

CAMBRIAN ASSISTED LIVING
Cambrian Fall/Winter 2016-2017
Regular/NAS/Consistent CHO Week 1

Sunday Sep-18, Oct-23, Nov-27, Jan-01, Feb-05, Mar-12	Monday Sep-19, Oct-24, Nov-28, Jan-02, Feb-06, Mar-13	Tuesday Sep-20, Oct-25, Nov-29, Jan-03, Feb-07, Mar-14	Wednesday Sep-21, Oct-26, Nov-30, Jan-04, Feb-08, Mar-15	Thursday Sep-22, Oct-27, Dec-01, Jan-05, Feb-09, Mar-16	Friday Sep-23, Oct-28, Dec-02, Jan-06, Feb-10, Mar-17	Saturday Sep-24, Oct-29, Dec-03, Jan-07, Feb-11, Mar-18
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Eggs Over Easy Sausage Link Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Mandarin Oranges Belgian Waffles Bacon Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Bacon Egg Cheese Muffin Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Grapefruit Sections Scrambled Eggs Bacon Pancakes Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Breakfast Casserole Blueberry Swirl Coffee Cake Juice of Choice 2% Milk Coffee/Tea	Choice of Cold Cereal Choice of Hot Cereal Praline French Toast Fruit Cocktail Bacon Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Chilled Peaches Cheese Omelet Sausage Patty Wheat Bread Juice of Choice 2% Milk Coffee/Tea
Lunch						
Black Bean Soup Tossed Salad Meatloaf Ranch Mashed Potatoes Corn Strawberry pretzel dessert Vanilla Ice Cream 2% Milk Coffee/Tea	Turkey Vegetable Soup Tossed Salad Fried Chicken Baked Beans Creamy Cole Slaw Peach Fruit Cobbler Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Noodle Soup Tossed Salad Macaroni & Cheese Stewed Tomatoes Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Split Pea Soup Tossed Salad Beef Pot Roast Mashed Potatoes Brown Gravy Northwest Vegetable Blend Apple Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Portobello and Wild Grain Tossed Salad Breaded Pork Chops Roast Sweet Potatoes & Apples Veg Blend Peanut Butter Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Butternut Squash Bisque Tossed Salad Italian Breaded Fish Broccoli Rice Au Gratin Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	French Onion Soup Tossed Salad Swiss Chicken Casserole Green Beans Frosted Spice Cake Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Black Bean Soup Tossed Salad Grilled Chicken Sandwich Lettuce / Tomato / Onion American Potato Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Turkey Vegetable Soup Tossed Salad Beef Pepper Patty Whipped Sweet Potatoes Green Peas Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Noodle Soup Tossed Salad Tuscan Turkey Sandwich Red Cabbage Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Split Pea Soup Tossed Salad Tuna Noodle Casserole Green Peas Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Portobello and Wild Grain Tossed Salad Blueberry Walnut Pancakes Sausage Links Fruit Medley Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Butternut Squash Bisque Tossed Salad Lemon Pepper Chicken Baked Potato Peas & Carrots Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	French Onion Soup Tossed Salad Turkey Polish Sausage Sauerkraut Carrots Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

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Regular/NAS/Consistent CHO Week 2

Sunday Sep-25, Oct-30, Dec-04, Jan-08, Feb-12, Mar-19	Monday Sep-26, Oct-31, Dec-05, Jan-09, Feb-13, Mar-20	Tuesday Sep-27, Nov-01, Dec-06, Jan-10, Feb-14, Mar-21	Wednesday Sep-28, Nov-02, Dec-07, Jan-11, Feb-15, Mar-22	Thursday Sep-29, Nov-03, Dec-08, Jan-12, Feb-16, Mar-23	Friday Sep-30, Nov-04, Dec-09, Jan-13, Feb-17, Mar-24	Saturday Oct-01, Nov-05, Dec-10, Jan-14, Feb-18, Mar-25
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Eggs Over Easy Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Mandarin Oranges Southern Benedict Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Scrambled Eggs Canadian Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Grapefruit Sections French Toast Sausage Link Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Tater Tot Breakfast Scramble Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Bacon Egg and Cheese Muffin Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Chilled Peaches Egg, Bacon & Cheddar Scramble Toast Juice of Choice 2% Milk Coffee/Tea
Lunch						
Chicken Noodle Soup Tossed Salad Apple-Raisin Stuffed Chicken Mashed Potatoes Gravy Whole Baby Carrots Pumpkin Pie Squares Vanilla Ice Cream 2% Milk Coffee/Tea	Tuscan Bean & Sausage Soup Tossed Salad Pork Roast Baked Potato Broccoli Pecan Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Beef Barley Soup Tossed Salad Turkey Potato Au Gratin Lima Beans Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Potato AuGratin Soup Tossed Salad Spaghetti Sauce w/Meatballs Green Beans Breadstick Jumble Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Tomato Soup Tossed Salad Grilled Cheese Sandwich Marinated Cucumbers Banana Pudding Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Cordon Bleu Soup Tossed Salad Crab Cakes Steak Fries Mandarin Cole Slaw Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Italian Wedding Soup Tossed Salad BBQ Chicken Tater Tots Three Bean Salad Homemade Brownies Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Chicken Noodle Soup Tossed Salad Beef Pot Pie Dinner Roll Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Tuscan Bean & Sausage Soup Tossed Salad Submarine Sandwich Lettuce / Tomato / Onion Ranch potato salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Beef Barley Soup Tossed Salad Fish and Chips Steak Fries Creamy Coleslaw Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Potato AuGratin Soup Tossed Salad Savory Baked Chicken Breast Carrots Rosemary Roasted Potatoes Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Tomato Soup Tossed Salad Breakfast Pizza Peaches Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Cordon Bleu Soup Tossed Salad Hot Turkey Sandwich Beets Mashed Potatoes Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Italian Wedding Soup Tossed Salad Cheeseburger Lettuce / Tomato / Onion French Fries Baked Beans Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

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Sunday Oct-02, Nov-06, Dec-11, Jan-15, Feb-19, Mar-26	Monday Oct-03, Nov-07, Dec-12, Jan-16, Feb-20, Mar-27	Tuesday Oct-04, Nov-08, Dec-13, Jan-17, Feb-21, Mar-28	Wednesday Oct-05, Nov-09, Dec-14, Jan-18, Feb-22, Mar-29	Thursday Oct-06, Nov-10, Dec-15, Jan-19, Feb-23, Mar-30	Friday Oct-07, Nov-11, Dec-16, Jan-20, Feb-24, Mar-31	Saturday Oct-08, Nov-12, Dec-17, Jan-21, Feb-25, Apr-01
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Vegetable Frittata Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Mandarin Oranges Scrambled Eggs Canadian Bacon Homemade Buttermilk Pancakes Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Sausage Egg Cheese Biscuit 2% Milk Juice of Choice Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Grapefruit Sections Belgian Waffles Sausage Link Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Southwest Scramble Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cocktail Sausage Biscuit and Gravy Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Chilled Peaches Breakfast Casserole Toast Juice of Choice 2% Milk Coffee/Tea
Lunch						
Chic and Wild Rice Tossed Salad Turkey Pot Roast Red Bliss Potatoes Brown Gravy California Veg French Silk Choc Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Tortilla Soup Tossed Salad Hot Roast Beef Sandwich Mashed Potatoes Corn Black Forest Parfait Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Beef Soup Tossed Salad Sweet & Sour Beef Rice Cambrian Vegetable Blend Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Bean and Ham Soup Tossed Salad Chicken a l'Orange Gravy Broccoli Chocolate Eclair Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Turkey and Barley Soup Tossed Salad Scalloped Potatoes and Ham Green Peas Dinner Roll Carrot Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Cream of Potato Tossed Salad Tilapia Almondine Parslied Potatoes Cambrian Vegetable Blend Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Noodle Soup Tossed Salad Chili with Beans Corn Muffin Red Gelatin Cake Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Chic and Wild Rice Tossed Salad Manicotti with Parmesan Cheese Green Beans Breadstick Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Tortilla Soup Tossed Salad Chicken and Waffles Fruit Medley Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Beef Soup Tossed Salad Mini Fish Sandwich Frankenmuth Bean Salad Cookie of the day Vanilla Ice Cream Coffee/Tea 2% Milk	Bean and Ham Soup Caesar Salad Pizza Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Turkey and Barley Soup Tossed Salad Beef Tips Egg Noodles Mixed Vegetables Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Cream of Potato Tossed Salad Cambrian Pork Slider Mandarin Cole Slaw Escalloped Apples Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Noodle Soup Tossed Salad Bourbon Chicken Thighs Duchess Potatoes Corn Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

