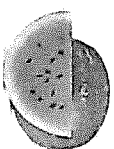


GROVE MENUS

Weekly Menu Sunnyside Assisted Living



	Sun 09-03-2023	Mon 09-04-2023	Tue 09-05-2023	Wed 09-06-2023	Thu 09-07-2023	Fri 09-08-2023	Sat 09-09-2023	
B	1/2 c Denver Egg Scramble	1 - Bagel and Cream Cheese	2 - Fluffy Pancakes	1 c Sausage Country Gravy and Biscuits	1 - Texas French Toast	1 - Egg Bacon Croissant	1 c Egg Sausage Casserole	
R	1/2 c Hash Browns	1/2 c Yogurt	1 oz Bacon	1 - Egg of Choice	1 oz Sausage Link	1/2 c Fresh Fruit	1/2 c Hash Browns	
E	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c 100% Juice	1/2 c Fresh Fruit	
A	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	
K	1 slice Whole Grain Toast							
F								
A								
S								
T								
L	3 oz Buttermilk Fried Chicken	1 c Cream Chicken and Potato Bake	3 oz Turkey Roast with Zesty Rub	3 oz Hamburger Steak with Gravy	3 oz Shredded Pork	1 c Beef Pot Pie with Gravy	1 c Pepper Beef Tips over Rice	
U	1/2 c Herb Roasted Red Potatoes	1/2 c Homestyle Stuffing	1/2 c Baked Yams	1/2 c Classic Mashed Potatoes	1/2 c Herb Roasted Vegetables	1/2 c Parsley Potatoes	1 c Garden Green Salad	
N	1 c Garden Green Salad	1 - Baked Roll	1/2 c Harvard Beets	1/2 c Garlic Green Beans	1 - Baked Roll	1/2 c Glazed Baby Carrots	1 - Baked Roll	
C	1 - Baked Roll		1 - Baked Roll	1 - Baked Roll		1 - Baked Roll	3"x, 2" pc Marble Cake	
H	1 slice Fresh Banana Cream Pie	1/2 c Peach Cobbler	slice Glazed Lemon Pound Cake	1/2 c Cherry Fluff	1 - Chocolate Crunch Pie	1/2 c Bread Pudding with Vanilla Sauce		
D	1 c Shredded Pork Over Rice	1 c Macaroni Sausage Casserole	1 - Chicken Enchilada Bake	1 - Turkey Croissant Sandwich	1 - Grilled Ham Swiss Tomato Sandwich	1 - Meat Supreme Pizza	1 - Italian Chicken Salad Sandwich	
I	1/2 c Applesauce with Topping	1/2 c Watermelon Salad	1/2 c Five Fruit Salad	1/2 c Fruit Toss	1/2 c Apple Slices	1/2 c Fresh Mixed Vegetable Salad	1/2 c Grapes	
N	1/2 c Southwest Vegetable Medley	1 c Pickle Relish Plate	1/4 c Guacamole	1/2 c Sautéed Spinach	1/2 c Stir Fry Vegetables	1 - Garlic Breadsticks	2/3 c Tomato Florentine Soup	
E		3 oz French Fries	1 oz Crackers	1 - Crusty Cheese Bread	1 oz Potato Chips		1 oz Crackers	
R								
	Milk offered at every meal							Week 2

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Dietitian's Signature:

