

Good For Your Health Menus



**Spring
Week 2**

March 11-17, 2019

| Monday March 11 | Tuesday March 12 | Wednesday March 13 | Thursday March 14 | Friday March 15 | Saturday March 16 | Sunday March 17 |
|---|---|--|--|---|--|--|
| <p>Breakfast Fried Egg Buttered Wheat Toast Toasted Oats Orange Juice</p> | <p>Breakfast Scrambled Egg Blueberry Muffin Oatmeal Apple Juice</p> | <p>Breakfast Pancake with Peach Topping Breakfast Meat Corn Flakes Pineapple Juice</p> | <p>Breakfast Mushroom and Cheese Egg Scramble Cinnamon Toast Raisin Bran Cereal Grape Juice</p> | <p>Breakfast French Toast Breakfast Meat Oatmeal Blended Juice</p> | <p>Breakfast Baked Vegetable Omelet Buttered Wheat Toast Hot Farina Orange Juice</p> | <p>Breakfast Scrambled Egg Sweet Roll Raisin Bran Cereal Pineapple Juice</p> |
| <p>Lunch Chicken with Parmesan Scalloped Potatoes with Red Bell Peppers Garlic Spinach Wheat Roll Rocky Road Pudding</p> | <p>Lunch Zesty Lasagna Italian Green Beans Garlic Bread Peanut Butter Cookie</p> | <p>Lunch Roast Turkey with Béarnaise Sauce Sweet Potatoes Rosemary Cauliflower & Peas Fresh Green Salad Sherbet</p> | <p>Lunch Curried Fish Fillet Imperial Noodles Stir Fry Vegetables Cucumber & Onion Salad Tapioca Pudding</p> | <p>Lunch Pork Carnitas with Fixings Cilantro Lime Rice Fresh Zucchini Flour Tortilla Black Bottom Coconut Bar</p> | <p>Lunch Salisbury Steak with Onions Seasoned Pasta Orange Glazed Julienne Beets Tossed Green Salad Citrus Square</p> | <p>Lunch Juicy Corned Beef Boiled Dill Potatoes Cabbage & Carrots Wheat Roll Ice Cream St Patrick's Day</p> |
| <p>Dinner Split Pea Soup Deli Meat Sandwich Mixed Greens Salad Fruit Cup</p> | <p>Dinner Beef Stew Fresh Fruit Salad Cornbread Whipped Gelatin</p> | <p>Dinner Cheese Enchilada Refried Beans Mexicali Rice Pear Crisp</p> | <p>Dinner Bacon Cheeseburger on a Hamburger Bun Baked Beans Confetti Coleslaw Fresh Fruit Cup Hamburger Day</p> | <p>Dinner Cream of Vegetable Soup Turkey Salad on Bed of Lettuce Tomato Slice Creamy Garbanzo Bean Salad Wheat Roll Baked Apricot Crunch</p> | <p>Dinner Tomato Soup Grilled Two Cheese Sandwich Tater Tots Mandarin Oranges</p> | <p>Dinner Rigatoni with Meat Sauce Corn with Green Peppers Garlic Bread Cinnamon Peaches</p> |

MILK AND BEVERAGE OFFERED WITH EVERY MEAL; RDS FOR HEALTHCARE, INC.



