1	Beef Taco Salad - 1 Salad Fiesta Corn Salad - 4 oz spdl Salsa - 1/4 cup Sour Cream - 1 Tbsp Frosted Angel Food Cake - 2" x 4" svg Beverage - 1 cup ***** - 1
Supper	Supper	Supper	Supper	Supper	Supper	Supper
BBQ Beef on Bun - 2 oz/1 bun Roasted Corn & Black Beans - 4 oz spdl Frosted Cupcake - 1 each Milk/Beverage - 1 cup ***** - 1	Chili Cheese Dog on Bun - 1 svg French Fries - 4 oz spdl Tossed Green Salad - 8 oz spdl/2T drsg Lemon Cream Cake - 2" x 3" svg Milk/Beverage - 1 cup ***** - 1	Spaghetti w/Meat Sauce - 4 oz spdl Italian Blend Vegetables - 4 oz spdl Cream Cheese Brownie - 2" x 3" svg Garlic Toast - 1 Slice Milk/Beverage - 1 cup ***** - 1	Pork Tenderloin on a Bun - 3 oz/1 bun Potato Wedges - 4 oz spdl Pickles/Lettuce/Onion Sl - 1 svg Canned Peaches - 4 oz spdl Brownie - 2" x 4" svg Milk/Beverage - 1 cup ***** - 1	Chicken Tenders - 3 each Dipping Sauce - 2 oz French Fries - 4 oz spdl Marinated Tomato Salad - 4 oz spdl Pears - 4 oz spdl Milk/Beverage - 1 cup ***** - 1	Crispy Fish Fillet - 1 ea (4 oz) Macaroni & Cheese - 4 oz spdl Cole Slaw - 4 oz spdl Fruit Fluff (FR) - #8 dip Hush Puppies - 2 Milk/Beverage - 1 cup ***** - 1	Ham & Potato Au Gratin - #6 dip California Blend Vegetables (A) - 4 oz spdl Banana Cream Pie - 1 Slice Milk/Beverage - 1 cup ***** - 1
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving

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Week At a Glance

Menu: Copy of SGC Selective 4 SB S/S 2020

Week 4

Sunday (Day 22)	Monday (Day 23)	Tuesday (Day 24)	Wednesday (Day 25)	Thursday (Day 26)	Friday (Day 27)	Saturday (Day 28)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice - 3/4 cup Oatmeal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Wheat Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Rice Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Biscuit & Sausage Gravy - 1 Biscuit + 2 oz gravy White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Oatmeal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Wheat Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Pancakes - 2 Each Margarine/Syrup - 1 tsp/1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Oatmeal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz Toast or Biscuit - 1 slice or 1 biscuit Margarine/Jelly - 1 each Milk/Beverage - 1 cup	Assorted Juice - 3/4 cup Cream of Rice Cereal - 4 oz spdl Scrambled or Fried Egg - #16 dip 2 strips Bacon or Sausage - 2 strips or 1 oz White or Wheat Toast - 1 Slice Margarine/Jelly - 1 each Milk/Beverage - 1 cup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Gravy - 2 oz Oven Fried Chicken - 3 oz E.P. Mashed Potatoes - #8 dip California Blend Vegetables - 4 oz spdl Creamy Custard Pie - 1/8th pie Dinner Roll/Margarine - 1 ea/1 tsp Beverage - 1 cup ***** - 1	Salisbury Steak - 4 oz Baked Potato with Sour Cream - 1 Potato + 2 Tbs Seasoned Carrots (A) - 4 oz spdl Hummingbird Cake - 3" x 2.5" svg Beverage - 1 cup ***** - 1	Spaghetti & Meatballs - 4 mtbl/1/2c ndls Italian Blend Vegetables (A) - 4 oz spdl Caesar Salad - 2 x 4 oz spdl Garlic Bread Stick - 1 each Fruited Gelatin (FR) - 6 oz spdl Beverage - 1 cup ***** - 1	Roast Beef - 3 oz Mashed Potatoes & Gravy - #8 dip/2 oz gvy Broccoli with Cheese Sauce (A) - 4 oz spdl Chocolate Cake w/Chocolate Frosting - 3" x 2.5" svg ***** - 1	Gravy - 2 oz Sliced Roast Turkey - 3 oz Cornbread Dressing - #8 dip Meadow Blend Vegetables - 4 oz spdl Blackberry Cobbler - #6 dipper Beverage - 1 cup ***** - 1	Popcorn Shrimp - 6 oz spdl Au Gratin Potatoes - 4 oz spdl Green Beans - 4 oz spdl Mandarin Oranges & Bananas - 4 oz spdl Cocktail Sauce - 1 oz Beverage - 1 cup ***** - 1	Beef Parmesan - 4 oz Buttered Pasta - 4 oz spdl Roasted Zucchini - 4 oz spdl Mixed Fruit Cup - 4 oz spdl Garlic Bread - 1 Slice Beverage - 1 cup ***** - 1
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Beef Enchilada Casserole - 4" x 3" svg Side Salad w/Dressing - 8 oz spdl/2 T dsq Orange Pineapple Cup - 4 oz spdl Milk/Beverage - 1 cup ***** - 1	Chicken & Noodles - 6 oz spdl Green Peas with Sauteed Onions - 4 oz spdl Cheese Bread Stick - 1 each Blushing Pears - 4 oz spdl Milk/Beverage - 1 cup ***** - 1	BBQ Pork Riblette on Bun - 3 oz/1 bun Baked Beans - 4 oz spdl Potato Salad - 4 oz spdl Pudding Parfait - #8 dip Milk/Beverage - 1 cup ***** - 1	Baked Ham - 2 oz Hashbrown Casserole - 4 oz spdl Country Green Beans with Bacon & Onion - 4 oz spdl Goosey Butter Cookies - 2 Cookies Milk/Beverage - 1 cup ***** - 1	Breaded Chicken Tenders - 3 each Macaroni & Cheese - 4 oz spdl Marinated Slaw - 4 oz spdl Dipping Sauce - 2 oz Orange Sherbet - #8 dip Milk/Beverage - 1 cup ***** - 1	Polish Sausage on Bun - 2 oz/1 bun Fried Potatoes - 4 oz spdl Sauerkraut - 4 oz spdl Pineapple & Cream Cheese Bread Pudding - #8 dipper Milk/Beverage - 1 cup ***** - 1	Homemade Potato Soup - 6 oz ladle Grilled Ham & Cheese Sandwich - 2 oz/2 sl Ranch Vegetable Salad (A) - 4 oz spdl Crackers - 4 ea Lemon Cheesecake Bar - 2" X 2" sq. Milk/Beverage - 1 cup ***** - 1
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving	Fruit Drink - 1/2 cup Asst.Snacks/Cookies/Crx - 1 serving

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