

SERVING WEEK OF:

July 9, 2018 – July 15, 2018

**GABLES ON THE POND
MENU WEEK 4**

MONDAY 7/9	TUESDAY 7/10	WEDNESDAY 7/11	THURSDAY 7/12	FRIDAY 7/13	SATURDAY 7/14	SUNDAY 7/15
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal (substitute) Eggs Bacon Cinnamon Toast Fresh Fruit Beverages	Cereal (substitute) Chocolate Chip Pancakes Syrup Fresh Fruit Beverages	Cereal(substitute) Eggs Sausage Links Toast Fresh Fruit Beverages	Hot or Cold Cereal Homemade Coffeecake Fresh Fruit Beverages	Cereal (substitute) Omelets Bacon Toast Fresh Fruit Beverages	Hot or Cold Cereal Homemade Muffins Fresh Fruit Beverages	Cereal (substitute) Egg Breakfast Casserole Toast Fresh Fruit Beverages
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Stir Fry over White Rice Bread or Rolls Fruit Root Beer Floats Beverages	Baked Ham Baked Sweet Potatoes Broccoli Dinner Roll Pudding Beverages	Chicken Parmesan Buttered Spaghetti Cauliflower Tossed Salad Chocolate Éclair Torte Beverages	Boneless BBQ Ribs Hash Brown Casserole Fruit Carrots Orange Fluff Cake Beverages	Meatballs & Gravy Buttered Noodles Corn Fresh Bread Fruit Cobbler Beverages	Roast Beef Mashed Potatoes Green Bean Casserole Jello Beverages	White Chicken Lasagna California Blend Vegetables Fresh Bread Cupcakes Beverages
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Brat on a Bun Baked Beans Chips Pickles Fruit Cup Beverages	Chicken Pattie on a Bun topped with Lettuce/Tomatoes French Fries Fruit	Beef & Cheddar Bake Riviera Blend Veg. Fruit cup Fresh Biscuit Ice Cream Beverages	Egg Salad Sandwich Pickles Chips Fruit Beverages	Waldorf Chicken Salad on Lettuce Dinner Roll Ice Cream Beverages	Creamed Chipped Beef on Toast Peas Fruit Cup Cookies Beverages	Hot Ham & Swiss on Bun Fritos Cookies Beverages
Snacks*	Snacks*	Snacks*	Snacks*	Snacks*	Snacks*	Snacks*
Lorna Doones	Peanut Butter Crackers	Cookies	Popcorn	Cheese & Crackers	Granola Bar	Yogurt

***DIABETIC'S EVENING SNACK must be nutritious: ½ sandwich, yogurt, PB & crackers, cheese & crackers (not cookies & chips)**

Choice of Beverages: coffee, fruit Juice, milk, and water

Please note: Menu subject to change without notice

Substitutions Available