Ridge Assisted Living Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Ham & Cheese Omelet	Hot or Cold Cereal	Scrambled Eggs	Whole Grain Pancakes	Hot or Cold Cereal	Griddle Waffles	Ham & Eggs
Hash Browns	Bacon	Sausage & Bacon	Organic Syrup & Butter	Pastries	Organic Syrup & Butter	Raisin Toast
Seasonal Fruit	Coffee Cake	Orange Slices	Breakfast Sausage	Blueberry Muffins	Coffee Cake	Cream Cheese & Jam
Toast w/ Jam	Seasonal Fruit	Pastries	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Juice-Coffee-Tea-Milk	Juice-Coffee-Tea-Milk	Juice-Coffee-Tea-Milk	Juice-Coffee-Tea-Milk	Juice-Coffee-Tea-Milk	Juice-Coffee-Tea-Milk	Juice-Coffee-Tea-Milk
Lunch						
Braised Beef w/ Sautéed Mushrooms	Meat Loaf w/ Mashed Potatoes	Chicken Chop Suey w/ Steamed Rice	Classic Lasagna	Hamburger	Country Chicken w/ Gravy	Swedish Meatballs
Herbed Butter Carrots	Cauliflower	Seasonal Mixed Vegetables	Mixed Greens Salad	French Fries	Mashed Potatoes	Herbed Fusilli Noodles
Dinner Roll & Bread	Dinner Roll & Bread	Dinner Roll & Bread	Green Beans	Coleslaw	Corn Bread	Spinach with Bacon
Cake	Fresh Fruit Gelatin	Fresh Fruit	Cinnamon Apples	Cake & Ice Cream	Zesty Lemon Cake	Applesauce
Juice - Coffee - Tea	Juice - Coffee - Tea	Juice - Coffee - Tea	Juice - Coffee - Tea	Juice - Coffee - Tea	Juice - Coffee - Tea	Juice - Coffee - Tea
Dinner						
French Country Soup	Fusilli Pasta Salad	Hearty Potato Soup	Classic Vegetable Soup	Tilapia Fish Sticks	Rustic Pizza	Cream Broccoli Soup
Corn bread Butter	Chicken Sandwich	Avocado & Tomato Salad	Sweet Pea Salad	Vegetable Noodles	Garden Salad	Chicken Salad Sandwich
Fresh Fruit	Fresh Fruit	Sherbet	Ham & Cheese Sandwich	Ice Cream	Strawberry Shortcake	Fruit Cocktail
Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk