

Forgetmenot Care Home

Week 1 Menu

	<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Monday	Cereal Toast Eggs	Meatloaf Mashed Potatoes & Gravy Cauliflower Pudding	Tuna Salad Sandwich Potato Chips Fruit
Tuesday	Cereal Toast Eggs	Pan Fried Cornmeal Battered Fish Fillets w/ Aioli Hush Puppies Broccoli Chocolate Chip Cookies	Hot Pockets Coleslaw Fruit
Wednesday	Chili Reillano Casserole Country Potatoes	Lasagna Breadsticks Green Beans Ice Cream	Vegetable Soup Turkey Sandwich Fruit
Thursday	Cereal Toast Eggs	Pork Chops Baked Potatoes Wax Beans Cake	Spinach Quiche Sweet Corn & Tomato Salad w/ Cilantro Fruit
Friday	Cereal Toast Eggs	Hot Turkey Sandwiches Peas w/ Mushrooms Ice Cream	Baked Potato Soup Crescent Rolls Fruit
Saturday	Cereal Muffins (Cooks choice) Eggs	Tortilla Soup Taqitos w/ Guacamole Sopapilla w/ Honey	Papa Murphy's Pizza 3-bean & olive Salad with corkscrew pasta
Sunday	Waffles Sausage Eggs	Beef Stew Over Rice Baking Powder Biscuits Key Lime Pie	Basic Ham & Bean Soup Warm French Bread Fruit