

Facility: River Source **7 – DAY MENU PLAN** Week 4 DATE: \_\_\_\_\_

**\*Vegetarian or Special Order Meals Upon Request**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Pumpkin-walnut Pancakes sausage Fresh Fruit Cereal Yogurt Smoothie Milk	Scrambled Eggs (Egg Beaters) Bacon muffin Fresh Fruit Cereal Yogurt Smoothie Milk	Juevos Rancheros: Refried beans, eggs and cheese (egg beaters) Black beans Fresh Fruit Cereal Yogurt Smoothie Milk	French toast ham Fresh Fruit Cereal Yogurt Smoothie Milk	Breakfast burrito (egg beaters) Bacon, eggs, cheese and potato Fresh Fruit Cereal Yogurt Fruit Smoothies Milk	Vegetable cheese omelet Avocado strawberries Cereal Yogurt Smoothie Milk	Pancakes sausage Fresh Fruit Cereal Yogurt Smoothie Milk
<b>SNACK</b>		<b>Granola Bars</b>	<b>Fresh Fruit</b>	<b>Trail Mix</b>	<b>Upon</b>	<b>Request</b>	
L U N C H	Turkey-feta burgers Baked beans salad Lemonade	Chicken tenders French fries Greek pasta salad Ginger-mint water	Turkey and ham subs Chips Pickle spear Lemon-cucumber water	beef taco salad Lettuce/ tomato Refried beans guacamole Lemon-cucumber water	Ham salad Sandwich Cuke-tomato salad Chips Water with raspberries	Steak and vegetable stir-fry quinoa spring roll Ginger-mint water	BLT wraps Soup du jour Chips Ginger-mint water
<b>SNACK</b>		<b>Granola Bars</b>	<b>Fresh Fruit</b>	<b>Trail Mix</b>	<b>Upon</b>	<b>Request</b>	
D I N N E R	Shredded BBQ beef Brown rice Broccoli salad Dinner Rolls Ginger-mint water	Honey-glazed salmon Lemon couscous Green beans almondine salad Dinner Rolls Ginger-mint water	Spaghetti and meatballs Garlic bread Salad Dinner Rolls Lemon-cucumber water	Coconut chicken baked potato Brussels sprouts with pecan brown butter Salad Dinner Rolls Water with raspberries	Steak with mushrooms and onions Red potatoes asparagus Salad Dinner Rolls Water with raspberries	Chicken enchilladas Lettuce/ tomato Refried beans Salad Dinner Rolls Ginger-mint water	Baked ziti Salad Dinner Rolls Lemon-cucumber water
<b>SNACK</b>		<b>Granola Bars</b>	<b>Fresh Fruit</b>	<b>Trail Mix</b>	<b>Upon</b>	<b>Request</b>	