

## Regular Menu

The Willows Retirement and Assisted Living



	Sun 06-19-2016	Mon 06-20-2016	Tue 06-21-2016	Wed 06-22-2016	Thu 06-23-2016	Fri 06-24-2016	Sat 06-25-2016
<b>B R K</b>	Cream of Wheat Egg of Choice Hash Browns Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Hot Granola French Toast Egg of Choice Breakfast Ham Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Hash Browns Bacon Fresh Fruit 100% Juice Whole Grain Toast	Oatmeal Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice	Cream of Wheat Egg of Choice Hash Browns Sausage Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Pancakes Egg of Choice Bacon Fresh Fruit 100% Juice Whole Grain Toast	Oatmeal Cheese Omelet Egg of Choice Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
<b>L U N</b>	Soup Du Jour Tangy Pork Roast Fresh M' Potatoes Capri Blend Baked Roll Lime Jello	Soup Du Jour Beef Tips/Vegetables Best Noodles California Normandy Blend Baked Roll Ice Cream	Soup Du Jour Kielbasa/Peppers Lemon Rice Vegetable Medley Baked Roll Peaches 'n Cream Dessert	Soup Du Jour Glazed Baked Ham Delicious Rice Peas and Carrots Baked Roll Pears	Pot Roast/Potatoes Fresh M' Potatoes/Gravy Buttered Squash Baked Roll Strawberry Shortcake	Soup Du Jour Chicken Breast, Marinated Fettuccine Alfredo Lemon Buttered Broccoli Cornbread Ice Cream	Soup Du Jour Meatballs/Pasta Sauce Buttery Carrots Garlic Bread Double Chocolate Chip Cookie
<b>D I N</b>	Chicken Caesar Wrap 24-Hour Fruit Salad Fresh Cooked Carrots Pickle Spear Chips Homemade Cookie	Potato and Cheese Burrito Marinated Tomatoes Spanish Rice Tapioca Pudding	Hawaiian Burger Mixed Vegetables Baked Beans Beverage Choice Homemade Cookie	Pulled Pork Sandwich Creamy Coleslaw Baked Beans Marshmallow Treat	Chicken Patty Sandwich Vegetable Pasta Salad Pudding Cup	Roast Beef Sandwich Fresh Fruit/Lemon Dip Herbed Corn Homemade Cookie	Chili Dog Pot Pie Fruit Vegetable Medley Chips Homemade Cookie
	Milk offered at every meal						

Dietitian's Signature: *Diane Jager, RDN* 4-10-2016  
#610128