

EMERALD CREST

WEEK 1 MENU

MARCH 2ND TO
MARCH 8TH

		BREAKFAST	LUNCH	DINNER
MONDAY	03/02	SCRAMBLED EGGS BANANA BACON CHOICE OF BEVERAGE CHOICE OF CEREAL	CHICKEN BREAST STUFFED W/ CHEESE & BROCCOLI GARDEN VEGETABLE RICE PILAF VEGETABLES PUDDING	BEEF HOT DOG ON A BUN BAKED BEANS CHIPS PEARS
TUESDAY	03/03	WAFFLES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL	POT ROAST W/ VEGETABLES MASH POTATO W/ BEEF GRAVY CAKE	CHICKEN NOODLE SOUP HAM & SWISS SANDWICH VEGETABLES GRAPES
WEDNESDAY	03/04	FRIED EGGS FRUIT MUFFIN BACON CHOICE OF BEVERAGE CHOICE OF CEREAL	BBQ ROASTED CHICKEN THIGH ROASTED POTATOES VEGETABLES ICE CREAM	BEEF LASAGNA GARLIC TOAST VEGETABLES PEACHES
THURSDAY	03/05	SCONES SAUSAGE PATTY CHOICE OF BEVERAGE CHOICE OF CEREAL	POLISH SAUSAGE W/ ONIONS & PEPPERS POTATO WEDGES VEGETABLES VANILLA CREAM PUFF	GRILLED CHICKEN ROSEMARY POTATOES VEGETABLES APRICOTS
FRIDAY	03/06	CHEESE OMELET CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL	LEMON PEPPER FISH LEMON JUICE/TARTAR SAUCE POTATO CAKES SIDE SALAD COOKIES	CHICKEN POT PIE VEGETABLES PINEAPPLE
SATURDAY	03/07	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	03/08	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 2 MENU

MARCH 9TH TO
MARCH 15TH

		BREAKFAST	LUNCH	DINNER
MONDAY	03/09	HAM, VEGGIE, & CHEESE FRITTATA CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL	BBQ RIBS BAKED BEANS CORNBREAD VEGETABLES ICE CREAM	TOMATO SOUP 2 CHEESE GRILL CHEESE SIDE SALAD PEARS
TUESDAY	03/10	WAFFLES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL	BEEF RAVIOLI IN TOMATO SAUCE GARLIC TOAST VEGETABLES CAKE	KIELBASA W/ SAURKRAUT BOILED POTATOES VEGETABLES FRUIT COCKTAIL
WEDNESDAY	03/11	FRIED EGGS BACON CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL	CHICKEN ALFREDO GARLIC BREADSTICK VEGETABLES CHOCOLATE ECLAIR	MINESTONE SOUP W/ ROAST BEEF SANDWICH VEGETABLES PEACHES
THURSDAY	03/12	FRUIT MUFFIN CANADIAN BACON CHOICE OF BEVERAGE CHOICE OF CEREAL	MEATLOAF CASSEROLE W/MASHED POTATO BEEF GRAVY VEGETABLES BARS	HAMBURGER ON A BUN LET & TOM SIDE SALAD GRAPES
FRIDAY	03/13	SCRAMBLED EGGS W/ CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL	BATTERED COD W/ MALT VINEGAR/TARTAR SAUCE LOADED TOTS VEGETABLES FRUIT GELATIN	CABBAGE ROLLS VEGETABLES DINNER ROLLS TROPICAL FRUIT
SATURDAY	03/14	EGG & CHEESE BREAKFAST SANDWICH CHOICE OF BEVERAGE CHOICE OF CEREAL	COUNTRY FRIED STEAK MASHED POTATO W/ COUNTRY GRAVY VEGETABLES KEY LIME INDIVIDUAL PIES	ORANGE CHICKEN FRIED RICE VEGETABLE EGG ROLLS VEGETABLES APRICOT
SUNDAY	03/15	DONUT HARD COOKED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL	PENNE PASTA W/ GROUND BEEF GARLIC TOAST VEGETABLES COOKIES	CHEESE PIZZA SIDE SALAD MINI GARLIC CHEDDAR BISCUIT APPLE SLICES

EMERALD CREST

WEEK 3 MENU

MARCH 16TH TO
MARCH 22ND

		BREAKFAST	LUNCH	DINNER
MONDAY	03/16	FRENCH TOAST BACON CHOICE OF BEVERAGE CHOICE OF CEREAL	SPAGHETTI & MEATBALLS GARLIC BREADSTICK VEGETABLES PUDDING	LOADED BAKED POTATO SOUP GRILLED HAM & SWISS SANDWICH VEGETABLES FRUIT COCKTAIL
TUESDAY	03/17	YOGURT PARFAIT SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL	CORNED BEEF W/ CABBAGE, POTATOES, & CARROTS DINNER ROLLS CHOCOLATE MINT COOKIE CREAM PIE	CHICKEN SALAD OVER A CROISSANT W/ LET & TOM 3 BEAN SALAD MANDARIN ORANGES
WEDNESDAY	03/18	SAUSAGE, EGG & CHEESE BISCUIT CHOICE OF BEVERAGE CHOICE OF CEREAL	SALISBURY STEAK ROASTED POTATOES VEGETABLES BARS	TURKEY TETRAZZINI DINNER ROLL VEGETABLES PINEAPPLE
THURSDAY	03/19	WAFFLES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL	HAM STEAK AU GRATIN POTATOES VEGETABLES CHEESECAKE	SLOPPY JOE ON A BUN TATER TOTS VEGETABLES APRICOTS
FRIDAY	03/20	CHEESE OMELET BACON CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL	SALMON PATTY ON A BRIOCHE BUN W/ LEMON SAUCE POTATO WEDGES VEGETABLES CAKE	CHICKEN TENDERS MAC & CHEESE BITES VEGETABLES GRAPES
SATURDAY	03/21	PANCAKES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL	BEEF STEW OVER RICE VEGETABLES ICE CREAM	CHICKEN WILD RICE SOUP TURKEY SANDWICH VEGETABLES APPLE SLICES
SUNDAY	03/22	COFFEE CAKE SCRAMBLED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL	ROASTED TURKEY MASH POTATO TURKEY GRAVY VEGETABLES COOKIES	CALIFORNIA CHEESEBURGER ON A BUN LET/TOM/ONIONS FRIES PEACHES

EMERALD CREST

WEEK 4 MENU

MARCH 23RD TO
MARCH 29TH

		BREAKFAST	LUNCH	DINNER
MONDAY	03/23	PANCAKES SAUSAGE LINKS CHOICE OF BEVERAGE CHOICE OF CEREAL	LEMON GARLIC CHICKEN PASTA DINNER ROLLS VEGETABLES ICE CREAM	HAM & CHEESE ON A CROISSANT CREAM OF BROCCOLI SOUP PEACHES
TUESDAY	03/24	SCRAMBLED EGGS W/ CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL	SWISS STEAKS MASH POTATO W/ BROWN GRAVY VEGETABLES CREAM PIES	SQUASH RAVIOLI W/ BUTTER SAUCE DINNER ROLLS VEGETABLES GRAPES
WEDNESDAY	03/25	WAFFLES BACON CHOICE OF BEVERAGE CHOICE OF CEREAL	BBQ PULLED PORK SANDWICH SWEET POTATO FRIES VEGETABLES BROWNIE	MINI CORNDOGS SHOE STRING FRIES VEGETABLES TROPICAL FRUIT
THURSDAY	03/26	CHOCOLATE CROISSANT SAUSAGE LINK CHOICE OF BEVERAGE CHOICE OF CEREAL	SWEET & SOUR CHICKEN WHITE RICE VEGETABLES COOKIES	CHILI W/ BEANS CORNBREAD VEGETABLES PEARS
FRIDAY	03/27	FRENCH TOAST BACON CHOICE OF BEVERAGE CHOICE OF CEREAL	TUNA CASSEROLE MINI GARLIC CHEDDAR BISCUIT VEGETABLES BARS	GREEK CHICKEN SALAD BREADSTICK VEGETABLE APRICOTS
SATURDAY	03/28	SCRAMBLED EGGS W/ BACON & CHEESE CHOICE OF BREAD CHOICE OF BEVERAGE CHOICE OF CEREAL	CHEESY HASH BROWN W/ DICED HAM VEGETABLE CAKE	CHICKEN PATTY ON A BUN WAFFLE FRIES VEGETABLES FRUIT COCKTAIL
SUNDAY	03/29	CINNAMON ROLLS FRIED EGGS CHOICE OF BEVERAGE CHOICE OF CEREAL	ROASTED CHICKEN BREAST W/ HERBS ROSEMARY POTATOES VEGETABLES RICE KRISPY BARS	TURKEY TACO BOWL LET/DICED TOM/SHREDDED CHEESE/SOUR CREAM RICE & BEANS MANDARIN ORANGES