

# Proposed 4 week Senior's Menu for Daybreak Senior Day Care.

-Whole grain bread served with all meals. Prepared by registered dietitian, Karen Simon, R.D.

Monday	Tuesday	Wednesday	Thursday	Friday
Pork chop/applesauce Baked sweet potato Veggie medley  Ice cream Milk/coffee/tea	Spaghetti sauce and meatballs on whole wheat pasta Cesar salad Butterscotch pudding Milk/coffee/tea	Salmon with dill sauce Brown rice Broccoli and cauliflower Fruit salad Milk/coffee/tea	Baked ham with glaze Mashed potatoes Peas, squash Apple crisp with whipped topping Milk/coffee/tea	Chicken vegetable soup Fresh whole wheat roll Piece of cheese Ginger bread with brown sugar sauce Milk/coffee/tea
Quiche Sliced cucumber & tomatoes  Baked apple Milk/coffee/tea	Hot turkey sandwich Mashed potatoes Carrots, green beans Banana Milk/coffee/tea	Sweet & sour meat balls Brown rice Tossed salad Fruit salad Milk/coffee/tea	Vegetable soup with grilled cheese sandwich  Pumpkin pie Milk/coffee/tea	Baked haddock Sweet potato Green & yellow beans Sherbet Milk/coffee/tea
Beef stroganoff with whole wheat noodles Carrots & peas  Fresh melons Milk/coffee/tea	Roast beef Roasted potatoes Veggie medley  Oatmeal & raisin cookie Milk/coffee/tea	Seafood chowder Fresh whole wheat rolls Coleslaw Sliced peaches Milk/coffee/tea	Pork Loin Mashed potatoes Squash Chocolate pudding Milk/coffee/tea	Chicken Cacciatore Whole wheat pasta Broccoli & cauliflower Cupcakes Milk/coffee/tea
Corn Beef & cabbage Mashed potatoes Green & yellow beans Chocolate chip cookie Milk/coffee/tea	Turkey meat loaf Baked potato Squash & peas Apple slices with cinnamon Milk/coffee/tea	Variety of sandwiches Cut up fruit, cheese cubes Orange sections Milk/coffee/tea	Shepherd's pie Assorted pickles  Blueberry cake Milk/coffee/tea	Baked tilapia Brown rice Carrots, broccoli Birthday cake(to celebrate those that have had a B-day this month) Milk/coffee/tea

