

Shorelight Memory Care Sample Menu

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal ♥ Assorted Cold Cereals ♥ Egg Soufflé Grilled Ham Scrambled Eggs Juice Selection ♥ Fresh Fruit / Sweetbread	Oatmeal ♥ Assorted Cold Cereals ♥ Pancakes Sausage Links Scrambled Eggs Juice Selection ♥ Fresh Fruit / Toast	Farina ♥ Assorted Cold Cereals ♥ French Toast Bacon Slices Scrambled Eggs Juice Selection ♥ Fresh Fruit / Toast	Cream of Rice ♥ Assorted Cold Cereals ♥ Strawberry Yogurt Parfait Sausage Patties Scrambled Eggs Juice Selection ♥ Fresh Fruit / Toast	Oatmeal ♥ Assorted Cold Cereals ♥ Waffles Grilled Ham Scrambled Eggs Juice Selection ♥ Fresh Fruit / Bagels	Cream of Wheat ♥ Assorted Cold Cereals ♥ Scrambled Eggs Bacon Slices English Muffin Juice Selection ♥ Fresh Fruit / English Muffins	Malt-O-Meal ♥ Assorted Cold Cereals ♥ Pancakes Sausage Links Scrambled Eggs Juice Selection ♥ Fresh Fruit / Toast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fresh Fruit Salad Beef Burgundy Wide Egg Noodles Creamed Spinach Ice Cream Bars Sugar Free Option	Creamy Cucumber Salad Glazed Meatloaf Mashed Potatoes Pacific Blend Vegetables ♥ Baker's Choice Sugar Free Option	Spinach Salad w/ Egg & Red Onion Jambalaya Cornbread Oven Roasted Beets Apple Kuchen Sugar Free Option	Mediterranean Farro Salad Bruschetta Chicken Broccoli Florets Tri-Colored Baby Potatoes Angelfood Cake Sugar Free Option	Broccoli & Cauliflower Salad BBQ'd Pork Ribs Sweet Potato Wedges Brussel Sprouts Apricot Bars Sugar Free Option	Carrot Raisin Salad Vegetable Lasagna Garlic Bread Baby Carrots Tapioca Pudding Sugar Free Option	Tossed Salad Baked Chicken Red Quinoa & Brown Rice Mixed Vegetables Frosted Cake Sugar Free Option
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tomato Bisque Siena Home Made Pizza Sliced Zucchini ♥ Parmesan Cheese Sugar Cookies Jello	Chicken Rice Soup Ham & Cheddar Wrap Tomato Wedges Potato Chips Chocolate Chip Cookies Vanilla Pudding	Chili with Sour Cream & Cheese Macaroni Baked Breadstick Apricot Halves Cornflake Cookie Vanilla Ice Cream	Zuppa Tuscano Tuna Noodle Casserole Potato Chips Kosher Dill Pickle Butterscotch Cookies or Jello	Baked Potato Soup Hot Beef & Cheddar on a Bun Tator Tots Sliced Pears Monster Cookie or Rice Krispie Treat	Spinach and Orzo Soup Quiche Lorraine Butterflake Roll Fresh Fruit ♥ Peanut Butter Cookie or Chocolate Pudding	Beef Barley Soup Turkey Burger on a Bun Baked Fries Mixed Fruit Cup Chocolate Oatmeal Cookie or Ice Cream
Always Available:	Snacks,	Turkey Sandwich, Fresh Fruit Cup♥	Fruit & Cottage Cheese Plate♥,	Peanut Butter & Jelly,	Ham Sandwich	(♥: Heart Healthy)