

# GROVEMENUS

## Weekly Menu Northern Pines Assisted Living

	Sun 07-30-2023	Mon 07-31-2023	Tue 08-01-2023	Wed 08-02-2023	Thu 08-03-2023	Fri 08-04-2023	Sat 08-05-2023
B R E A K F A S T	Cinnamon Roll Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Bagel and Cream Cheese Yogurt Fresh Fruit 100% Juice	Fluffy Pancakes Bacon 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Texas French Toast Hash Browns Fresh Fruit 100% Juice	Fried Egg Hash Browns Fresh Fruit 100% Juice	Scrambled Egg Bacon Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Baked Crab Macaroni Cheese Zesty Cucumber Salad Crackers	Beef Taco Spanish Rice Green Salad Crusty Garlic Bread Homemade Cookie	Beef Enchilada Refried Beans Soup Du Jour Best Black Beans Caramel Popcorn	Cajun Shrimp Pasta Fruit Toss Sautéed Spinach Crusty Cheese Bread	LS LF Tuna Salad Sandwich Watermelon Salad Apple Coleslaw Potato Chips	Beef Pot Roast Herb Roasted Red Potatoes Baby Carrots Baked Roll Dirt and Worms	Baked Spaghetti Cauliflower with Cheese Sauce Potato Chips
D I N N E R	Marinated Chicken Classic Mashed Potatoes Corn Homestyle Stuffing Strawberry Jello	Chicken Tenders Baked Sweet Potato Wedges Buttered Zucchini Baked Roll	Chef Salad Macaroni Salad Celery Sticks Baked Roll	Juicy Ham Classic Mashed Potatoes Garlic Green Beans Baked Roll	Chicken with Lemon Pepper Sauce Penne Pasta Herb Roasted Vegetables Baked Roll Vanilla and Fruit Pudding	Fish Sticks Baked Sweet Potato Wedges Watermelon French Cut Green Beans Baked Roll	Chicken Nuggets Mashed Potatoes and Gravy Green Beans Garlic Breadsticks Ice Cream Sandwich
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 2

Dietitian's Signature: *Debra Taylor RDN 7-9-2023*  
07/07/23

# GROVEMENUS

## Weekly Menu

Northern Pines Assisted Living

	Sun 08-06-2023	Mon 08-07-2023	Tue 08-08-2023	Wed 08-09-2023	Thu 08-10-2023	Fri 08-11-2023	Sat 08-12-2023
B R E A K F A S T	Hot or Cold Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast	French Toast Home Fried Potatoes Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice	Western Breakfast Sandwich Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Bacon Fresh Fruit 100% Juice
L U N C H	French Onion Grilled Cheese Peaches Basil Tomato Soup Saltine Crackers	Cheese Quesadilla Mini Sweet Peppers with Ranch Tortilla Chips and Salsa	BBQ Glazed Meatballs Cheesy Mashed Potatoes Garlic Green Beans Baked Roll	Homestyle Sloppy Joese Fresh Fruit Cup Herbed Corn Garlic Bread	Sausage Tortellini Soup Melon Berry Fruit Bowl Flaky Buttermilk Biscuits	Classic Lasagna French Cut Green Beans Garlic Breadsticks	Shepherd's Pie Fruit Cup Apple Coleslaw Baked Roll
D I N N E R	LS LF Tuna Noodle Casserole Green Pepper Tomato Salad Baked Roll Chocolate Chip Cookie	Chicken Bacon Wrap Pasta Salad Baby Carrots Baked Roll Banana Pudding	Chicken Fajita Brown Rice Fresh Tomato Salsa Corn Chips Guinness Brownie	Bacon Cheddar Pork Chops Creamy AuGratin Potatoes Oven Roasted Broccoli Baked Roll	Chicken Stir-Fry and Rice Sprinkled Fruit Salad Chocolate Pudding	Baked Fish Fillet Homestyle Stuffing Mixed Vegetables Honeydew Salad	Loaded Tater Tots Casserole Homestyle Stuffing Baby Carrots Baked Roll Double Chocolate Chip Cookie
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 3

Dietitian's Signature:

*Shirley Row* 7-9-2023  
5/10/23

# GROVE MENUS

## Weekly Menu Northern Pines Assisted Living

	Sun 08-13-2023	Mon 08-14-2023	Tue 08-15-2023	Wed 08-16-2023	Thu 08-17-2023	Fri 08-18-2023	Sat 08-19-2023
B R E A K F A S T	French Toast Yogurt Fresh Fruit 100% Juice	Breakfast Sausage Casserole Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Bacon Fresh Fruit 100% Juice	French Toast Yogurt Fresh Fruit 100% Juice	Bagel and Cream Cheese Sausage Link Fresh Fruit 100% Juice	French Toast Egg of Choice Fresh Fruit 100% Juice Cinnamon Toast	Pancakes Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Skillet Ham and Potatoes Homestyle Stuffing Green Beans with Bacon Baked Roll Ice Cream	Cheeseburger Salad Honeydew Salad Herb Roasted Tomatoes Crackers	Pepperoni Pizza Green Salad Breadsticks Peanut Butter Bars	Taco Soup Corn Fresh Cornbread	Bacon Cheddar Ranch Chicken Salad Coleslaw Baked Roll	Homestyle Salisbury Steak Garlic Mashed Potatoes Buttery Carrots	Chicken Quesadilla Bacon Ranch Pasta Salad Cucumber Onion Salad Rice
D I N N E R	BBQ Glazed Meatballs Garlic Mashed Potatoes Honey Glazed Carrots Baked Roll	Herbed Parmesan Chicken Angel Pasta Brussels Sprouts Baked Roll Creamy Strawberry Dessert	Creamy White Chicken Chili French Cut Green Beans Baked Roll	Cajun Shrimp Mac and Cheese Herb Roasted Red Potatoes Peas and Onions Baked Roll	Apple Pork Chop Parsley Noodles Capri Blend Whole Grain Bread Cake Chocolates	Hot Ham Cheese Sandwich Basil Tomato Soup Crackers Chocolate Pudding	Deluxe Hamburger Potato Wedges French Cut Green Beans Baked Roll Sherbet
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 4

