CAMBRIAN ASSISTED LIVING **Cambrian Spring/Summer 2017** **Regular/NAS/Consistent CHO Week 1**

Sunday Apr-16, May-21, Jun-25, Jul-30, Sep-03	Monday Apr-17, May-22, Jun-26, Jul-31, Sep-04	Tuesday Apr-18, May-23, Jun-27, Aug-01, Sep-05	Wednesday Apr-19, May-24, Jun-28, Aug-02, Sep-06	Thursday Apr-20, May-25, Jun-29, Aug-03, Sep-07	Friday Apr-21, May-26, Jun-30, Aug-04, Sep-08	Saturday Apr-22, May-27, Jul-01, Aug-05, Sep-09
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Homemade Buttermilk Pancakes Bacon Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Cheese Omelet Sausage Patty Toast Mandarin Oranges Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Belgian Waffles Bacon Fruit Cup 2% Milk Juice of Choice Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Scrambled Eggs Grapefruit Bacon Cinnamon Roll Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Southern Benedict Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Cold Cereal Choice of Hot Cereal French Toast Casserole Sausage Links Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Eggs Over Easy Smokey Links Toast Chilled Peaches Juice of Choice 2% Milk Coffee/Tea
Lunch						
Butternut Squash Bisque Tossed Salad Smoked Ham Mashed Sweet Potatoes Peas & Carrots Apple Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Seven Bean Medley Soup Tossed Salad Pork Chop Baked Potato Dilled Carrots Lemon Poppyseed Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Minestrone Tossed Salad Baked Penne Green Beans Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Split Pea soup Tossed Salad Fried Chicken Baked Beans Corn Cherry Tart Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Tortilla Soup Tossed Salad Pork Roast Baked Sweet Potato Half Northwest Vegetable Blend Chocolate Butterscotch Bars Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Soup Tossed Salad Baked Cod Sliced Carrots Rice Pilaf Assorted Dessert Vanilla Ice Cream 2% Milk Coffee/Tea	French Onion Soup Tossed Salad Chopped Sirloin French Fries Cucumbers & Sour Crm Coconut Cream Pie Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Butternut Squash Bisque Tossed Salad Egg and Sausage Bake Tropical Fruit Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Seven Bean Medley Soup Tossed Salad Creamy Swiss Chicken Buttermilk Biscuit Apple and Vegetable Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Minestrone Tossed Salad Coney Island Hot Dog Tater Tots Watermelon Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Split Pea Soup Tossed Salad Tuna Noodle Casserole Fruit Cup Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Tortilla Soup Tossed Salad Savory Baked Chicken Breast Confetti Mashed Potatoes Crumb Topped Brussels Sprouts Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Ham Salad Sandwich Potato chip Rice, Carrot, & Raisin Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	French Onion Soup Tossed Salad Blackberry Dijon Chicken Roasted Potato Medley California Veg Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

Sunday Apr-23, May-28, Jul-02, Aug-06, Sep-10	Monday Apr-24, May-29, Jul-03, Aug-07, Sep-11	Tuesday Apr-25, May-30, Jul-04, Aug-08, Sep-12	Wednesday Apr-26, May-31, Jul-05, Aug-09, Sep-13	Thursday Apr-27, Jun-01, Jul-06, Aug-10, Sep-14	Friday Apr-28, Jun-02, Jul-07, Aug-11, Sep-15	Saturday Apr-29, Jun-03, Jul-08, Aug-12, Sep-16
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Pancakes Sausage Links Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Cheese Omelet Bacon White Toast /Wheat Toast Mandarin Oranges Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal French Toast Sausage Patty Fresh Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Blueberry Walnut Pancakes Bacon Grapefruit Sections Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Scrambled Eggs Smokey Links English Muffin Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Egg & Sausage Strata Toast Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Eggs Over Easy Bacon Toast Chilled Peaches Juice of Choice 2% Milk Coffee/Tea
Lunch						
