

West View Healthy Living

Week 4

Sunday, 02/03/2019

Breakfast

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

Lunch

Meatloaf
Mashed Potatoes
R♥ Sugar Snap Peas
Cookies and Cream Pie
Lima Beans

Dinner

Chicken Gnocchi Soup
Cheddar Biscuit
R♥ Garden Salad
Raspberry Swirl Cake
Carrot Coins

Monday, 02/04/2019

Breakfast

R♥ Assorted Juice
French Toast
Sausage Patty
R♥ Oatmeal

Lunch

BBQ Pork Spareribs
Ranch Pasta Salad
Squash Medley
Fruited Gelatin
R♥ Green Beans

Dinner

Turkey Pot Pie
R♥ Green Peas
Cheesecake
R♥ California Blend Vegetables

Tuesday, 02/05/2019

Breakfast

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

Lunch

Chicken Paprikash
Spaetzle
R♥ Brussels Sprouts
Tapioca Pudding
R♥ Whole Kernel Corn

Dinner

Beef Stew
Biscuit
House Garden Salad
R♥ Spinach
R♥ Applesauce

Wednesday, 02/06/2019

Breakfast

R♥ Assorted Juice
Breakfast Sandwich
R♥ Yogurt
R♥ Cream of Rice

Lunch

R♥ Homestyle Minestrone Soup
Monte Cristo Sandwich
Lima Beans
Sweet Potato Pie
R♥ Beets

Dinner

Chicken Rice Casserole
Dinner Roll
Carrot Coins
Pound Cake
Cauliflower

Thursday, 02/07/2019

Breakfast

R♥ Assorted Juice
Pumpkin Pancakes
Sausage Links
R♥ Oatmeal

Lunch

Lasagna
Garlic Bread
R♥ French Cut Green Beans
R♥ Apricot Halves
R♥ Green Peas

Dinner

R♥ Chicken Noodle Soup
Philly Cheese Steak Sandwich
R♥ Spinach
Chocolate Pudding
R♥ Tossed Salad

Friday, 02/08/2019

Breakfast

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

Lunch

Fried Lake Perch
Potato Salad
Broccoli with Cheese
R♥ Blushing Peaches
R♥ Spinach

Dinner

Macaroni & Cheese
Cornbread
R♥ Stewed Tomatoes
Chocolate Ice Cream
R♥ Sugar Snap Peas

Saturday, 02/09/2019

Breakfast

R♥ Assorted Juice
Waffle
Bacon
R♥ Oatmeal

Lunch

Shepherd's Pie
R♥ Seasoned Carrots
Biscuit
Cherry Crisp
R♥ Whole Kernel Corn

Dinner

Rotisserie Chicken
Baked Beans
R♥ Braised Cabbage
R♥ Tropical Fruit
R♥ Asparagus

Have a Great Week!