

Forgetmenot Care Home

Week 4 Menu

	<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Monday	Cereal Toast Eggs	Beef Stroganoff over Egg Noodles Peas Pudding	Split Pea Soup Ham Sandwich Fruit
Tuesday	Cereal Toast Eggs	Home Made Pizza (Chefs Choice) Pasta Salad w/ Tomatoes & Peas Ice Cream	Bow Tie Pasta w/ Sausage & Sweet Peppers Fruit
Wednesday	Cream of Wheat w/ Raisins opt. Toast Eggs	Braised Balsamic Chicken French Cut Green Beans Skillet Sweet Potatoes Cake	Cheesy Vegetable Chowder French Bread Fruit
Thursday	Cereal Toast Eggs	Sweet & Sour Meatballs w/ Rice Lemon Bars	BLT Sandwiches Corn Chips Fruit
Friday	Cereal Toast Eggs	Baked Fish Fillets Mushroom-Rice Bake Apple Jicama Slaw Fruit Salad in Seconds	Ham & Sausage Jambalaya Rice
Saturday	Cereal Muffins choice) Eggs	(Cook's Southern Fried Chicken Rice Blackeyed Peas Peach Cobbler	Potage Veloute' Aux Champignons (Mushroom Soup) French Bread
Sunday	Fruit Filled Crepes Bacon Eggs	BBQ Beef Brisket Sandwiches Oven Roasted Potatoes w/ Rosemary & Garlic Corn Cherry Pie	Macaroni w/ Meat Sauce Balsamic Tomatoes w/ Red Onions