Chicken Noodle Soup Tossed Salad Beef Burgundy Corn Parsley Noodles Blueberry Lemon Cream Bars Vanilla Ice Cream 2% Milk Coffee/Tea	Hearty Lentil Soup Tossed Salad Fruited Chicken Salad Butter Croissant Cambrian Tomato Basil Salad Pudding Tart Vanilla Ice Cream 2% Milk Coffee/Tea	Cream of Broccoli Soup Tossed Salad Chicken Alfredo Peas & Carrots Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Beef Barley Soup Tossed Salad Beef with Broccoli Egg Noodles Boston Cream Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Chunky Vegetable Soup Tossed Salad Pork with Kraut and Carrots Oven Browned Potatoes Pecan Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Potato AuGratin Soup Tossed Salad Chicken Tenders Fruited Slaw Sweet Potato Fries Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Italian Wedding Soup Tossed Salad Italian Turkey Pot Roast Cauliflower Breadstick Frosted Yellow Cake Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Chicken Noodle Soup Tossed Salad Submarine Sandwich Lettuce / Tomato / Onion Broccoli Raisin Salad Watermelon Vanilla Ice Cream 2% Milk Coffee/Tea	Hearty Lentil Soup Tossed Salad OF Hot Roast Beef Sandwich Mashed Potatoes Brown Gravy California Vegetable Blend Cookie of the day Vanilla Ice Cream Coffee/Tea 2% Milk	Cream of Broccoli Soup Tossed Salad Belgain Waffles Smokey Links Applesauce Cookie of the day Vanilla Ice Cream Coffee/Tea	Beef Barley Soup Tossed Salad Patty Melt Fries Three Bean Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chunky Vegetable Soup Tossed Salad BBQ Drumsticks Sour Cream Potato Salad Corn Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Potato AuGratin Soup Tossed Salad Quiche Lorraine Tropical Fruit Salad Cranberry Walnut Muffin Cookie of the day Vanilla Ice Cream Coffee/Tea	Italian Wedding Soup Tossed Salad Sloppy Joe Potato Chips Frankenmuth Bean Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr-30, Jun-04, Jul-09, Aug-13	May-01, Jun-05, Jul-10, Aug-14	May-02, Jun-06, Jul-11, Aug-15	May-03, Jun-07, Jul-12, Aug-16	May-04, Jun-08, Jul-13, Aug-17	May-05, Jun-09, Jul-14, Aug-18	May-06, Jun-10, Jul-15, Aug-19
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Praline French Toast Smokey Links Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Cheese Omelet Bacon Mandarin Oranges Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Scrambled Eggs Sausage Links Toast Fruit Cup 2% Milk Juice of Choice Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Bacon Egg Cheese Muffin Grapefruit Sections Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Denver Scrambled Eggs Bacon Cinnamon Roll Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Breakfast Casserole Blueberry Muffin Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Eggs Over Easy Smokey Links Toast Chilled Peaches Juice of Choice 2% Milk Coffee/Tea
Lunch						
Chicken & Rice Soup Tossed Salad Chicken Paprika Egg Noodles Northwest Vegetable Blend Peach Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Roasted Vegetable soup Tossed Salad Creamy Beef Pasta Baby Lima Beans Coconut Cream Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Beef Soup Tossed Salad Cheese Ravioli Garlic Toast Green Beans Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Bean and Ham Soup Tossed Salad Chicken Enchilada Casserole Rice and Beans Red Velvet Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Mediterranean Lentil Soup Tossed Salad Country Fried Pork Steak Mashed Potatoes Cauliflower Chocolate Eclair Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Creamy Tomato Bisque Tossed Salad Fried Shrimp Roasted Sweet Potato Broccoli Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Noodle Soup Tossed Salad Chicken a l'Orange Oven Browned Potatoes Mixed Vegetables Apple Crisp Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Chicken & Rice Soup Tossed Salad Tuna Melt Sandwich Bacon Ranch Pea Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Roasted Vegetable soup Tossed Salad Italian Baked Chicken Lemon Rice w/ Peas Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Beef Soup Tossed Salad Turkey a la King Buttermilk Biscuit Carrot Cranberry Salad w/Orange Dressing Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Bean and Ham Soup Tossed Salad Chipped Beef on Toast Fruit Cup Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Mediterranean Lentil Soup Caesar Salad Pizza Breadstick Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Creamy Tomato Bisque Tossed Salad Mini Burgers Lettuce / Tomato / Onion Steak Fries Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chicken Noodle Soup Tossed Salad Egg Salad on Croissant Garden Pasta Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May-07, Jun-11, Jul-16, Aug-20	May-08, Jun-12, Jul-17, Aug-21	May-09, Jun-13, Jul-18, Aug-22	May-10, Jun-14, Jul-19, Aug-23	May-11, Jun-15, Jul-20, Aug-24	May-12, Jun-16, Jul-21, Aug-25	May-13, Jun-17, Jul-22, Aug-26
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal French Toast Bacon Fresh Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Pancakes Sausage Links Mandarin Oranges Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Sausage Egg Cheese Biscuit Fresh Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Cheese Omelet Smokey Links Toast Grapefruit Sections Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Scrambled Eggs Bacon Citrus Berry Muffin Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal French Toast Casserole Sausage Patty Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Eggs Over Easy Sausage Links Diced Peaches Toast Juice of Choice 2% Milk Coffee/Tea
