

West View Healthy Living

Week 5

Sunday, 02/10/2019

Breakfast

R ♥ Assorted Juice
Scone
R ♥ Yogurt
R ♥ Cream of Rice

Lunch

Honey Garlic Roast
Pork
R ♥ Baked Potato
Cauliflower
R ♥ Applesauce
R ♥ Garden Salad

Dinner

Chicken Noodle
Casserole
R ♥ Fresh Grapes
Country Green
Beans
R ♥ Spinach

Monday, 02/11/2019

Breakfast

R ♥ Assorted Juice
French Toast
Bacon
R ♥ Oatmeal

Lunch

Beef Stroganoff
Egg Noodles
Squash Medley
Butterscotch Mocha
Cake
Cauliflower

Dinner

Cheese Ravioli
Bread Stick
R ♥ Garden Salad
R ♥ Pears
Creamed Corn

Tuesday, 02/12/2019

Breakfast

R ♥ Assorted Juice
Sausage Gravy over
Biscuit
Scrambled Eggs
R ♥ Cream of
Wheat

Lunch

Meatballs w/
Mushroom Gravy
Rotini Pasta
Honey Glazed
Carrots
R ♥ Pineapple
Tidbits
Buttered Cabbage

Dinner

Creamed Chicken
Sandwich
Potato Chips
R ♥ Green Peas
Pumpkin Cake
R ♥ Broccoli Florets

Wednesday,
02/13/2019

Breakfast

R ♥ Assorted Juice
French Toast
Casserole
Bacon
R ♥ Cream of Rice

Lunch

Smothered Pork
Chop
Cheesy Potato Bake
Mashed Winter
Squash
Praline Crunch Bar
R ♥ Brussels
Sprouts

Dinner

Chili
Cornbread
R ♥ Sugar Snap
Peas
R ♥ Mandarin
Oranges
R ♥ Cucumber
Slices

Thursday, 02/14/2019

Breakfast

R ♥ Assorted Juice
Pancakes
Sausage Patty
R ♥ Oatmeal

Lunch

Reuben Casserole
R ♥ Italian Green
Beans
R ♥ Peaches
R ♥ Garden Salad

Dinner

Beef Tips
Parsley Noodles
R ♥ Whole Kernel
Corn
Snickerdoodle
Cookie
R ♥ Asparagus

Friday, 02/15/2019

Breakfast

R ♥ Assorted Juice
Cheese Omelet
Coffee Cake
R ♥ Cream of
Wheat

Lunch

R ♥ Bourbon
Street Chicken
R ♥ Baked Sweet
Potato
R ♥ Broccoli
Florets
Dutch Apple Pie
R ♥ Green Peas

Dinner

Vegetable Soup
Ham and Cheese
Bagel
R ♥ Dark Sweet
Cherries
Lima Beans

Saturday, 02/16/2019

Breakfast

R ♥ Assorted Juice
Waffle
Bacon
R ♥ Oatmeal

Lunch

Scalloped Ham
Casserole
R ♥ Spinach
R ♥ Fruit Cocktail
R ♥ Brussels
Sprouts

Dinner

Open Face Turkey
Sandwich
Mashed Potatoes
R ♥ Asparagus
Cherry Pie
R ♥ Stewed
Tomatoes

Have a Great Week!