

West View Healthy Living

Week 5

Sunday, 12/02/2018	Monday, 12/03/2018	Tuesday, 12/04/2018	Wednesday, 12/05/2018	Thursday, 12/06/2018	Friday, 12/07/2018	Saturday, 12/08/2018
Breakfast R♥ Assorted Juice Scone R♥ Yogurt R♥ Cream of Rice	Breakfast R♥ Assorted Juice French Toast Bacon R♥ Oatmeal	Breakfast R♥ Assorted Juice Sausage Gravy over biscuit Scrambled Eggs R♥ Cream of Wheat	Breakfast R♥ Assorted Juice French Toast Casserole Bacon R♥ Cream of Rice	Breakfast R♥ Assorted Juice Pancakes Sausage Patty R♥ Oatmeal	Breakfast R♥ Assorted Juice Cheese Omelet Coffee Cake R♥ Cream of Wheat	Breakfast R♥ Assorted Juice Waffle Bacon R♥ Oatmeal
Lunch Marinated Flank Steak R♥ Baked Potato Cauliflower R♥ Applesauce R♥ Garden Salad	Lunch Beef Stroganoff Egg Noodles Squash Medley Butterscotch Mocha Cake Cauliflower	Lunch Meatballs w/ Mushroom Gravy Rotini Pasta Honey Glazed Carrots R♥ Pineapple Tidbits Buttered Cabbage	Lunch Smothered Pork Chop Cheesy Potato Bake Mashed Winter Squash Praline Crunch Bar R♥ Brussels Sprouts	Lunch Reuben Casserole R♥ Italian Green Beans R♥ Peaches R♥ Garden Salad	Lunch Bourbon Glazed Chicken R♥ Baked Sweet Potato R♥ Broccoli Dutch Apple Pie R♥ Green Peas	Lunch Scalloped Ham Casserole R♥ Spinach R♥ Fruit Cocktail R♥ Brussels Sprouts
Dinner Chicken Noodle Casserole Mashed Potatoes Country Green Beans R♥ Tropical Fruit R♥ Spinach	Dinner Cheese Ravioli Bread Stick R♥ Garden Salad R♥ Pears Creamed Corn	Dinner Creamed Chicken Sandwich Potato Chips R♥ Green Peas Pumpkin Roll R♥ Broccoli	Dinner Chili Cornbread R♥ Sugar Snap Peas R♥ Mandarin Oranges R♥ Cucumber Slices	Dinner Cheese Quesadilla Fiesta Rice R♥ Fiesta Corn Snickerdoodle Cookie R♥ Asparagus	Dinner Vegetable Soup Ham and Cheese Bagel R♥ Dark Sweet Cherries Lima Beans	Dinner Open Face Turkey Sandwich Mashed Potatoes Asparagus Cherry Pie R♥ Stewed Tomatoes