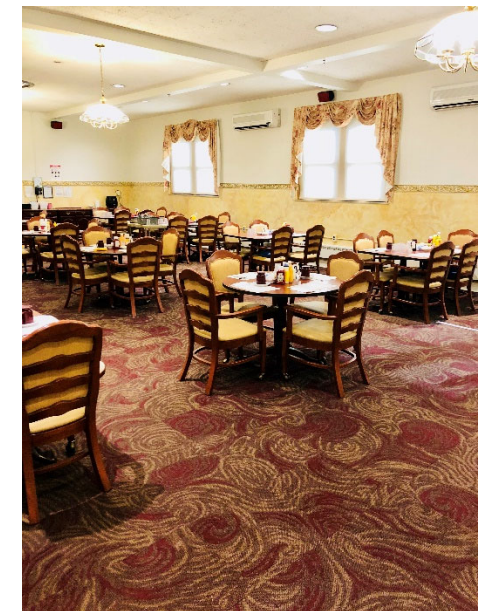


Week #1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cold/Hot Cereal	Cold/Hot Cereal	Cold/Hot Cereal	Cold/Hot Cereal	Cold/Hot Cereal	Cold/Hot Cereal	Cold/Hot Cereal
	Scrambled Eggs/ Bacon	French Toast	Poached Egg/Sausage White Toast	Scrambled Eggs/ Bacon Cinnamon Roll	Pancakes	Cheese Omelette Scone	Eggs/Sausage
	Pastry Choice or Toast	Sausage			Scrambled Egg		White Toast
	Mandarin Orange	Fruit Cup	Fruit Cup	Banana	Banana	Banana	Fruit Cup
Lunch	<Sunday Dinner>	Vegetable Soup	Lentil Soup	Turkey Noodle Soup	Split Pea Soup	Shrimp Corn Chowder Soup	Beef Noodle Soup
	Chef Salad/Dressing Roast Pork/Applesauce Stuffing/Baby Carrots Or Roasted Lamb w/ mint jelly Dessert: Pie	Grilled Ham & Cheese on Rye with Chips Dill Pickles Dessert: Ice Cream	Pizza & Chef Salad Dessert : Fruit Cocktail	Chicken Fingers w/ carrots & celery Tater Tots Dessert : Ice Cream	Chili w/ Beans Corn Muffin Dessert: Peaches	Mahi Mahi Burger on Kaiser Roll & Chef Salad Dessert : Ice Cream	Hot Dog on a bun w/ Baked Beans Dessert: Cherry Cobbler
Dinner	<Sunday Supper>	Chicken Dumpling Or Meat Lasagna	Cabbage Roll or Baked Ham	Meatloaf & Gravy Or Oven Friend Chicken	Breaded Pork Chop Or Pot Roast	Baked Fish/or Stuffed Shells & Italian Bread	Stuffed Peppers or Turkey Rollups
	Chicken Noodle Soup Cheeseburger or Tuna Sandwich with Chef Salad & Chips Dessert: Pineapple	Capri Mixed Veggies Dessert: Jello w/ Whipped Cream	Scalloped Potatoes French Green Beans Dessert: Red Velvet Cake	Mashed Potatoes Cream Corn Dessert: Ambrosia	Au Gratin Potatoes Brussel Sprouts Dessert: Black Forest Brownies	Potatoes Coleslaw/or Dessert: Mandarin Oranges	Mashed Potatoes Cauliflower Dessert: Chocolate Pudding



Park Creek
Senior Living Community



Water, 2% Milk, Chilled Juice, Coffee, or Tea Served at every meal	3 X's throughout day = iced tea, gingerale, orange, tomato, apple, cranberry juices available
*All Soups are homemade (except tomato)	Snacks available: crackers, cheese, cookies, fruit, milk, juice and soda
* Sugar Free & Reduced Sugar Dessert Available Upon Request)	Alternate Lunch: Ham & Cheese, Grilled Cheese, Pizza, PB&J, Burger, Hot Dog, Fried Bologna, Cottage Cheese