

EMERALD CREST

WEEK 1 MENU

DECEMBER 29TH
TO JANUARY 4TH

| | | BREAKFAST | LUNCH | DINNER |
|-----------|-------|---|--|---|
| MONDAY | 12/29 | PANCAKES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL | NOODLES W/ MEAT SAUCE DINNER ROLLS VEGETABLES ICE CREAM | HAM & CHEESE ON A CROISSANT CREAM OF BROCCOLI SOUP PEACHES |
| TUESDAY | 12/30 | SCRAMBLED EGGS W/ CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | SWISS STEAKS MASH POTATO VEGETABLES CREAM PIES | CHICKEN CESAR SALAD GARLIC TOAST BROCCOLI APRICOTS |
| WEDNESDAY | 12/31 | WAFFLES BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | BBQ PULLED PORK SANDWICH SWEET POTATO FRIES VEGETABLES PUDDING | MINI CORNDOGS SHOE STRING FRIES VEGETABLES TROPICAL FRUIT |
| THURSDAY | 01/01 | SAUSAGE GRAVY OVER BISCUIT CHOICE OF BEVERAGE CHOICE OF CEREAL | SWEET & SOUR CHICKEN WHITE RICE VEGETABLES COOKIES | SQUASH RAVIOLI W/ CREAM SAUCE VEGETABLES GRAPES |
| FRIDAY | 01/02 | FRENCH TOAST CANADIAN BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | TUNA CASSEROLE GARLIC BREADSTICK VEGETABLES BARS | BEEF HOT DOG ON A BUN BAKED BEANS FRIES PEARS |
| SATURDAY | 01/03 | EGG BAKE W/ BACON & CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | HAM STEAKS CHEESY HASH BROWNS VEGETABLE CAKE | CHICKEN PATTY ON A BUN WAFFLE FRIES VEGETABLES FRUIT COCKTAIL |
| SUNDAY | 01/04 | CINNAMON ROLLS FRIED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL | ROASTED CHICKEN BREAST W/ HERBS ROSEMARY POTATOES VEGETABLES RICE KRISPY BARS | BEEF TACO BOWL LET/PICO/SHREDDED CHEESE/SOUR CREAM RICE & BEANS MANDARIN ORANGES |

EMERALD CREST

WEEK 2 MENU

JANUARY 5TH TO
JANUARY 11TH

| | | BREAKFAST | LUNCH | DINNER |
|-----------|-------|---|--|---|
| MONDAY | 01/05 | SCRAMBLED EGGS APPLE SLICES BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | CHICKEN KIEV GARDEN VEGETABLE RICE PILAF VEGETABLES BROWNIE | HEARTY BEEF CHILI CORNBREAD VEGETABLES FRUIT COCKTAIL |
| TUESDAY | 01/06 | BELGIAN WAFFLES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL | POT ROAST W/ VEGETABLES MASH POTATO W/ BEEF GRAVY COOKIES | CHICKEN NOODLE SOUP HAM & SWISS SANDWICH VEGETABLES GRAPES |
| WEDNESDAY | 01/07 | FRIED EGGS FRUIT MUFFIN BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | BBQ ROASTED CHICKEN THIGH BAKED POTATOE W/ SOUR CREAM VEGETABLES ICE CREAM | VEGETABLE LASAGNA GARLIC TOAST VEGETABLES PEACHES |
| THURSDAY | 01/08 | FRENCH TOAST SAUSAGE PATTY CHOICE OF BEVERAGE CHOICE OF CEREAL | POLISH SAUSAGE W/ ONIONS & PEPPERS POTATO WEDGES VEGETABLES VANILLA CREAM PUFF | GRILLED CHICKEN ROSEMARY POTATOES VEGETABLES PEARS |
| FRIDAY | 01/09 | CHEESE OMELET CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | LEMON PEPPER FISH LEMON JUICE/TARTAR SAUCE POTATO CAKES SIDE SALAD CHOCOLATE CAKE | CHICKEN POT PIE OVER BISCUIT VEGETABLES PINEAPPLE |
| SATURDAY | 01/10 | SAUSAGE GRAVY OVER BISCUIT CHOICE OF BEVERAGE CHOICE OF CEREAL | TATOR TOT HOT DISH GARLIC TOAST VEGETABLES CREAM PIE | GRILLED CHEESE BEEF BARLEY SOUP VEGETABLES SEASONAL FRUIT |
| SUNDAY | 01/11 | DANISH HARD COOKED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL | CHICKEN CHOW MEIN OVER WHITE RICE VEGETABLES BARS | BBQ RIBLET ON A BUN CURLY FRIES VEGETABLES COOKIES |

EMERALD CREST WEEK 3 MENU

JANUARY 12TH TO
JANUARY 18TH

| | | BREAKFAST | LUNCH | DINNER |
|-----------|-------|--|---|---|
| MONDAY | 01/12 | HAM, VEGGIE, & CHEESE FRITATTA CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | BBQ RIBS BAKED BEANS CORNBREAD VEGETABLES BARS | CHICKEN WILD RICE SOUP TURKEY SANDWICH VEGETABLES APPLE SLICES |
| TUESDAY | 01/13 | WAFFLES TURKEY SAUSAGE CHOICE OF BEVERAGE CHOICE OF CEREAL | COUNTRY FRIED STEAK MASHED POTATO W/ COUNTRY GRAVY VEGETABLES COOKIES | KIELBASA W/ SAURKRAUT BOILED POTATOES VEGETABLES FRUIT COCKTAIL |
| WEDNESDAY | 01/14 | FRIED EGGS BACON CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | CHICKEN W/ PESTO CREAM SAUCE W/ TORTILLINI GARLIC BREADSTICK VEGETABLES CHOCOLATE ECLAIR | MINESTONE SOUP W/ ROAST BEEF SANDWICH VEGETABLES PEACHES |
| THURSDAY | 01/15 | FRUIT MUFFIN CANADIAN BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | SWEDISH MEATBALLS W/ NOODLES GARLIC BREADSTICK VEGETABLES FRUIT GELATIN | HAMBURGER ON A BUN LET & TOM STEAK POTATO SALAD GRAPES |
| FRIDAY | 01/16 | SCRAMBLED EGGS W/ CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | FISH OF THE DAY MALT VINEGAR/TARTAR LOADED TOTS VEGETABLES CHEESECAKE | CABBAGE ROLLS VEGETABLES DINNER ROLLS TROPICAL FRUIT |
| SATURDAY | 01/17 | EGG & CHEESE CROISSANT CHOICE OF BEVERAGE CHOICE OF CEREAL | ORANGE CHICKEN FRIED RICE VEGETABLE EGG ROLLS VEGETABLES ICE CREAM | MEATLOAF MASHED POTATO BEEF GRAVY CARROTS APRICOTS |
| SUNDAY | 01/18 | DONUT HARD COOKED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL | BEEF RAVIOLI W/ RED SAUCE GARLIC TOAST VEGETABLES CAKE | TOMATO SOUP 2 CHEESE GRILL CHEESE PASTA SALAD PEARS |

EMERALD CREST WEEK 4 MENU

JANUARY 19TH TO
JANUARY 25TH

| | | BREAKFAST | LUNCH | DINNER |
|-----------|-------|---|--|---|
| MONDAY | 01/19 | FRENCH TOAST STICKS BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | MEATSAUCE OVER PENNE GARLIC TOAST VEGETABLES COOKIES | BAKED POTATO SOUP HAM & SWISS SANDWICH VEGETABLES FRUIT COCKTAIL |
| TUESDAY | 01/20 | YOGURT PARFAIT SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL | GOULASH DINNER ROLLS VEGETABLES CAKE | EGG SALAD OVER A CROISSANT W/ LET & TOM CARROT SALAD MANDARIN ORANGES |
| WEDNESDAY | 01/21 | SAUSAGE, EGG & CHEESE BISCUIT CHOICE OF BEVERAGE CHOICE OF CEREAL | SALISBURY STEAK ROASTED POTATOES VEGETABLES BARS | TURKEY TETRAZZINI DINNER ROLL VEGETABLES PINEAPPLE |
| THURSDAY | 01/22 | BELGIAN WAFFLES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL | HAM WITH PINEAPPLE BROWN SUGAR AU GRATIN POTATOES GREEN BEANS CHEESECAKE | CHEESE PIZZA SIDE SALAD BREAD STICK APPLE SLICES |
| FRIDAY | 01/23 | CHEESE OMELET BACON CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | SALMON W/ LEMON SAUCE POTATO WEDGES VEGETABLES CREAM PIES | SLOPPY JOE ON A BUN TATER TOTS VEGETABLES APRICOTS |
| SATURDAY | 01/24 | PANCAKES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL | BEEF STEW OVER BROWN RICE VEGETABLES ICE CREAM | CHICKEN TENDERS MAC & CHEESE BITES VEGETABLES GRAPES |
| SUNDAY | 01/25 | COFFEE CAKE SCRAMBLED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL | CALIFORNIA CHEESEBURGER ON A BUN LET/TOM/ONIONS FRIES COOKIES | OPEN FACED TURKEY SANDWICH MASH POTATO TURKEY GRAVY VEGETABLES PEACHES |

EMERALD CREST

WEEK 5 MENU

JANUARY 26TH TO
FEBRUARY 1ST

| | | BREAKFAST | LUNCH | DINNER |
|-----------|-------|---|--|---|
| MONDAY | 01/26 | PANCAKES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL | NOODLES W/ MEAT SAUCE DINNER ROLLS VEGETABLES ICE CREAM | HAM & CHEESE ON A CROISSANT CREAM OF BROCCOLI SOUP PEACHES |
| TUESDAY | 01/27 | SCRAMBLED EGGS W/ CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | SWISS STEAKS MASH POTATO VEGETABLES CREAM PIES | CHICKEN CESAR SALAD GARLIC TOAST BROCCOLI APRICOTS |
| WEDNESDAY | 01/28 | WAFFLES BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | BBQ PULLED PORK SANDWICH SWEET POTATO FRIES VEGETABLES PUDDING | MINI CORNDOGS SHOE STRING FRIES VEGETABLES TROPICAL FRUIT |
| THURSDAY | 01/29 | SAUSAGE GRAVY OVER BISCUIT CHOICE OF BEVERAGE CHOICE OF CEREAL | SWEET & SOUR CHICKEN WHITE RICE VEGETABLES COOKIES | SQUASH RAVIOLI W/ CREAM SAUCE VEGETABLES GRAPES |
| FRIDAY | 01/30 | FRENCH TOAST CANADIAN BACON CHOICE OF BEVERAGE CHOICE OF CEREAL | TUNA CASSEROLE GARLIC BREADSTICK VEGETABLES BARS | BEEF HOT DOG ON A BUN BAKED BEANS FRIES PEARS |
| SATURDAY | 01/31 | EGG BAKE W/ BACON & CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL | HAM STEAKS CHEESY HASH BROWNS VEGETABLE CAKE | CHICKEN PATTY ON A BUN WAFFLE FRIES VEGETABLES FRUIT COCKTAIL |
| SUNDAY | 02/01 | CINNAMON ROLLS FRIED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL | ROASTED CHICKEN BREAST W/ HERBS ROSEMARY POTATOES VEGETABLES RICE KRISPY BARS | BEEF TACO BOWL LET/PICO/SHREDDED CHEESE/SOUR CREAM RICE & BEANS MANDARIN ORANGES |