



Week At a Glance

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

Week 1

Sunday (Day 1)	Monday (Day 2)	Tuesday (Day 3)	Wednesday (Day 4)	Thursday (Day 5)	Friday (Day 6)	Saturday (Day 7)
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 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 tbsp 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	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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken - 3 oz E.P. Mashed Potatoes & Gravy - #8 dip/2 oz gvy Green Beans - 4 oz spdl Peach Pie - 1/8th pie Dinner Roll/Margarine - 1 ea/1 tsp ***** - 1 Beverage - 1 cup	Grilled Hot Dog on Bun - 2 oz/1 bun Grilled Hamburger - 3 oz/1 bun Baked Beans - 4 oz spdl Macaroni Salad - 4 oz spdl Relish Plate - 1 Plate Watermelon - 8 oz spdl (1 cup) Beverage - 1 cup ***** - 1	Polish Sausage - 3 oz Fried Potatoes - 4 oz spdl Sauerkraut - 4 oz spdl Tropical Fruit - 4 oz spdl Beverage - 1 cup ***** - 1	Sliced Baked Ham - 3 oz Au Gratin Potatoes - 4 oz spdl Broccoli (A) - 4 oz spdl Banana Pudding Cake - 3" x 2-1/2" svg Beverage - 1 cup ***** - 1	Country Fried Steak - 1 steak Mashed Potatoes w/ Cream Gravy - #8 dip/2 oz gvy Parslied Carrots (A) - 4 oz spdl Pudding Parfait - #8 dip Beverage - 1 cup ***** - 1	Salisbury Steak - 4 oz Cheddar Mashed Potatoes - #8 dip Buttered Corn - 4 oz spdl Frosted Chocolate Chip Brownie - 3" x 2.5" Beverage - 1 cup ***** - 1	BBQ Chicken - 3 oz Baked Beans - 4 oz spdl Potato Salad - 4 oz spdl Mixed Fruit Cup - 4 oz spdl Beverage - 1 cup ***** - 1
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Beef Pot Roast w/Gravy - 3 oz Carrots, Potatoes, Onions (A) - 4 oz spdl x 2 Summertime Slaw - 4 oz spdl Ambrosia (FR) - 4 oz spdl Milk/Beverage - 1 cup ***** - 1	Chicken Strips - 3 each Macaroni & Cheese - 4 oz spdl Green Peas - 4 oz spdl Ice Cream - #8 dip Milk/Beverage - 1 cup ***** - 1	Cheese Ravioli w/Meat Sauce - 3 each/2 oz sce California Blend Vegetables (A) - 4 oz spdl Cookies - 2 each Garlic Bread Stick - 1 each Milk/Beverage - 1 cup ***** - 1	Glazed Pork Chop - 3 oz Rice Pilaf - #8 dip Cauliflower w/Cheese Sauce - 4 oz spdl Apricots (A) - 4 oz spdl Milk/Beverage - 1 cup ***** - 1	Chicken & Noodles - 6 oz spdl Peas & Carrots - 4 oz spdl Melon Cubes - 8 oz spdl Biscuit/Margarine - 1 each/1tsp Milk/Beverage - 1 cup ***** - 1	Fried Fish - 3 oz Baked Macaroni & Cheese - 4 oz spdl Green Beans - 4 oz spdl Frosted Cake - 2" x 3" svg Milk/Beverage - 1 cup ***** - 1	Turkey & Swiss Cheese Sandwich - 2 oz/2 sl bread Lettuce & Tomato - 1 leaf + 1 sl Green Pea Salad - 4 oz spdl Fruit Crumble (FR) - #8 dip Mayonnaise/Mustard - 1 each 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

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

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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 spdle Squash Medley - 4 oz spdl Side Salad w/Dressing - 8 oz spdl/2 T dsg 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 Goopy 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
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