Dietitian's Signature: *Deborah Row* 7-9-2023  
9/10/23

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## Weekly Menu

Northern Pines Assisted Living



	Sun 08-20-2023	Mon 08-21-2023	Tue 08-22-2023	Wed 08-23-2023	Thu 08-24-2023	Fri 08-25-2023	Sat 08-26-2023
B R E A K F A S T	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice	French Toast Sticks Bacon Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice	Deluxe Waffles Fresh Fruit 100% Juice
L U N C H	Egg Salad Sandwich Cantaloupe Vinaigrette Tomatoes Crackers	BBQ Meatloaf Ranch Potatoes Corn Baked Roll Ice Cream	Southwest Chicken Salad Peaches Soup Du Jour Strawberry Sundae	Chicken Divan Homestyle Stuffing Garlic Green Beans Baked Roll	Beef Taco Corn Chips Salsa Verde	Bratwurst on a Bun Potato Wedges Cucumber Tomato Salad Baked Roll Ice Cream Sandwich	Grilled Cheese Sandwich Basil Tomato Soup Baked Roll
D I N N E R	Chicken Pot Pie Fresh Mashed Potatoes and Gravy Assorted Fruit Carrot Green Bean Blend Saltine Crackers Chocolate Vanilla Pudding Dessert	Baked Macaroni and Cheese Best Black Beans Buttery Carrots Baked Roll	Brown Sugar Pork Chops Seasoned Rice Garden Green Salad Baked Roll	Philly Steak Sandwich Garlic Pasta Creamy Cucumber Salad Baked Roll	Baked Ziti with Italian Sausage Cauliflower with Cheese Sauce Breadsticks Fruited Jello Salad	Baked Meatballs with Gravy Cheesy Mashed Potatoes Baby Carrots Baked Roll	Chicken Alfredo Pasta Oven Roasted Cauliflower Baked Roll Ice Cream
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 5

Dietitian's Signature:

*Anna Aguiar-Rodriguez*  
07/07/25

7-9-2023

# GROVEMENUS

## Weekly Menu

Northern Pines Assisted Living

	Sun 08-27-2023	Mon 08-28-2023	Tue 08-29-2023	Wed 08-30-2023	Thu 08-31-2023	Fri 09-01-2023	Sat 09-02-2023
B R E A K F A S T	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Blueberry Muffin	Cinnamon French Toast Bacon Fresh Fruit 100% Juice	Fried Egg Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast	Sausage Potato Bake Fresh Fruit 100% Juice Whole Grain Toast	Bacon Egg and Avocado Toast Fresh Fruit 100% Juice	Homestyle Waffles Sausage Link Fresh Fruit 100% Juice
L U N C H	Breaded Shrimp with Cocktail Sauce Italian Pasta Salad Buttery Carrots Crackers	Reuben Sandwich Cottage Cheese with Mandarin Oranges Soup Du Jour Sweet Potato Fries Oreo Delight	Classic Lasagna Applesauce Green Salad Garlic Bread Popsicle Bar	Three Cheese Ravioli Tomatoes with Cottage Cheese Baked Roll Caramel Popcorn	Cheeseburger Casserole Tropical Mixed Fruit Garlic Green Beans Garlic Bread	Taco Salad Broccoli and Cauliflower Tortilla Chips and Salsa	Coney Island Dogs Potato Wedges Herb Sauced Vegetables Baked Roll Fresh Berry Cup
D I N N E R	BLT Wrap Tater Tots Applesauce Creamy Cucumber Salad Baked Roll	Beef and Cabbage Stuffed Rolls Garlic Herb Mashed Potatoes Beets Baked Roll	Marinated Chicken Potato Salad Sauteed Yellow Squash Baked Roll	Baked Ham with Mango Salsa Hawaiian Baked Beans Grilled Asparagus Baked Roll	Turkey and Swiss Sub Macaroni Salad Carrot Sticks Baked Roll Sherbet	Chicken Fettuccine with Sun-Dried Tomatoes Homestyle Stuffing Seasoned Broccoli Baked Roll	Teriyaki Meatballs Favorite Baked Beans Country Trio Medley Baked Roll
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 1

Dietitian's Signature:

*Trisha RDN 7-9-2023*  
9/10/23