



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 tbsps 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 Watermelon - 8 oz spdl (1 cup) Dinner Roll/Margarine - 1 ea/1 tsp ***** - 1 Beverage - 1 cup	BBQ Pork - 3 oz Rosemary Roasted Red Potatoes - 4 oz spdl Buttered Corn - 4 oz spdl Angel Food Cake w/Strawberries - 1-1/2" sl + 2 oz spdl 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 with 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	Baked Ziti - 1 Square (3" x 3") Squash Medley - 4 oz spdl Side Salad w/Dressing - 8 oz spdl/2 T dsq Mixed Fruit Cup - 4 oz spdl Bread Stick - 1 each Beverage - 1 cup ***** - 1
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Beef Pot Roast with 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

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

Week 2

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 3" ***** - 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	BBQ Chicken - 3 oz Potato Salad - 4 oz spdl Watermelon - 8 oz spdl (1 cup) Jell-O Cake w/Whipped Topping - 2" x 4" svg 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 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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