

West View Healthy Living

Week 2

Sunday, 04/14/2019	Monday, 04/15/2019	Tuesday, 04/16/2019	Wednesday, 04/17/2019	Thursday, 04/18/2019	Friday, 04/19/2019	Saturday, 04/20/2019
Breakfast R♥ Assorted Juice Scrambled Eggs Doughnut R♥ Oatmeal	Breakfast R♥ Assorted Juice French Toast Syrup Sausage Links R♥ Oatmeal	Breakfast R♥ Assorted Juice Sausage Gravy Biscuit R♥ Oatmeal Scrambled Eggs	Breakfast R♥ Assorted Juice Corned Beef Hash Toast R♥ Banana R♥ Oatmeal	Breakfast R♥ Assorted Juice Pancakes Syrup Sausage Patty R♥ Oatmeal	Breakfast R♥ Assorted Juice Western Omelet Cinnamon Roll R♥ Oatmeal	Breakfast R♥ Assorted Juice Waffle Syrup Bacon R♥ Oatmeal
Lunch Baked Ziti With Four Cheeses R♥ Caesar Salad Garlic Bread R♥ Fruit Cocktail R♥ Brussels Sprouts	Lunch Roast Beef and Swiss Sandwich Broccoli Cheese Soup Three Bean Salad R♥ Pineapple Tidbits Cauliflower	Lunch Macaroni & Cheese Dinner Roll R♥ Stewed Tomatoes Brownie R♥ Garden Salad	Lunch Chicken Cordon Bleu Mashed Potatoes Kilt Cabbage Cherry Pie R♥ Sliced Zucchini Squash	Lunch R♥ Shrimp Scampi Linguini R♥ Asparagus Peach Cobbler Creamed Corn	Lunch Potato Crusted Tilapia Rice Pilaf Broccoli Florets with Lemon Pepper Dinner Roll R♥ Fresh Fruit Cup R♥ Green Peas	Lunch R♥ Chicken Cacciatore Angel Hair Pasta R♥ Capri Blend Vegetables Pineapple Upside Down Cake R♥ Spinach
Dinner Hot Dog on Bun Baked Beans Seasoned Carrots Strawberry Rhubarb Pie R♥ Green Peas	Dinner BBQ Chicken Sweet Potato Fries Corn O'Brien Assorted Cookie R♥ Green Beans	Dinner Grilled Pork Loin Roasted Red Skin Potatoes R♥ Green Peas Citrus Cup Carrot Coins	Dinner Sloppy Joe on a Bun Steak Fries Broccoli Salad R♥ Applesauce R♥ Wax Beans	Dinner Escalloped Chicken Noodle Casserole R♥ Seasoned Green Beans R♥ Pears R♥ Baby Carrots	Dinner Supreme Pizza Cheesy Breadstick R♥ Garden Salad Pickled Beets Chocolate Pudding Cake	Dinner Italian Sub Sandwich Red Skin Potato Salad Relish Plate R♥ Apricots R♥ Broccoli Florets

Have a Great Week!!!

