

Weekly Menu

Northern Pines Assisted Living



	Sun 10-29-2023	Mon 10-30-2023	Tue 10-31-2023	Wed 11-01-2023	Thu 11-02-2023	Fri 11-03-2023	Sat 11-04-2023
B R E A K F A S T	Breakfast Mini Fruit Pizza Egg of Choice Fresh Fruit 100% Juice	Deluxe Waffles Bacon Fresh Fruit 100% Juice	Fried Egg, Ham and Cheese Croissant Hash Browns Fresh Fruit 100% Juice	French Texas Toast Bake Breakfast Ham Fresh Fruit 100% Juice	Orange Cranberry Muffin Egg of Choice Fresh Fruit 100% Juice	Maple Bacon Casserole Hash Browns Fresh Fruit 100% Juice	Blueberry Pancakes Sausage Link Fresh Fruit 100% Juice
L U N C H	Grilled Cheese Sandwich Garden Tomato Soup Crackers	Fish and Chips Fruit Toss Coleslaw	Chicken Caesar Salad Assorted Fruit Mozzarella Garlic Bread	Beef Enchilada Black Bean Salsa Soup Spanish Rice	Baked Spaghetti Green Salad Baked Roll	Ham and Swiss Sandwich Apple Slices Vegetable Pasta Salad	Egg Salad Sandwich Cottage Cheese with Mandarin Oranges Green Salad Breadsticks
D I N N E R	Crispy Fried Chicken Roasted Smashed Potatoes Country Trio Medley Baked Roll Chocolate Cream Pie	Oven Roasted Pork Loin Baked Beans Garden Green Salad Baked Roll Spice Cake	Baked Tuna Dish Homestyle Stuffing French Cut Green Beans Baked Roll Apple Crumble	BLT Sandwich Cucumber Tomato Salad Baked Roll Blonde Brownies	Baked Ham AuGratin Potatoes Roasted Cabbage Baked Roll Banana Pudding	Sweet and Sour Meatballs Rice Steamed Broccoli Baked Roll Chocolate Chip Cookie	Smokey Chicken and Gravy Garlic Mashed Potatoes Buttery Carrots Baked Roll Apple Pie
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					

Dietitian's Signature: *Deanna Jager RDN 7-7-2023*
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	Sun 11-05-2023	Mon 11-06-2023	Tue 11-07-2023	Wed 11-08-2023	Thu 11-09-2023	Fri 11-10-2023	Sat 11-11-2023
B R E A K F A S T	French Toast Hash Browns Fresh Fruit 100% Juice	Raisin French Toast Sausage Link Fresh Fruit 100% Juice	Egg and Cheese Biscuit Fresh Fruit 100% Juice	Perfect Pancakes Egg of Choice Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Fresh Fruit 100% Juice Whole Grain Toast	Belgian Waffles Egg of Choice Fresh Fruit 100% Juice	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Chicken Fajita Bowl Grilled Mixed Vegetables Crackers	BLT Sandwich Creamy Cucumber Salad Whole Grain Bread	Tavern Sandwich Sweet Slaw Chips	Baked Potato with Chili Oven Roasted Broccoli Baked Roll	Ham and Potato Casserole French Cut Green Beans Herb Pull Apart Roll	Classic Taco Salad Tomatoes with Cottage Cheese Corn Chips	Baked Macaroni and Cheese Homestyle Stuffing Green Bean Carrot Blend
D I N N E R	Crispy Pork Chop Southwest Rice Seasoned Cauliflower Baked Roll Chocolate Chip Cookie	Meatloaf Roasted Rosemary Potatoes Buttery Carrots Baked Roll Vanilla Pudding	Louisiana Chicken Cheesy Rice Garden Green Salad Colorful Fruit Salad	Baked Fish Fillet Hushpuppies Sautéed Carrots Baked Roll Ice Cream Sandwich	Gold Rush Meatballs Hawaiian Baked Beans Vegetable Medley Baked Roll Pineapple Fruit Cup	Chicken with Tomato Mushroom Sauce Garlic Pasta Brussels Sprouts Baked Roll Chocolate Pudding	Tuna Noodle Casserole Potato Salad Green Beans Baked Roll Fresh Fruit Cup
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					

Dietitian's Signature: *Diana Jager* RDN 7-9-2023
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Weekly Menu

Northern Pines Assisted Living



	Sun 11-12-2023	Mon 11-13-2023	Tue 11-14-2023	Wed 11-15-2023	Thu 11-16-2023	Fri 11-17-2023	Sat 11-18-2023
B R E A K F A S T	Homestyle Pancakes Bacon Fresh Fruit 100% Juice	Ham and Cheese Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	French Toast Hash Browns Fresh Fruit 100% Juice	French Toast Yogurt Fresh Fruit 100% Juice	Texas French Toast Sausage Link Fresh Fruit 100% Juice	Bacon Egg Muffin Yogurt Fresh Fruit 100% Juice	Sausage Scramble Fresh Fruit 100% Juice Fresh Biscuits
L U N C H	Cheddar Ham Soup Green Salad Baked Roll	Homestyle Sloppy Joes Herb Roasted Vegetables Garlic Bread	Homemade Chicken Noodle Soup Mixed Vegetables Crackers	Three Cheese Ravioli Coleslaw Baked Roll	Beef Pasta Vegetable Soup Green Salad Crackers	Pepperoni Pizza Assorted Fruit Caesar Salad Parmesan Breadsticks	Slow Cooked BBQ Chicken Sandwich Pear Fruit Medley Honey Roasted Carrots Tater Tots
D I N N E R	Meatloaf and Gravy Baked Potato Normandy Blend Baked Roll Chocolate Chip Cookie	Herb Grilled Chicken Seasoned Rice Lemon Pepper Green Beans Baked Roll Pudding with Vanilla Wafers	Bread Crumb Pork Chop Parsley Noodles Seasoned Broccoli Baked Roll Pumpkin Pie	Salisbury Steak Mashed Potatoes with Chicken Gravy Buttery Carrots Whole Grain Bread Banana Pudding	Garlic Parmesan Chicken Parmesan Pasta Cauliflower with Cheese Sauce Baked Roll Guinness Brownie	Hot Ham Cheese Sandwich Creamy Tomato Basil Soup Saltine Crackers Orange Sherbet Dish	Spaghetti and Meat Sauce Garden Green Salad Garlic Breadsticks Berry Jello
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					

Dietitian's Signature: *Debra Jager RDW 7-7-2023*
10128

Weekly Menu

Northern Pines Assisted Living



	Sun 11-26-2023	Mon 11-27-2023	Tue 11-28-2023	Wed 11-29-2023	Thu 11-30-2023	Fri 12-01-2023	Sat 12-02-2023
B R E A K F A S T	Bananas Foster Oatmeal Egg of Choice 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Corned Beef Hash Fresh Fruit 100% Juice Peanut Butter Toast	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice	Chef's Choice Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Bacon Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Denver Egg Scramble Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Broccoli Ham Casserole Broccoli with Glaze Sauce Herb Pull Apart Roll	Sausage Tortellini Soup Caesar Salad Crusty Garlic Bread	Southwest Chicken Salad Tomatoes with Cottage Cheese Garlic Breadsticks	Tuna Melt Grapes Dill Cucumbers Onion Rings	Shepherd's Pie with Gravy Herb Sautéed Vegetables Whole Grain Bread	Classic Chicken Salad Sandwich Fruit Medley Tomato Wedges Chips	Pork and Sausage Jambalaya Broccoli Coleslaw Baked Roll
D I N N E R	Pot Roast with Cider Gravy Classic Mashed Potatoes Baby Carrots Baked Roll Fresh Apple Pie	Roasted Lemon Chicken Fresh Mashed Potatoes and Gravy Roasted Peppers Baked Roll Ice Cream	Pork Chops and Gravy Oven Roasted Cauliflower Baked Roll Fudge Brownie	Beef Patty with Mushroom Sauce Roasted Potato Medley Peas and Onions Baked Roll Chocolate Trifle	Smothered Chicken Breasts Penne Pasta Garlic Green Beans Baked Roll Dirt and Worms	Breaded Shrimp with Cocktail Sauce Baked Sweet Potato Garden Green Salad Baked Roll Caramel Popcorn	Glazed Meatloaf O'Brien Potatoes Roasted Squash Baked Roll Birthday Cake
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					

Dietitian's Signature: *Debra Sage RDN 7-9-2023*
10/12/8