Ann Stagner RDW 7-9-2023
2/10/28



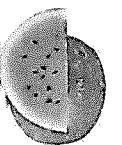
	Sun 09-10-2023	Mon 09-11-2023	Tue 09-12-2023	Wed 09-13-2023	Thu 09-14-2023	Fri 09-15-2023	Sat 09-16-2023	
B	1 - Cheese Omelet	1 c Breakfast Bowl	1 - Oatmeal Raisin Muffin	2 - Blueberry Pancakes	1 - Western Breakfast Sandwich	1 - Scrambled Egg and Bacon	1 - Belgian Waffles	
R	1/2 c Hash Browns	1/2 c Pineapple Chunks	1/4 c Cottage Cheese	1 oz Breakfast Ham	1/2 c Fresh Fruit	1/2 c Hash Browns	1 oz Sausage Link	
E	1/2 c Fresh Fruit	1/2 c 100% Juice	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	
A	1/2 c 100% Juice	1 slice Whole Grain Toast	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	
K	1 slice Whole Grain Toast					1 slice Whole Grain Toast		
F								
A								
S								
T								
L	3 oz Baked Ham with Mustard Sauce	3 oz Mandarin Chicken	1 c Spaghetti and Meatballs	3 oz BBQ Pork Tenderloin	1 c Baked Chicken on Rice	3 oz Cornmeal Breaded Catfish	3 oz Lemon Herb Turkey Roast with Gravy	
U	1/2 c Parmesan Mashed Potatoes	1/2 c Fried Rice	1/2 c Green Beans Italian	1/2 c Fresh Cooked Yams	1/2 c Roasted Red Potatoes	1/2 c Seasoned Rice	1/2 c Homestyle Stuffing	
N	1/2 c Seasoned Cabbage	1/2 c Snap Pea Vegetable Blend	1 oz Garlic Bread	1/2 c Oven Roasted Broccoli	1 - Baked Roll	1/2 c Stewed Collard Greens	1/2 c Baked Squash	
C	1 - Baked Roll	1 - Baked Roll	1/2 c Ice Cream Sundae	1 - Baked Roll	1 - Mini Apple Turnover	1 - Baked Roll	1 - Baked Roll	
H	1 slice Lemon Meringue Pie	3"x 2" pc Pina Colada Cake		1 slice Peach Crumble Pie		1/2 c Fruit Crisp	1 - Blueberry Crumb Cake	
D	1 - Classic Turkey Sandwich	1 c Southwest Vegetarian Bake	2 c Chicken Waldorf Salad	1 c Meat and Potato Casserole	1 - Turkey BLT Wrap	Pe 3" Italian Lasagna	2 oz Crispy Chicken Strips	
I	1/2 c Peaches	1/2 c Melon Berry Fruit Bowl	1/2 c Assorted Fruit	1/2 c Fresh Fruit Cup	1 c Cantaloupe	1/2 c Mixed Fruit Medley	1/2 c Orange Pluff Salad	
N	1/2 c Three Bean Salad	1/2 c Sauteed Yellow Squash	1 - Mini Croissant Roll	1 c Green Salad	1/2 c Vegetable Pasta Salad	1/2 c Buttered Zucchini	1/2 c Green Beans	
N				1 - Baked Roll	1 oz Crackers		10 - Tater Tots	
E								
R								
	Milk offered at every meal							Week 3

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Dietitian's Signature: *[Signature]* 7-9-2023
 4/10/28

GROVEMENUS

Weekly Menu Sunnyside Assisted Living



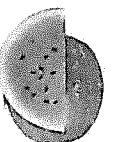
	Sun 09-17-2023	Mon 09-18-2023	Tue 09-19-2023	Wed 09-20-2023	Thu 09-21-2023	Fri 09-22-2023	Sat 09-23-2023	
B	2/3 c Mixed Berry Vanilla Baked Oatmeal	2 - Brown Sugar French Toast	1 c Bacon and Egg Casserole	1 oz Cold Cereal	2 - Buttermilk Pancakes	1 - Egg and Cheese Biscuit	1/2 c Sausage Scramble	
R	1 - Egg of Choice	1 oz Bacon	1/2 c Fresh Fruit	1 - Egg of Choice	1 oz Sausage Link	1/2 c Hash Browns	1/2 c Hash Browns	
A	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c 100% Juice	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	
K	1/2 c 100% Juice	1/2 c 100% Juice	1 slice Whole Grain Toast	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	
F	1 slice Whole Grain Toast			1 slice Whole Grain Toast			1 slice Whole Grain Toast	
A								
S								
T								
L	3 oz Beef Pot Roast	1 - Breadcrumb Drumsticks	3 oz Cube Steak Oriental	3 oz Salisbury Steak and Gravy	1 c Chicken Rigatoni	3 oz Cheddar Crumb Fish	3 oz Mexican Meatloaf with Salsa Topping	
U	1/2 c Garlic Mashed Potatoes	1/2 c Angel Pasta	1/2 c Mushroom Rice	1/2 c Roasted Rosemary Potatoes	1/2 c Parsley Noodles	1/2 c Pasta Salad	1/2 c Ranch Roasted Potatoes	
N	1/2 c Honey Glazed Carrots	1 - Baked Roll	1 - Garden Green Salad	1/2 c Peas and Onions	1 - Baked Roll	1/2 c Steamed Broccoli	1/2 c Sweet Grilled Corn	
C	1 - Baked Roll	1/2 c Strawberry Cobbler	1 - Baked Roll	1 - Baked Roll	1 slice Key Lime Pie	1 - Baked Roll	1/2 c Lemon Dream Cake	
H	1 slice Fresh Coconut Cream Pie		3" x 2" pc Chocolate Caramel Cake	3" x 2" pc Carrot Cake Bar		1/2 c Apple Crisp		
D	1 c Skillet Ham and Potatoes	1 c Campfire Stew	1 slice Pepperoni Pizza	1 c Sausage Veggie Casserole	1 c Italian Meatball Dish	1 c Baked Macaroni and Cheese	1 - Sub Sandwich	
I	1/2 c Pear Fruit Cup	1/2 c Honeydew Salad	1/2 c Jello Salad	1/2 c Grapes	1/2 c Peach Spring Salad	1 c Watermelon	1/2 c Tropical Pineapple Salad	
N	1/2 c Green Beans with Bacon	1/2 - Herb Roasted Tomatoes	1/2 c Fresh Asparagus	1/2 c Dill Cucumbers	1/2 c Squash Medley	1/2 c Hawaiian Coleslaw	1/2 c Orange Glazed Carrots	
E	Bacon	1/2 c Homestyle Fried Potatoes	1 - Breadsticks	1 oz Chips		1/2 c Sweet Potato Fries		
R	1 - Cornbread Muffin							
	Milk offered at every meal							Week 4

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Dietitian's Signature: *Renee Ayers RDW* 7-9-2023
 21/01/28

GROVEMENUS

Weekly Menu Sunnyside Assisted Living



	Sun 09-24-2023	Mon 09-25-2023	Tue 09-26-2023	Wed 09-27-2023	Thu 09-28-2023	Fri 09-29-2023	Sat 09-30-2023
B R E A K F A S T	2 - Homestyle Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast 1 c Milk	1/2 c Egg Mushroom Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	3 - French Toast Sticks 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Egg and Ham Wrap 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Deluxe Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	3 oz Philly Cube Steak 1/2 c Rice Pilaf 1/2 c California Blend 1 - Baked Roll	3 oz Roasted Pork Loin with Pan Gravy 1/2 c Glazed Sweet Potatoes 1/2 c Vegetable Medley 1 - Baked Roll	3 oz Beef Tips Au Jus 1/2 c Garlic Parmesan Rice 1/2 c Herb-Buttered Corn and Green Beans 1 - Baked Roll	3 oz Slow Roasted Carved Turkey 1/2 c Cornbread Dressing 1 c Garden Green Salad 1 - Baked Roll	3 oz Garlic Broiled Chicken Leg 1/2 c Mashed Yams 1/2 c Bacon Brussels Sprouts 1 - Baked Roll	3 oz Baked Meatballs with Gravy 1/2 c Roasted Potato Medley 1/2 c Baby Carrots 1 - Baked Roll	3 oz Corned Beef and Cabbage 1/2 c White and Wild Rice Pilaf 1 c Garden Green Salad 1 - Baked Roll
C H	1 - Clements Caramel Brownie Chunk Cheesecake	1/2 c Ice Cream	1/2 c Oreo Delight	1/2 c Baked Cinnamon Apples	1/2 c Fruited Jello Salad	1/2 c Blueberry Cream Angel Dessert	3"x 2" pc Frosted Banana Bars
D I N N E R	1 - Egg Salad Sandwich 1 c Cantaloupe 1/2 c Vinaigrette Tomatoes 1 oz Crackers	1 - Grilled Tuna Sandwich 1/2 c Fruit Medley 2/3 c Pepper Pot Soup 1 - Garlic Breadsticks	1-1/2 c Southwest Chicken Salad 1/2 c Peaches 1 - Cornbread Muffin	1 c Lazy Stuffed Peppers 1/2 c Tangy Pear Salad 1/2 c Fann Fresh Vegetables 1 - Baked Roll	1 c Turkey Noodle Bake 1/2 c Colorful Fruit Salad 1/2 c Lemon Buttered Broccoli 1 - Crusty Garlic Bread	1 - Hawaiian Grilled Cheese 1/2 c Apple Slices 1/2 c Sweet Onion Coleslaw 1 oz Crackers	1 - Sausage and Mushroom Pizza 1/2 c Assorted Fruit 2/3 c Homestyle Vegetable Soup
	Milk offered at every meal						

Week 5

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Dietitian's Signature:

Ann Ferguson RDV 7-9-2023
#L10128