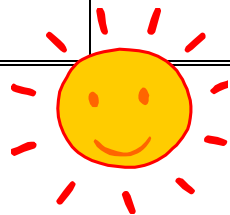




Grand Living Sample Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Grapefruit 1 half Scrambled Egg 1 each English Muffin ½ each Margarine 2 tsp. Jelly 2 tsp. Sausage Link 1 oz. Milk 2% 8 oz.	Orange Juice 4 oz. Rice Chex ¾ cup Bacon 2 slices French Toast 1 slice Margarine 2 tsp Syrup ¼ cup Milk 2% 8 oz.	Grape Juice 4 oz. Cheerios ¾ cup Scrambled Egg 1 each Whole Grain Toast 1 slice Margarine 2 tsp. Jelly 2 tsp. Milk 2% 8 oz.	Pineapple Juice 4 oz. Bran Flakes ¾ cup Banana 1 medium Pancakes 1 each 4" diameter Syrup ¼ cup Margarine 2 tsp. Milk 2% 8 oz.	Cranberry Juice 6 oz. Rice Krispies ¾ cup Banana 1 medium Whole Grain Toast 1 Slice Peanut Butter 2 tbsp Jelly 2 tsp Milk 2% 8 oz.	Apple Juice 4 oz. Scrambled Egg 1 each Corn Flakes ¾ cup Blueberry Muffin ½ each Margarine 1 tsp. Milk 2% 8 oz.	Orange Juice 4 oz. Puffed Wheat ¾ cup Bagel ½ each Cream Cheese 2 tbsp Jelly 2 tsp Banana 1 medium Milk 2% 8 oz.
SNACK	V-8™ Juice 4 oz. <u>OR</u> Carrot 1 sm. Sl.	Tomato Juice 4 oz. <u>OR</u> Celery Sticks 3 sl.	Carrot Juice 4 oz. <u>OR</u> Grape Tomatoes 8 sm.	Prune Juice 4 oz. <u>OR</u> Fresh broccoli ½ c.	V-8™ Juice 4 oz. <u>OR</u> Fresh Cauliflower ½ c.	Tomato Juice 4 oz. <u>OR</u> Grape Tomatoes 8 sm.	Carrot Juice 4 oz. <u>OR</u> Cucumber Slices ½ c.
DINNER	Broiled filet of Perch 3 oz. Rice Pilaf ½ cup Buttered Green Beans ½ cup Dinner Roll 1 each Margarine 1 tsp. Fruit Cocktail ½ cup Milk 2% 8 oz.	Swiss Steak 3 oz. Gravy 2 tbsp. Mashed Potatoes ½ cup Buttered Cabbage ½ cup Dinner Roll 1 each Margarine 1 tsp. Lemon Square 1 each 2"x 2" square Milk 2% 8 oz.	Smothered Chicken 3 oz. Homemade Bread Stuffing ½ cup Sliced Carrots ½ cup Spinach Salad 1 cup Salad Dressing 1 tbsp Dinner Roll 1 each Margarine 1 tsp. Pear Halves ½ cup Milk 2% 8 oz.	Spaghetti with Meat Sauce ¼ cup (3 oz gr. Beef) (½ cup pasta) Tossed Salad 1 cup Salad Dressing 1 tbsp Buttered Italian Mixed Vegetables ½ cup Garlic Bread 1 slice Sherbet ½ cup Milk 2% 8 oz.	Grilled Pork Chop 3 oz. Sweet Potatoes ½ cup Buttered Green Beans ½ cup Waldorf Salad ½ cup Whole Grain Bread 1 slice Margarine 1 tsp Strawberries ½ cup Milk 2% 8 oz.	Spicy Chicken and Brown Rice ¾ cup (3 oz chicken) (½ cup rice) Tossed Salad 1 cup Salad Dressing 1 tbsp Cauliflower Au gratin ½ c. Whole Grain Bread 1 sl. Margarine 1 tsp Mandarin Oranges ½ cup Milk 2% 8 oz.	Roast Beef 3 oz. Gravy 2 tbsp. Mashed Potatoes ½ cup Seasoned Green Beans ½ cup Dinner Roll 1 ea. Margarine 1 tsp. Peach Cobbler ½ cup Beverage
SNACK	Grape Juice 4 oz. <u>OR</u> Grapes about 15	Apple Juice 4 oz. <u>OR</u> Apple 1 small	Grapefruit Juice 4 oz. <u>OR</u> Grapefruit 1 half	Mixed Fruit Juice 4 oz. <u>OR</u> Fresh peach 1 med.	Orange Juice 4 oz. <u>OR</u> 1 small orange.	Citrus Blend Juice 4 oz. <u>OR</u> Raisins about 2 tbsp.	Citrus Blend Juice 4 oz. <u>OR</u> Plums 2-5 oz.
SUPPER	Chipped Beef over Toast 1 cup (3 oz beef) Buttered Peas & Carrots ½ cup Spinach Salad 1 cup Salad Dressing 1 tbsp Whole Grain Bread 1 slice Margarine 1 tsp. Watermelon 1 slice Beverage	Curried Chicken and Pasta Salad ¾ cup (2 oz chicken) (½ cup pasta) Tomato Juice 4 oz. Dinner Roll 1 each Margarine 1 tsp. Grapes approx. 15 Beverage	Beef Veg. Soup ¾ cup Tuna and Macaroni Salad 1¼ cup (2 oz tuna) on Lettuce Leaf Cucumber sliced ½ cup Tomato sliced ½ cup Ritz Crackers 4 ea. Orange 1 medium Oatmeal Raisin Cookie 1 each Beverage	Roast Beef Sandwich Roast Beef 1 oz. American Cheese 1 oz Lettuce 1 leaf Mayonnaise 1 tbsp. Whole Grain Bread 2 slices Macaroni Salad ½ cup Fresh Vegetable Relish Plate ½ cup Sliced Peaches ½ cup Beverage	Cr. of Broccoli Soup ¾ cup Turkey and Fruit Pasta Salad ¾ cup (2 oz. Turkey) (½ cup pasta) Marinated Cucumber Salad ½ cup Saltines 4 each Vanilla Pudding ½ cup Beverage	Hamburger 3 oz. Ketchup 1 tbsp. Mustard 1 tsp. Sandwich Bun 1 each French Fries 15 each Sliced Tomato Salad ½ cup Pineapple Tidbits ½ cup Beverage	Grilled Turkey Hot Dogs 1 each Hot Dog Bun 1 each Mustard 1 tsp. Ketchup 1 tbsp. Baked Beans ½ cup Macaroni Salad ½ cup Plums 2 small Milk 2% 8 oz.
DATE							

SUMMER CYCLE
WEEK 1



REGULAR DIET

APPROVED BY

Deborah Kamotai-Wright, RD, LD