

MANAGED LONG-TERM CARE REGULAR MENU 2017

You may receive for MONDAYS:	You may receive for TUESDAYS:	You may receive for WEDNESDAYS:	You may receive for THURSDAYS:	You may receive for FRIDAYS:	You may receive for SATURDAYS:	You may receive for SUNDAYS:
<p>Breakfast: Chuck's Blueberry Pancakes Savory Biscuits, Raspberries Chuck's Cornbread with Mango French Toast Pudding with Apples</p>	<p>Breakfast: Cheerios, Lowfat Milk Peaches</p>	<p>Breakfast: Multigrain Cheerios, Lowfat Milk Peaches</p>	<p>Breakfast: Heart-to-Heart Cereal, Lowfat Milk, Applesauce</p>	<p>Breakfast: Southwestern Omelet Cauliflower Egg Casserole Vegetable Frittata Zucchini Egg Bake Pears</p>	<p>Breakfast: Cream of Wheat Lowfat Milk Cranberries</p>	<p>Breakfast: Cereal Bar Lowfat Yogurt Pears</p>
<p>Soup: Root Vegetable Soup Pasta Fagiolo Potato Leek Chowder Mixed Veg Soup</p>	<p>Soup: Veg Noodle Soup Vegetable Chowder Green Pea & Spinach Soup Mushroom Veg Soup</p>	<p>Soup: Chicken & Brown Rice Soup Chicken Noodle Soup Chicken Lentil Soup Chicken Corn Chowder</p>	<p>Soup: Beef Lentil Soup Beef Barley Soup Roasted Beef Minestrone Beef & Bulgur Soup</p>	<p>Soup: Cabbage Bean Soup Black Bean Soup White Bean & Chard Soup White Bean Kale Soup</p>	<p>Soup: Root Vegetable Soup Pasta Fagiolo Potato Leek Soup Mixed Veg Soup</p>	<p>Soup: Potato Fennel Soup Vegetable Orzo Soup Carrot Ginger Puree Soup Lentil Orzo Soup</p>
<p>Entrée: Mesquite Beef Burger Mixed Vegetables Baked Yams</p> <p>Meatballs with Italian Sauce Wax Beans & Carrots Pasta</p> <p>Meatloaf with Mushroom Sauce Mixed Vegetables Red Potatoes with Roasted Onion</p> <p>Meatballs with Salsa Verde Mixed Vegetables Red Potatoes with Roasted Onion</p>	<p>Entrée: Thai Curry Tilapia Carrots Lime Rice</p> <p>Fish Cake Mixed Vegetables White Bean Puree</p> <p>Cilantro Salmon Cauliflower Rice & Pigeon Peas</p> <p>Tilapia with Cornbread Stuffing Cauliflower</p>	<p>Entrée: Veggie Burger Mixed Vegetables Pasta</p> <p>Veg & Bean Stew Brown Rice Cauliflower, Squash, & Green Beans</p> <p>Kale Burger Squash & Onions Paella Rice</p> <p>Pasta Bean Primavera</p>	<p>Entrée: BBQ Chicken Leg Green Peas & Roasted Peppers Brown Rice</p> <p>Chicken Breast with Dal Yellow & Wax Beans White Rice</p> <p>Asian Glazed Chicken French Beans, Peas & Green Beans White Rice</p> <p>Herb Marinated Chicken French Beans, Peas & Green Beans Yams</p>	<p>Entrée: Maple Glazed Pork Mixed Vegetables Brown Rice</p> <p>Adobo Pork Mixed Vegetables Potatoes</p> <p>Roasted Pork Medallion Mixed Vegetables Yamush</p> <p>Asian Glazed Pork Mixed Vegetables Brown Rice</p>	<p>Entrée: Baked Fish w/Yellow Rice French Beans, Wax Beans & Red Peppers</p> <p>Lemon Garlic Tilapia w/Rice Carrots, Broccoli and Red Pepper Rice & Beans</p> <p>Lemongrass Tilapia w/Rice Carrots, Wax Beans & Pearl Onions</p> <p>Fish Cake with Shells Carrots, Wax Beans & Spinach</p>	<p>Entrée: Beef Teriyaki/Rice Cauliflower & Green Beans</p> <p>Beef Goulash Yellow Squash, Zucchini and Cauliflower</p> <p>Meatloaf with Gravy Gemelli Pasta Yellow Squash, Zucchini and Green Beans</p> <p>Swedish Meatballs with Bulgur French Beans, Squash & Pearl Onions</p>
<p>Dessert: Chocolate Cake Chocolate Chip Oatmeal Cookie Black & White Cake Double Chocolate Oatmeal Cookie</p>	<p>Dessert: Butterscotch Cookie Four Spice Cake Oatmeal Raisin Cookie Oatmeal Cranberry Cookie</p>	<p>Dessert: Chocolate Chip Oatmeal Cookie Blueberry Chocolate Cake Chocolate Chip Scone Chocolate Chip Cake</p>	<p>Dessert: Seasonal Fruit</p>	<p>Dessert: Raisin Scone Lemon Coconut Cake Applesauce Cake Blueberry Cake</p>	<p>Dessert: Seasonal Fruit</p>	<p>Dessert: Cranberry Scone Mixed Berry Cake Coconut Cake Blueberry Crumb Cake</p>

*Menus are subject to change without prior notice. May contain soy, eggs, and wheat.

MANAGED LONG-TERM CARE MODIFIED MENU 2017

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Breakfast: Chuck's Blueberry Pancakes Savory Biscuits, Raspberries Chuck's Cornbread with Mango French Toast Pudding with Apples	Breakfast: Cheerios, Lowfat Milk Peaches	Breakfast: Multigrain Cheerios, Lowfat Milk Peaches	Breakfast: Heart-to-Heart Cereal, Lowfat Milk, Applesauce	Breakfast: Southwestern Omelet Cauliflower Egg Casserole Vegetable Frittata Zucchini Egg Bake Pears	Breakfast: Cream of Wheat Lowfat Milk Cranberries	Breakfast: Cereal Bar Lowfat Yogurt Pears
Soup: Root Vegetable Soup Pasta Fagiole Potato Leek Chowder Mixed Veg Soup	Soup: Veg Noodle Soup Vegetable Chowder Green Pea & Spinach Soup Mushroom Veg Soup	Soup: Potato Fennel Soup Vegetable Orzo Soup Carrot Ginger Puree Soup Lentil Orzo Soup	Soup: White Bean Sweet Potato Soup Miso Soup Lentil Soup Corn Chowder Soup	Soup: Chinese Vegetable Soup Broccoli Tofu Soup Root Vegetable Soup Potato Leek Chowder	Soup: Root Vegetable Soup Pasta Fagiole Potato Leek Soup Mixed Veg Soup	Soup: Potato Fennel Soup Vegetable Orzo Soup Carrot Ginger Puree Soup Lentil Orzo Soup
Entrée: Baked Fish w/Yellow Rice French Beans, Wax Beans & Red Peppers Lemon Garlic Tilapia Carrots, Broccoli & Red Pepper Rice & Beans Lemongrass Tilapia w/Rice Carrots, Wax Beans & Pearl Onions Fish Cake with Shells Carrots, Wax Beans & Spinach	Entrée: Curry Chicken w/Rice Carrots, Zucchini, & Pearl Onions Chicken Casserole Green Beans, Wax Beans & Pearl Onions Coconut Chicken Stew Cauliflower & Broccoli Chicken Gumbo w/Rice Broccoli and Cauliflower	Entrée: Beef Teriyaki w/Rice Cauliflower & Green Beans Beef Goulash w/Rice Yellow Squash, Zucchini & Cauliflower Meatloaf with Gravy Gemelli Pasta Yellow Squash, Zucchini & Green Beans Swedish Meatballs with Bulgur French Beans, Squash & Pearl Onions	Entrée: Lentil Vegetable Stew Rice Tofu Eggplant Caponata Whole Wheat Pasta Broccoli & Roasted Red Peppers Chunky Vegetable Chili Rice Lentil Dal with Brown Rice Carrots, Yellow Squash & Zucchini	Entrée: Chicken with Mushroom Sauce Basil & Rosemary Pasta Snap Peas & Yellow Squash Herb Chicken w/Gravy Rice Carrots & Green Beans Moroccan Chicken Couscous w/Onions & Carrots Green Peas, Red Pepper & Carrots Asian Chicken w/Fried Rice Broccoli, Red Pepper & Roasted Mushrooms	Entrée: Vegetarian Mac & Cheese French Beans, Wax Beans & Red Peppers Bean Burger w/Bulgur Wheat Carrots, Broccoli and Red Pepper Rice & Beans Veggie Burger/Rice Carrots, Wax Beans & Pearl Onions Tex Mex Lasagna w/Rice Carrots, Wax Beans & Spinach	Entrée: Mixed Vegetables w/Tofu Rice Cauliflower & Green Beans Thai Vegetable Stew w/Rice Yellow Squash, Zucchini and Cauliflower Vegetable Korma Brown Rice Yellow Squash, Zucchini and Green Beans Breaded Tofu w/Rice French Beans, Squash & Pearl Onions
Dessert: Apple Cranberry Cake Zucchini Bread Peach Cake Vanilla Pound Cake	Dessert: Pineapple Bits Cake Apple Cornmeal Cake Pear Spice Cake Blueberry Scone	Dessert: Cranberry Scone Mixed Berry Cake Coconut Cake Blueberry Crumb Cake	Dessert: Seasonal Fruit	Dessert: Orange Lemon Cake Oat Scone Apple Ginger Cake Cranberry Scone	Dessert: Seasonal Fruit	Dessert: Cranberry Scone Mixed Berry Cake Coconut Cake Blueberry Crumb Cake

MANAGED LONG-TERM CARE VEGETARIAN MENU 2017

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Soup: Root Vegetable Soup Pasta Fagiole Potato Leek Chowder Mixed Veg Soup	Soup: Veg Noodle Soup Vegetable Chowder Green Pea & Spinach Soup Mushroom Veg Soup	Soup: Potato Fennel Soup Vegetable Orzo Soup Carrot Ginger Puree Soup Lentil Orzo Soup	Soup: White Bean Sweet Potato Soup Miso Soup Lentil Soup Corn Chowder Soup	Soup: Chinese Vegetable Soup Broccoli Tofu Soup Root Vegetable Soup Potato Leek Chowder	Soup: Root Vegetable Soup Pasta Fagiole Potato Leek Soup Mixed Veg Soup	Soup: Potato Fennel Soup Vegetable Orzo Soup Carrot Ginger Puree Soup Lentil Orzo Soup
Entrée: Vegetarian Mac & Cheese French Beans, Wax Beans & Red Peppers Bean Burger w Bulgur Wheat Carrots, Broccoli & Red Pepper Rice & Beans Veggie Burger w/Rice Carrots, Wax Beans & Pearl Onions Tex Mex Lasagna w/Rice Carrots, Wax Beans & Spinach	Entrée: Stuffed Portobello Mushroom w/Pasta Carrots, Zucchini, & Pearl Onions Tofu Bean Lasagna Green Beans, Wax Beans & Pearl Onions White Bean Stuffed Peppers w/Rice Cauliflower & Broccoli Baked Tofu w/Pasta Broccoli and Cauliflower	Entrée: Mixed Vegetables w/Tofu Rice Cauliflower & Green Beans Thai Vegetable Stew w Rice Yellow Squash, Zucchini & Cauliflower Vegetable Korma Brown Rice Yellow Squash, Zucchini & Green Beans Breaded Tofu w/Rice French Beans, Squash & Pearl Onions	Entrée: Lentil Vegetable Stew Rice Tofu Eggplant Caponata Whole Wheat Pasta Broccoli & Roasted Red Peppers Chunky Vegetable Chili Rice Lentil Dal with Brown Rice Carrots, Yellow Squash & Zucchini	Entrée: Tofu Pot Pie Snap Peas & Yellow Squash Vegetable Ragout w/Polenta Carrots & Green Beans Red Lentil w/Millet Green Peas, Red Pepper & Carrots Tofu with Vegetables w/Rice Broccoli, Red Pepper & Roasted Mushrooms	Entrée: Vegetarian Mac & Cheese French Beans, Wax Beans & Red Peppers Bean Burger w/Bulgur Wheat Carrots, Broccoli and Red Pepper Rice & Beans Veggie Burger w/Rice Carrots, Wax Beans & Pearl Onions Tex Mex Lasagna w/Rice Carrots, Wax Beans & Spinach	Entrée: Mixed Vegetables w/Tofu Rice Cauliflower & Green Beans Thai Vegetable Stew w/Rice Yellow Squash, Zucchini and Cauliflower Vegetable Korma Brown Rice Yellow Squash, Zucchini and Green Beans Breaded Tofu w/Rice French Beans, Squash & Pearl Onions
Dessert: Apple Cranberry Cake Zucchini Bread Peach Cake Vanilla Pound Cake	Dessert: Pineapple Bits Cake Apple Cornmeal Cake Pear Spice Cake Blueberry Scone	Dessert: Cranberry Scone Mixed Berry Cake Coconut Cake Blueberry Crumb Cake	Dessert: Seasonal Fruit	Dessert: Orange Lemon Cake Oat Scone Apple Ginger Cake Cranberry Scone	Dessert: Seasonal Fruit	Dessert: Cranberry Scone Mixed Berry Cake Coconut Cake Blueberry Crumb Cake