

## The Mezzanine at Golden West Sample Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Balanced Choice</b>
<b>Sunday</b>	Oatmeal Oven Omelet Sausage Patty Pears	Carrot and Pineapple Salad Cherry Glazed Ham Fresh Green Beans and Snap Peas Banana Cream Pie	Pickled Beet Salad Cheese Manicotti Green Beans Ice Cream Sandwich	Stuffed Shells Fresh Green Beans and Snap Peas No Sugar Added Cake
<b>Monday</b>	Cream of Wheat Blueberry Scone Canadian Bacon Grapefruit Sections	Broccoli and Cheddar Soup Open Faced Turkey Sandwich Asparagus Baked Sweet Potato Strawberry Mousse	Sesame Marinated Cucumbers Shrimp Stirfry White Rice Snap Peas Fruit Turnover	Sockeye Salmon Filet Asparagus Baked Sweet Potato No Sugar Added Pudding
<b>Tuesday</b>	Cream of Rice Hard Poached Egg Bacon Banana	Cottage Cheese with Fresh Strawberries Meatloaf Garlic Mashed Potatoes Buttered Corn Rainbow Sherbet	Tomato and Rice Soup BBQ Pork Sandwich Green Peas Coconut Cream Pie	Garden Burger Garlic Mashed Potatoes No Sugar Added Ice Cream
<b>Wednesday</b>	Cream of Wheat Hard Fried Egg Blueberry Muffin Mandarin Oranges	Lentil Bean Soup Chicken Marsala with Mushrooms Garden Rice Tomato and Zucchini Jell-O	Carrot Raisin Salad Breaded Fish Mixed Vegetables Wild Rice Lemon Pudding with Strawberries	Tuna Salad Stuffed Tomato Plate Sliced Pineapple Cottage Cheese No Sugar Added Jell-O
<b>Thursday</b>	Oatmeal Pancakes Turkey Sausage Sliced Peaches	Sweet Pea and Cheese Salad Roasted Pork Loin Rice Pilaf Capri Blend Vegetables Ice Cream	Chili Soup Quiche Lorraine Green Beans Chocolate Cake	Chicken Florentine Rice Pilaf Capri Blend Vegetables No Sugar Added Ice Cream
<b>Friday</b>	Cream of Wheat Pigs in a Blanket Applesauce	Cream of Chicken and Spinach Soup Chicken Cordon Bleu Baked Potato Broccoli and Snow Peas Cookies	Italian Vegetable Salad Chicken and White Bean Chili Buttermilk Biscuit Carrots Sherbet	Chinese Chicken Salad Fruit Salad
<b>Saturday</b>	Oatmeal Waffle Ham Tropical Fruit	Garden Salad Polish Sausage on a Bun Lemon Dill Coleslaw Potato Wedges Strawberry Shortcake	Ham and Bean Soup Chicken Caesar Wrap Sugar Cookies	Egg Salad Sandwich on Kaiser Roll Fresh Fruit Baked Chips No Sugar Added Dessert