Lunch						
Cream of Mushroom Tossed Salad Roast Beef Mashed Potatoes Brown Gravy Whole Baby Carrots Fruit of the Forest Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Chowder Tossed Salad Chicken Salad Tropical Fruit Salad Banana Bread Picasso's Brownies Vanilla Ice Cream 2% Milk Coffee/Tea	Chopped Sirloin Soup Tossed Salad Pork Marsala Egg Noodles Green Peas Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Hearty Lentil Soup Tossed Salad BBQ Chicken Baked Potato Cauliflower Jumble Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Minestrone Tossed Salad Lasagna Broccoli Breadstick Chocolate Satin Pound Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Cream of Potato Soup Tossed Salad Taco Spud Cole Slaw Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Chunky Vegetable Soup Tossed Salad Beef Noodle Casserole Northwest Vegetable Blend Blueberry Cheesecake Delight Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Cream of Mushroom Tossed Salad Pork BBQ Baked Beans Waldorf Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Vegetable Chowder Tossed Salad Sausage Biscuit and Gravy Applesauce Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chopped Sirloin Soup Tossed Salad Turkey Goulash Green Beans Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Hearty Lentil Soup Tossed Salad Cold Roast Beef Sandwich Lettuce / Tomato / Onion Ambrosia Salad Potato Chips Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Minestrone Tossed Salad Meat Loaf Mashed Potatoes Corn Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Cream of Potato Soup Tossed Salad Grilled Chicken Sandwich Lettuce / Tomato / Onion Apple and Vegetable Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Chunky Vegetable Soup Tossed Salad Hot Dog Baked Beans Potato Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May-14, Jun-18, Jul-23, Aug-27	May-15, Jun-19, Jul-24, Aug-28	May-16, Jun-20, Jul-25, Aug-29	May-17, Jun-21, Jul-26, Aug-30	May-18, Jun-22, Jul-27, Aug-31	May-19, Jun-23, Jul-28, Sep-01	May-20, Jun-24, Jul-29, Sep-02
Breakfast						
Choice of Hot Cereal Choice of Cold Cereal Bacon Egg Cheese Muffin Fresh Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Pancakes Bacon Mandarin Oranges Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Egg, Bacon & Cheddar Scramble Toast Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal French Toast Sausage Links Grapefruit Sections Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Scrambled Eggs Smokey Links Fruit Cup Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Breakfast Casserole Honey Bran Muffin Fruit Cocktail Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Eggs Over Easy Sausage Patty Toast Peaches Juice of Choice 2% Milk Coffee/Tea
Lunch						
Beef Barley Soup Tossed Salad Turkey Potato Au Gratin Green Beans Dinner Roll Oreo Cookie Blondies Vanilla Ice Cream 2% Milk Coffee/Tea	Creamy Chicken Tortilla Soup Tossed Salad Macaroni & Cheese Stewed Tomatoes Confetti Angel Cake Vanilla Ice Cream 2% Milk Coffee/Tea	Stuffed Green Pepper Soup Tossed Salad Broccoli Chedder Quiche Fruited Slaw Butter Croissant Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Portobello and Wild Grain Tossed Salad Salisbury Beef Steak Mashed Potatoes Brown Gravy Carrots Cherry Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Tomato Florentine Soup Tossed Salad Ginger-Barbeque Chicken Baked Sweet Potato Half Broccoli Egg Custard Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Tilapia Rice Pilaf Carrots Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Bean and Bacon Soup Tossed Salad Sloppy Joe French Fries Waldorf Salad Carrot Cake Vanilla Ice Cream 2% Milk Coffee/Tea
Dinner						
Beef Barley Soup Tossed Salad Mini Fish Sandwich Smokehouse Potato Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Creamy Chicken Tortilla Soup Tossed Salad Chicken Salad Croissant Lettuce / Tomato / Onion Tomato Basil Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Stuffed Green Pepper Soup Tossed Salad Stuffed Cabbage Roll California Vegetable Blend Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Portobello and Wild Grain Tossed Salad Breakfast Pizza Peaches 2% Milk Coffee/Tea Cookie of the day Vanilla Ice Cream	Tomato Florentine Soup Tossed Salad Blueberry Walnut Pancakes Bacon Peaches Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Beef Tips Egg Noodles Green Beans Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Bean and Bacon Soup Tossed Salad Pork Choppette Green Peas Rice Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea