

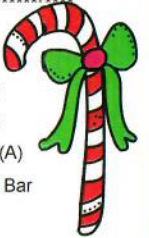
			Wed 12/01/2021 (Day 4)	Thu 12/02/2021 (Day 5)	Fri 12/03/2021 (Day 6)	Sat 12/04/2021 (Day 7)
			Breakfast	Breakfast	Breakfast	Breakfast
			Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Breakfast Muffin Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Biscuit Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Fried Egg Bacon or Sausage Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage French Toast Margarine/Syrup Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken Mashed Potatoes & Gravy Green Bean Almondine ***** Smothered Pork Chop Rice Pilaf Roasted Baby Carrots & Onions (A) Pie of the Day Beverage	Spaghetti with Meat Sauce Italian Blend Vegetables (A) Italian Tossed Salad ***** Country Ham Steak Baked Potato with Sour Cream Five Way Mixed Vegetables (A) Apple Crisp (FR) Beverage	Autumn Pork Roast (Apple Glaze) Mashed Sweet Potatoes (A) Seasoned Spinach (A) ***** Baked Chicken Scalloped Potatoes Broccoli with Cheese Sauce (A) Iced Raisin Bars Beverage	Sweet & Sour Chicken Steamed Rice Oriental Vegetables ***** Penne Italian Sausage Bake Green Beans with Onions Mandarin Orange Cake Beverage	Bacon Wrapped Beef Roasted Redskin Potatoes Fried Cabbage ***** Chicken Broccoli Rice Casserole Italian Chopped Salad Cranberry Fluff (FR) Dinner Roll/Margarine Beverage	Shrimp Alfredo w/Linguine Buttered Peas Tossed Salad/Dressing ***** Beef Steak w/ Mushrooms & Onions Au Gratin Potatoes Buttered Carrots (A) Banana Cream Pie Beverage	Herb Roasted Chicken Corn Casserole Steamed Broccoli (A) ***** BBQ Glazed Meatloaf Baby Bakers Potatoes Creamed Spinach (A) Frosted Spice Cake Dinner Roll/Margarine Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Bean Soup Grilled Ham & Cheese Sandwich Potato Chips ***** Beef & Macaroni Bake Buttered Peas Fresh Fruit Cup Bread/Margarine Milk/Beverage	Herb Baked Fish Tartar Sauce Cheesy Rice Buttered Carrots (A) ***** Grilled Chicken Breast Sandwich Sweet Potato Puffs (A) Frosted Chocolate Cake Milk/Beverage	Cream of Broccoli Soup Patty Melt Crinkle Cut French Fries ***** Homemade Turkey Pot Pie Ranch Vegetable Salad (A) Dinner Roll/Margarine Fruited Gelatin with Topping (FR) Milk/Beverage	Cheesy Ham & Hashbrown Casserole Broccoli Slaw (A) Cornbread/Margarine ***** Fish Sandwich on Bun Tartar Sauce Buttered Peas & Carrots (A) Homemade Potato Salad Strawberries & Bananas Milk/Beverage	Homemade Cream of Tomato Soup Bacon Grilled Cheese Sandwich Tater Tots ***** Breaded Chicken Tenders Cheesy Mashed Potatoes Side Salad w/Dressing Ice Cream Sundae Ketchup/Mustard Milk/Beverage	Baked Beef Stew w/Biscuit Topping Harvard Beet Salad ***** Stuffed Tomato w/ Tuna Salad Five Way Mixed Vegetables (A) Cheese Herb Biscuit Tropical Fruit Milk/Beverage 	Egg & Sausage Bake Breaded Tomatoes ***** Country Fried Steak Mashed Potatoes & Cream Gravy Pinto Beans Baked Apple Slices Biscuit/Margarine Milk/Beverage
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack



# December

Sun 12/05/2021 (Day 8)	Mon 12/06/2021 (Day 9)	Tue 12/07/2021 (Day 10)	Wed 12/08/2021 (Day 11)	Thu 12/09/2021 (Day 12)	Fri 12/10/2021 (Day 13)	Sat 12/11/2021 (Day 14)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage Breakfast Muffin Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Banana Bread Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Fried Egg Bacon or Sausage Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage Biscuit Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage Pancakes Margarine/Syrup Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Omelet Bacon or Sausage Cinnamon Toast Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Toast Margarine/Jelly Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Baked Ham Loaded Mashed Potatoes Asparagus Tips ***** Stuffed Bell Pepper Green Beans with Onions Cherry Pie Cornbread/Margarine Beverage	Lasagna California Blend Vegetables Caesar Salad ***** Baked Chicken with Onion Gravy Mashed Potatoes & Gravy Brussel Sprouts Fruit Shortcake (FR) Beverage	Roast Turkey & Gravy Baked Sweet Potato (A) Buttered Peas ***** Bacon Cheeseburger on Bun Relish Plate French Fries Ketchup/Mustard Bread Pudding with Vanilla Sauce Beverage	Meatloaf with Ketchup Glaze Mashed Potatoes & Gravy Spinach Bake (A) ***** Garden Quiche Baked Tomatoes Oregano Pineapple Upside Down Cake Beverage	Resident's Choice (3 oz Pro/2 Grain/2 Veg) Beverage ***** Oven Fried Chicken Baked Potato w/Sour Cream Caesar Salad Dinner Roll/Margarine	Brown Sugar Pork Chops with Garlic & Herbs Scalloped Corn Steamed Broccoli (A) ***** Beef Stroganoff Over Noodles Glazed Carrots Creamy Custard Pie Beverage	Cheese Stuffed Shells with Sauce Five Way Mixed Vegetables (A) Tossed Salad/Dressing ***** Beef Teriyaki Steamed Rice Buttered Peas Broccoli Slaw (A) Cranberry Oat Bar Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Hawaiian Meatballs Garden Blend Rice Creamy Cole Slaw ***** Chicken Salad on Croissant Tomato Parmesan Salad Fruit Salad Milk/Beverage 	Fish & Cheese Sandwich Tartar Sauce Potato Chips Marinated Carrots (A) ***** Chicken & Noodles Steamed Broccoli (A) Side Salad w/Dressing Chocolate Mousse Milk/Beverage	Pulled Pork on Bun Baked Beans ***** Homemade Soup of the Day Chef's Salad Crackers Peach Crisp (FR) Milk/Beverage	Chicken & Dumplings Buttered Carrots (A) ***** Fried Fish Macaroni & Cheese Five Way Mixed Vegetables (A) Fruit Cobbler (FR) Milk/Beverage	Cheese Enchiladas Red Beans & Rice Lettuce & Tomato Salad ***** Crispy Chicken Sandwich Relish Plate Oven Baked Tater Tots Pickled Beets Ketchup Sopapilla w/Honey Milk/Beverage	Tuna Noodle Casserole Tossed Green Salad Bread/Margarine ***** Grilled Ham & Cheese Sandwich on Marble Rye Sweet Potato Puffs (A) Cinnamon Baked Apples Milk/Beverage	Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Green Bean Casserole ***** Homemade Beef Pot Pie Caesar Salad Brownie Milk/Beverage
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink







Sun 12/12/2021 (Day 15)						
Breakfast						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal
Bacon or Sausage	Egg of Choice	Scrambled Eggs	Omelet	Bacon or Sausage	Scrambled Eggs	Egg of Choice
French Toast	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Pancakes	Bacon or Sausage	Sausage Gravy
Margarine/Syrup	Biscuit	Donut	Cinnamon Toast	Margarine/Syrup	Toast	Biscuit
Milk/Beverage	Margarine/Jelly	Margarine	Margarine	Milk/Beverage	Margarine/Jelly	Margarine
	Milk/Beverage	Milk/Beverage	Milk/Beverage		Milk/Beverage	Milk/Beverage
Lunch						
Thyme Baked Chicken Breast	Salisbury Steak	Pork & Vegetable Stir Fry	Swedish Meatballs with Sauce	Creamy Mushroom Chicken	Maple Glazed Baked Salmon	Cranberry Glazed Pork Loin
Parslied Buttered Potatoes	Mashed Potatoes & Gravy	Lo Mein Noodles	Buttered Rice	Baked Potato w/Sour Cream	Cheesy Baked Rice & Beans	Sour Cream Chive Mashed Potatoes
Broccoli with Cheese Sauce (A)	Buttered Corn	Apple Cabbage Salad	Spinach Bake (A)	Buttered Carrots (A)	Italian Vegetable Blend (A)	Lima Beans
*****	*****	*****	*****	*****	Dinner Roll/Margarine	*****
Lemon Baked Fish	Brown Sugar Glazed Ham	Grilled Chicken Breast	California Cobb Salad	Tuna Salad Cold Plate	*****	Mexican Lasagna
Brown Rice Pilaf	Noodles Romanoff	Mashed Sweet Potatoes (A)	Garlic Bread Stick	Club Crackers	Chicken Parmesan	Confetti Corn
Roasted Carrots (A)	Green Bean Casserole	Brussels Sprouts w/Bacon	Fruited Gelatin (FR)	Cottage Cheese w/Fruit (FR)	Parslied Buttered Noodles	Side Salad w/Dressing
Carrot Cake w/Cream Cheese Frosting	Apple Cobbler (FR)	Jell-O Cake w/Whipped Topping	Beverage	mpkin Bar	Cauliflower with Cheese Sauce	Cherry Cheesecake
Dinner Roll/Margarine	Beverage	Beverage		verage	Pear Crisp (FR)	Beverage
Beverage					Beverage	
Supper						
Grilled Sausage Cuts	Minestrone Soup	Sloppy Joe on Bun	Resident's Choice (2 oz Pro/2 Grain/1 Veg/1 Frt)	Deluxe Potato Ham Bake	Turkey Tetrazzini	Homemade Vegetable Soup
Macaroni & Cheese	Egg Salad on Croissant	Tater Tots	Milk/Beverage	Five Way Mixed Vegetables (A)	Green Beans	Ham Salad Sandwich
Marinated Salmon	Mandarin Beet Salad	Ketchup	*****	Cornbread/Margarine	Tossed Salad/Dressing	BLT Pasta Salad
*****	*****	*****	*****	*****	*****	*****
Taco Salad	Creamy Chicken Spaghetti	Club Turkey Wrap	Pepper Beef Patty	Chicken Salad Sandwich	Beef & Bean Chili	Beef Stew
Refried Beans	Italian Blend Vegetables (A)	Potato Chips	Mashed Potatoes & Gravy	Sliced Tomatoes	Shredded Cheese	Tossed Salad/Dressing
Fruit Cup	Garlic Bread Stick	Pea Salad	Creamed Corn	Green Pea Salad	Corn Chips	Biscuit/Margarine
Milk/Beverage	Chocolate Chip Cookie Bar	Spiced Peaches	Dinner Roll/Margarine	Pudding Parfait	Creamy Cole Slaw	Fruit Salad
	Milk/Beverage	Milk/Beverage		Milk/Beverage	Goopy Butter Cookies	Milk/Beverage
					Milk/Beverage	
Evening Snack						
Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink
Asst. Snacks/Cookies/Crx	Asst. Snacks/Cookies/Crx	Asst. Snacks/Cookies/Crx	Asst. Snacks/Cookies/Crx	Asst. Snacks/Cookies/Crx	Asst. Snacks/Cookies/Crx	Asst. Snacks/Cookies/Crx





Sun 12/19/2021 (Day 22)	Mon 12/20/2021 (Day 23)			Thu 12/23/2021 (Day 26)	Fri 12/24/2021 (Day 27)	Sat 12/25/2021 (Day 28)
Breakfast	Breakfast			Breakfast	Breakfast	Breakfast
Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage Pancakes Margarine/Syrup Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Fried Egg Bacon or Sausage Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Sausage Gravy Biscuit Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Coffee Cake Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Omelet Bacon or Sausage Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage French Toast Margarine/Syrup Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Pot Roast with Gravy Baby Bakers Roasted Baby Carrots & Onions (A) ***** Oven Fried Chicken Mashed Potatoes & Cream Gravy Five Way Mixed Vegetables (A) Caramel Brownie Dinner Roll/Margarine Beverage	Chicken Alfredo Over Fettuccini Green Beans with Onions ***** Herb Roasted Pork Loin Stuffing Roasted Brussel Sprouts Pineapple Crisp (FR) Bread Stick Beverage	Glazed Baked Ham Baked Fresh Sweet Potato (A) Sauteed Cabbage ***** Vegetable Lasagna Spinach Salad w/Mandarin Oranges Mock Pecan Pie Beverag 	Unstuffed Green Pepper Casserole Cauliflower with Cheese Sauce Caesar Salad ***** BBQ Baked Chicken Mashed Potatoes & Gravy Asparagus Tips Autumn Fruit Crumble (FR) Beverage	Roast Turkey & Gravy Cornbread Dressing Glazed Carrots (A) Tossed Salad/Dressing ***** Swiss Steak with Tomatoes Baked Potato w/Sour Cream Steamed Broccoli (A) Pumpkin Pie (A) Beverage	Catch of the Day French Fries California Blend Vegetables Ketchup/Tartar Sauce ***** Homemade Meatloaf Mashed Potatoes & Gravy Green Beans with Onions Glazed Applesauce Cake Beverage	Cornflake Chicken Hashbrown Casserole Steamed Broccoli (A) ***** Pork Lo Mein Oriental Vegetables Angel Food Cake w/Strawberries (FR) Beverage
Supper	Supper		Supper	Supper	Supper	Supper
Garden Vegetable Soup Broccoli & Cheese Strata Hash Brown Patty ***** Polish Sausage w/ Kraut on Bun German Potato Salad Ambrosia Milk/Beverage 	Country Fried Steak w/ Gravy Garlic Mashed Potatoes Buttered Peas Bread/Margarine ***** Fish & Cheese Sandwich Crinkle Cut French Fries Ketchup & Tartar Sauce Marinated Slaw Chocolate Mousse Milk/Beverage	Turkey Ala King over Biscuit Vegetable Medley Marinated Tomato Salad ***** French Dip Beef Sandwich Fried Potatoes Tossed Salad/Dressing Apple Orchard Bar Milk/Beverage	Fish Soft Tacos Roasted Corn ***** Deep Dish Pizza Italian Tossed Salad Snickerdoodles Milk/Beverage	Hot Sliced Pork on Bun Onion & Pickle Slice Sweet Potato Puffs (A) Creamy Cole Slaw ***** Chicken & Rice Casserole Buttered Peas Frosted Cake Dinner Roll/Margarine Milk/Beverage	Cheesy Ground Beef Pasta Skillet Lima Beans Biscuit ***** Ham Salad Sandwich Potato Chips Diced Tomato Salad Banana Pudding Milk/Beverage 	Mushroom & Barley Soup Deli Sandwich Lettuce/Tomato/Pickle Homemade Potato Salad Ketchup/Mayo/Mustard ***** Beef Tips in Gravy Steamed Rice Buttered Peas & Carrots (A) Dinner Roll/Margarine Fruit Cup Milk/Beverage
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack