

CBRF – WEEKLY MENU

JAN 28 – FEB 3 2024

Week 1

	BREAKFAST	LUNCH	DINNER
SUNDAY	Waffles & Bacon	Chicken Dumpling Soup Beef & Cheddar Croissant Berry Parfait Chocolate Chip Cookie	Turkey & Cheese Pinwheels Roasted Pork Loin w/gravy Warm German Potato Salad & Orange Glazed Carrots Chef's Choice Dessert
MONDAY	Ham & Egg Sandwich	Split Pea & Ham Soup Tuna Salad Plate American Fried Potatoes & Peas&Carrots Vanilla Pudding	Tossed Garden Salad Roast Beef w/gravy Mashed Potatoes w/gravy & Buttered Corn Strawberry Pound Cake
TUESDAY	Oatmeal	Beef & Rice Soup Chicken Salad Sandwich Tropical Fruit Jell-o Cup	Soup Homemade Lasagna Garlic Bread & Roasted Zucchini Butterfinger Torte
WEDNESDAY	Scrambled Eggs w/Cheese	Gumbo Pepperoni Pizza Side Salad Fudge Bar	Stuffed Cucumber Boat Herb Roasted Salmon Carrot Blend & Rice Pilaf Chocolate Chip Cheesecake
THURSDAY	Oatmeal	Chicken Noodle Soup Cheese Burger French Fries & Roasted Corn Blend Oatmeal Raisin Cookies	Soup Roasted Turkey w/gravy Au Gratin Potatoes & Green Beans w/Tomatoes Spice Cake
FRIDAY	French Toast Bake	Cream of Potato Soup Chicken Tenders Classic Potato Salad & Lemon Butter Mixed Vegetables Sundae Cone	Mixed Green Salad Baked Cod Parsley Buttered Potatoes & Chef's Choice Vegetables Chef's Choice Dessert
SATURDAY	Oatmeal	Tomato Soup Grilled Cheese Potato Wedges & Beets Sugar Cookies	Triple Orange Gelatin Swedish Meatballs Buttered Pasta & Scandinavian Blend Vegetables Yellow Cake

ASSISTED LIVING WEEKLY MENU

JAN 28 - FEB 3 2024

Week 1

	LUNCH	DINNER
SUNDAY	Chicken Dumpling Soup Beef & Cheddar Croissant OR Sausage & Egg Burrito Berry Parfait Chocolate Chip Cookie	Turkey & Cheese Pinwheels Roasted Pork Loin w/gravy OR Roasted Chicken Warm German Potato Salad & Orange Glazed Carrots Chef's Choice Dessert
MONDAY	Split Pea & Ham Soup English Muffin Pizza OR Tuna Salad Plate American Fried Potatoes & Peas&Carrots Vanilla Pudding	Tossed Garden Salad Roast Beef w/gravy OR Honey Glazed Ham Mashed Potatoes w/gravy & Buttered Corn Strawberry Pound Cake
TUESDAY	Beef & Rice Soup House Salad w/ Grilled Chicken or Shrimp Tropical Fruit Jell-o Cup	Soup Homemade Lasagna OR Chicken Cordon Bleu Garlic Bread & Roasted Zucchini Butterfinger Torte
WEDNESDAY	Gumbo Grilled Chicken Caprese Salad OR Pepperoni Pizza Side Salad Fudge Bar	Stuffed Cucumber Boat Chicken Diane OR Herb Roasted Salmon Carrot Blend & Rice Pilaf Chocolate Chip Cheesecake
THURSDAY	Chicken Noodle Soup Cheese Burger OR Shredded Chicken Sliders French Fries & Roasted Corn Blend Oatmeal Raisin Cookies	Soup Roasted Turkey w/gravy OR Homemade Crab Cakes Au Gratin Potatoes & Green Beans w/Tomatoes Spice Cake
FRIDAY	Cream of Potato Soup Fresh Fruit Plate w/Pastry OR Grilled Hot Dog Classic Potato Salad & Lemon Butter Mixed Vegetables Sundae Cone	Mixed Green Salad Grilled Chop Steak w/gravy OR Baked Cod Parsley Buttered Potatoes & Chef's Choice Vegetables Chef's Choice Dessert
SATURDAY	Tomato Soup Grilled Cheese OR Chicken Tenders Potato Wedges & Beets Sugar Cookies	Triple Orange Gelatin Swedish Meatballs OR Parmesan Crusted Pork Chop Buttered Pasta & Scandinavian Blend Vegetables Yellow Cake

INDEPENDENT WEEKLY MENU

JAN 28 - FEB 3 2024

Week 1

	LUNCH	DINNER
SUNDAY	Lunch Pick Up Only 11:00am Dinner Pick Up Only 5:30pm	Turkey & Cheese Pinwheels Roasted Pork Loin w/gravy OR Roasted Chicken Warm German Potato Salad & Orange Glazed Carrots Chef's Choice Dessert
MONDAY	Lunch Pick Up Only 11:00am	Tossed Garden Salad Roast Beef w/gravy OR Honey Glazed Ham Mashed Potatoes w/gravy & Buttered Corn Strawberry Pound Cake
TUESDAY	Lunch Pick Up Only 11:00am	Soup Homemade Lasagna OR Chicken Cordon Bleu Garlic Bread & Roasted Zucchini Butterfinger Torte
WEDNESDAY	Lunch Pick Up Only 11:00am	Stuffed Cucumber Boat Chicken Diane OR Herb Roasted Salmon Carrot Blend & Rice Pilaf Chocolate Chip Cheesecake
THURSDAY	Lunch Pick Up Only 11:00am	Soup Roasted Turkey w/gravy OR Homemade Crab Cakes Au Gratin Potatoes & Green Beans w/Tomatoes Spice Cake
FRIDAY	Lunch Pick Up Only 11:00am	Mixed Green Salad Grilled Chop Steak w/gravy OR Baked Cod Parsley Buttered Potatoes & Chef's Choice Vegetables Chef's Choice Dessert
SATURDAY	Lunch Pick Up Only 11:00am Dinner Pick Up Only 5:30pm	Triple Orange Gelatin Swedish Meatballs OR Parmesan Crusted Pork Chop Buttered Pasta & Scandinavian Blend Vegetables Yellow Cake