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Sunday Oct-09, Nov-13, Dec-18, Jan-22, Feb-26, Apr-02	Monday Oct-10, Nov-14, Dec-19, Jan-23, Feb-27, Apr-03	Tuesday Oct-11, Nov-15, Dec-20, Jan-24, Feb-28, Apr-04	Wednesday Oct-12, Nov-16, Dec-21, Jan-25, Mar-01, Apr-05	Thursday Oct-13, Nov-17, Dec-22, Jan-26, Mar-02, Apr-06	Friday Oct-14, Nov-18, Dec-23, Jan-27, Mar-03, Apr-07	Saturday Oct-15, Nov-19, Dec-24, Jan-28, Mar-04, Apr-08
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Cambrian Fruited Oatmeal Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Mandarin Oranges Cheese Omelet Canadian Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Ham-Vegetable Hash Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Grapefruit Sections French Toast Casserole Sausage Links Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Bacon Egg Cheese Muffin Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cocktail Breakfast Casserole Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Scrambled Eggs Canadian Bacon Toast Juice of Choice 2% Milk Coffee/Tea
Lunch						
Cream of Mushroom Tossed Salad Roast Turkey Mashed Potatoes Cornbread Stuffing Gravy Corn Dinner Roll Jellied Cranberry Sauce Dutch Apple Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Chowder Tossed Salad Goulash Lima Beans Vanilla Pudding Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Chopped Sirloin Soup Tossed Salad Italian Baked Chicken Sweet Potato Tots Broccoli Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken and Barley Soup Tossed Salad Parmesan Breaded Pork Parsley Noodles Green Peas Apple Crisp Vanilla Ice Cream 2% Milk Coffee/Tea	French Onion Soup Tossed Salad Chicken Cordon Bleu Mashed Potatoes Gravy California Vegetable Blend Oreo Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Breaded Baked Pollock Baked Potato Cole Slaw Tartar Sauce Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Roasted Vegetable soup Tossed Salad Turkey Butternut Squash Bake Egg Noodles Carrots Dreamsicle Gelatin Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Cream of Mushroom Tossed Salad Grilled Cajun Pork Chop Applesauce Baked Sweet Potato Half Green Peas Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Chowder Tossed Salad Fish and Chips Creamy Cole Slaw Waffle Fries Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chopped Sirloin Soup Tossed Salad Cheese Ravioli w/ Marinara Mixed Vegetables Breadstick Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken and Barley Soup Tossed Salad Beef Stew over Buttermilk Biscuit Buttermilk Biscuit Corn Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	French Onion Soup Tossed Salad Grilled Chicken Sandwich Steak Fries Broccoli Raisin Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Ham and Veggie Quiche Butter Croissant Fruit Medley Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Roasted Vegetable soup Tossed Salad Sloppy Joe Steak Fries Marinated Cucumbers Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

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Regular/NAS/Consistent CHO Week 5

Sunday Oct-16, Nov-20, Dec-25, Jan-29, Mar-05, Apr-09	Monday Oct-17, Nov-21, Dec-26, Jan-30, Mar-06, Apr-10	Tuesday Oct-18, Nov-22, Dec-27, Jan-31, Mar-07, Apr-11	Wednesday Oct-19, Nov-23, Dec-28, Feb-01, Mar-08, Apr-12	Thursday Oct-20, Nov-24, Dec-29, Feb-02, Mar-09, Apr-13	Friday Oct-21, Nov-25, Dec-30, Feb-03, Mar-10, Apr-14	Saturday Oct-22, Nov-26, Dec-31, Feb-04, Mar-11, Apr-15
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Eggs Over Easy Sausage Links Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Mandarin Oranges Cheese Omelet Ham Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Scrambled Eggs Bacon Pancakes Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Grapefruit Sections French Toast Canadian Bacon Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Western Scramble Fresh Fruit Cup Corn Muffin Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Fruit Cocktail Sausage Egg Cheese Biscuit Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Peaches Homemade Buttermilk Pancakes Sausage Links Toast Juice of Choice 2% Milk Coffee/Tea
Lunch						
Beef Barley Soup Tossed Salad Pork Roast German Potato Salad Veg Blend Wheat Dinner Roll Pumpkin Spice Bars Vanilla Ice Cream 2% Milk Coffee/Tea	Italian Wedding Soup Tossed Salad Cheese Tortellini/Rigatoni w/Red Sauce Steamed Broccoli Garlic Toast Eclair Dessert Vanilla Ice Cream 2% Milk Coffee/Tea	Chunky Vegetable Soup Tossed Salad Balsamic Marinated Beef Tips Egg Noodles Sugar Snap Peas Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Stuffed Green Pepper Soup Tossed Salad Baked Glazed Ham Scalloped Potatoes Green Peas Peanut Butter Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Tomato Rice Soup Tossed Salad Quiche Lorraine Dinner Roll California Pasta Salad Homemade Brownies Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Fried Shrimp Steak Fries Cole Slaw Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Beef Noodle Soup Tossed Salad Turkey Pot Roast Mashed Potatoes Gravy Orange Glazed Beets Fruits of the Forest Pie Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Beef Barley Soup Tossed Salad Patty Melt Waldorf Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Italian Wedding Soup Tossed Salad Baked Chicken O'Brien Potatoes Sunshine Carrots Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chunky Vegetable Soup Tossed Salad Grouper Tenders Macaroni & Cheese Northwest Vegetable Blend Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Stuffed Green Pepper Soup Tossed Salad Turkey a la King Buttermilk Biscuit Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Tomato Rice Soup Tossed Salad Cambrian Cordon Bleu Sandwich Three Bean Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Cambrian Hamburger Gravy Mashed Potatoes Super Sweet Corn Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Beef Noodle Soup Tossed Salad Cabbage Roll Stfd w/ Sce Carrots Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea