

West View Healthy Living

Week 3

Sunday, 03/03	Monday, 03/04	Tuesday, 03/05	Wednesday, 03/06	Thursday, 03/07	Friday, 03/08	Saturday, 03/09
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
R♥ Assorted Juice Scrambled Eggs Blueberry Muffin R♥ Cream of Rice	R♥ Assorted Juice French Toast Sausage Links R♥ Oatmeal	R♥ Assorted Juice Sausage Gravy over Biscuit Scrambled Eggs R♥ Cream of Wheat	R♥ Assorted Juice Scrambled Eggs Corn Meal Mush R♥ Banana R♥ Cream of Rice	R♥ Assorted Juice Pancakes Sausage Patty R♥ Oatmeal	R♥ Assorted Juice Western Omelet Cinnamon Roll R♥ Cream of Wheat	R♥ Assorted Juice Waffle Bacon R♥ Oatmeal
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Swiss Steak with Brown Gravy Mashed Potatoes Creamed Spinach R♥ Dark Sweet Cherries Carrot Coins	R♥ Roasted Turkey Savory Bread Dressing Country Green Beans Pumpkin Pie R♥ Green Peas	Maple Glazed Pork Loin Roasted Red Potatoes Lima Beans Emerald Pears R♥ Garden Salad	Country Fried Steak Mashed Potatoes R♥ Whole Kernel Corn Apple Fritter Cake R♥ Parsnips	Cream of Mushroom Soup Pepperoni Pizza Spinach Salad R♥ Peaches R♥ Cucumber Slices	Beer Battered Fish Potato Wedges Peas & Pearl Onions Gingerbread Cake R♥ Wax Beans	Apricot Glazed Ham Candied Sweet Potatoes Cauliflower R♥ Mandarin Oranges Carrot Coins
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Corn Dog Macaroni Salad Pickled Beets Custard Pie Buttered Cabbage	Tomato Soup Grilled Cheese Sandwich R♥ Prince Edward Vegetable Blend R♥ Applesauce Cauliflower	Cheeseburger on Bun Steak Fries R♥ Baby Carrots Tapioca Pudding R♥ Brussels Sprouts	R♥ Grilled Chicken Breast Noodles Romanoff R♥ Wax Beans R♥ Pineapple Tidbits R♥ Spinach	Pork Cutlet Rice Pilaf Asparagus Au Gratin Lemon Crunch Pie Lima Beans	Chicken Alfredo Penne Pasta R♥ Tossed Salad R♥ Fruit Cocktail R♥ Green Beans	Kielbasa Southern Banana Pudding Pierogies with Onions R♥ Whole Kernel Corn Kilt Cabbage

Have a Great Week!