**Spring
Week 3**

March 18-24, 2019

| Monday March 18 | Tuesday March 19 | Wednesday March 20 | Thursday March 21 | Friday March 22 | Saturday March 23 | Sunday March 24 |
|--|---|---|---|--|--|---|
| <p>Breakfast Pancake with Warm Syrup Breakfast Meat Oatmeal Grape Juice</p> | <p>Breakfast Ham and Egg Scramble Bran Muffin Toasted Oats Apple Juice</p> | <p>Breakfast Waffle with Warm Syrup Breakfast Meat Raisin Bran Blended Juice</p> | <p>Breakfast Biscuits & Gravy Fruit Cup Hot Farina Pineapple Juice</p> | <p>Breakfast Fried Egg Buttered Wheat Toast Raisin Bran Cereal Grape Juice</p> | <p>Breakfast French Toast with Warm Syrup Breakfast Meat Oatmeal Apple Juice</p> | <p>Breakfast Baked Italian Omelet Donut Corn Flakes Orange Juice</p> |
| <p>Lunch Tarragon Chicken Oven Roasted Potatoes Green Beans with Red Peppers Broccoli Salad Tropical Fruit Mold</p> | <p>Lunch Meatballs and Gravy Penne with Garlic & Herbs Zesty Spinach Fresh Green Salad Chocolate Cake</p> | <p>Lunch Savory Pot Roast Boiled Potatoes Parsley Seasoned Carrots Cornbread Ice Cream</p> | <p>Lunch Simmered Chinese Chicken Brown Rice Stir Fry Vegetables Mandarin Asian Salad Lemon Snow Bar</p> | <p>Lunch Crispy Fish Fillet Mediterranean Herbed Pasta Vegetables in Dill Sauce The Pantry Coleslaw Berry Chiffon Delight</p> | <p>Lunch Bratwurst & Sauerkraut Diced Fried Potatoes Dilled Brussels Sprouts Wheat Roll Sherbet</p> | <p>Lunch Roast Pork with Gravy Bread Dressing Tarragon Peas Lemon Vegetable & Rice Salad Cream Pie</p> |
| <p>Dinner Pasta Bean Soup Egg Salad Sandwich Tomato Slice Apple Raisin Bar</p> | <p>Dinner Breaded Fish Fillet Rice Pilaf Fresh Zucchini with Basil Wheat Roll Tangy Glazed Fresh Fruit</p> | <p>Dinner Chicken Noodle Soup Green Chile Cheese Square Broccoli with Garlic Wheat Roll Pears with Caramel Sauce</p> | <p>Dinner Spaghetti with Meat Sauce Seasoned Green Beans Garlic Bread Nilla Banana Pudding</p> | <p>Dinner Hot Open Faced Turkey Sandwich with Gravy Herb Mashed Potatoes Succotash Peach Crisp</p> | <p>Dinner Rosemary White Bean Soup Grilled Chicken on a Bun Potato Chips California Cocktail</p> | <p>Dinner Shepherd's Pie Herbed Corn with Tomatoes Wheat Roll Fruit Cup</p> |

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Spring Week 4

March 25-31, 2019

| Monday March 25 | Tuesday March 26 | Wednesday March 27 | Thursday March 28 | Friday March 29 | Saturday March 30 | Sunday March 31 |
|--|---|---|---|--|---|--|
| Breakfast Fried Egg Buttered Wheat Toast Raisin Bran Blended Juice | Breakfast Baked Vegetable Omelet Buttered Wheat Toast Oatmeal Grape Juice | Breakfast Pancake with Warm Syrup Breakfast Meat Raisin Bran Cereal Apple Juice | Breakfast Denver Omelet Hash Browns Oatmeal Orange Juice | Breakfast Scrambled Egg Cinnamon Toast Hot Farina Pineapple Juice | Breakfast French Toast with Warm Syrup Breakfast Meat Toasted Oats Blended Juice | Breakfast Egg Benedict Casserole Oatmeal Fruit Cup Apple Juice |
| Lunch Turkey Alfredo Parsley & Herb Penne Green Beans with Dill Wheat Roll Apple Crisp | Lunch Argentine Beef Stew Tossed Green Salad with Dressing Cornbread Strawberry Gelatin Whip | Lunch Garden Fresh Meatloaf Mashed Potatoes Spinach Au Gratin Garlic Bread Chocolate Peanut Butter Bar | Lunch Szechuan Pork Fried Rice Stir Fry Vegetables Confetti Coleslaw Tapioca Pudding | Lunch Lemon Baked Fish Buffet Potato Casserole Scandinavian Vegetables Wheat Roll Ice Cream | Lunch Chicken with Mushroom Sauce Egg Noodles Seasoned Broccoli Garlic Bread Rainbow Gelatin Cake | Lunch Roast Beef with Gravy Herb Mashed Potatoes Parslied Carrots Wheat Roll Cool Strawberry Pie |
| Dinner Combination Pizza Zucchini with Italian Herbs Fresh Green Salad Oatmeal Raisin Cookie | Dinner BBQ Chicken Legumes d' Cassoulet Fresh Carrots Wheat Roll Spring Fruit Dessert | Dinner Lentil Soup Fish & Chips Broccoli Salad Fruit Cup | Dinner Cheese Pasta Bake Peas with Mushrooms Italian Green Salad Herb Biscuit Fresh Fruit | Dinner Bean & Barley Soup Sloppy Joe Confetti Corn Cappuccino Mousse | Dinner Grilled Turkey Pastrami Sandwich Potato Chips Creamy Cucumber & Celery Salad Snicker doodle Cookies | Dinner Green Chili with Beans Spinach Square Cornbread Sherbet |

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