



Weekly Menu

Arbor Rose



B R E A K F A S T	Fortified Super Oatmeal <i>and</i> Chef's Choice Pastry <i>or</i> Cold Cereal Yogurt Fresh Blueberries 100% Juice Whole Grain Toast	Fried Egg, Ham and Cheese Croissant Cold Cereal Hash Brown Patty Yogurt Banana 100% Juice	Blueberry Pancakes <i>and</i> Scrambled Egg <i>or</i> Cold Cereal Bacon Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits <i>and</i> Hard Boiled Egg <i>or</i> Raisin Bran Yogurt Fruit Cocktail 100% Juice Whole Grain Toast	Huevos Rancheros <i>or</i> Hot Cereal <i>or</i> Cheerios Breakfast Potatoes Yogurt Banana 100% Juice Whole Grain Toast	Apple Cinnamon Baked French Toast <i>and</i> Scrambled Egg <i>or</i> Cold Cereal Sausage Link Yogurt Watermelon 100% Juice Whole Grain Toast	Denver Omelet <i>or</i> Cold Cereal Hash Browns Yogurt Fresh Fruit 100% Juice
L U N C H	Chicken Cordon Bleu <i>or</i> Beef Quesadilla Rice Pilaf Chef's Steamed Vegetable Chocolate Eclairs	Classic Meatloaf <i>or</i> Chef Salad AuGratin Potatoes Winter Blend Baked Roll Peach Crisp	Green Chile Pork Stew <i>or</i> Teriyaki Shrimp Delicious Rice Garlic Zucchini Saute Coconut Cream Pie	Can Do Salad Honey Curry Chicken Breast <i>or</i> Salmon Fillet Herb Couscous Capri Blend Carrot Cake	Herb Crusted Pork Roast <i>or</i> Cobb Salad Jasmine Rice Steamed Sugar Snap Peas Baked Roll Classic Pineapple Upside Down Cake	Romaine Salad w/ Poppy Seed Dressing Baked Lemon Pepper Fish <i>or</i> Blackened Chicken Spinach Fettuccine Alfredo Steamed Broccoli Fresh Lemon Bars	Beef Patty with Mushroom Gravy <i>or</i> Homestyle Fried Chicken Macaroni and Cheese Brussels Sprouts Baked Roll Peanut Butter Pie
S U P P E R	Classic Chicken Noodle Soup Vegetable Lasagna Mixed Vegetables Garlic Bread Cheesecake with Fruit Topping	Green Salad Turkey and Dumplings Scandinavian Veg Tapioca Pudding	Basil Chicken Soup American Hamburgers Pickle Relish Plate Tater Tot Casserole Ice Cream Sandwich	American Goulash California Normandy Blend Garlic Bread Boston Cream Pie	Homestyle Turkey and Gravy Baby Carrots Cheesy Mashed Potatoes Apple Pie Ala Mode	Chicken Tortilla Soup Beef Tacos French Cut Green Beans Spanish Rice Mango Pudding	Basil Tomato Soup Grilled Cheese Sandwich Pickle Spear Sweet Potato Fries Ambrosia Jello Salad