

Forgetmenot Care Home

Week 3 Menu

	<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Monday	Cereal Toast Eggs	Shepherds Pie Pudding	Stuffed Green Pepper Soup Deviled Eggs Fruit
Tuesday	Cereal Toast Eggs	Chicken Fried Steak Mashed Potatoes Country Gravy Peas Ice Cream	Braunschweiger Sandwich Mac & Cheese Fruit
Wednesday	Biscuits & Gravy Country Potatoes Eggs	Chicken Cordon Bleu Baked Potatoes w/ Sour Cream Stewed Tomatoes Cake	Garden Vegetable Soup Turkey Sandwich Fruit
Thursday	Cereal Toast Eggs	Hungarian Beef Goulash Broccoli Ice Cream	Grilled Ham & Swiss Cheese Sandwich Potato chips Fruit
Friday	Cereal Toast Eggs	Salmon Cakes with Lemon White Sauce Sarah's Pilaf Beets in Vinaigrette Lemon Bars	Chicken Stew & Dumplings
Saturday	Cereal Muffins (Cook's choice) Eggs	Fettuccine Pesto Alfredo w/ Grilled Chicken Peas Garlic French Bread	Fish & Chips Oven Fries Fruit
Sunday	French Toast Bacon Eggs	Ginger-Soy Chicken Thighs w/ Scallion Rice Carrots, Braised Lemon Cream Pie	Quick Corn Chowder Open face broiled cheddar sandwich on French bread