

Sunday July 9, 2017	Monday July 10, 2017	Tuesday July 11, 2017	Wednesday July 12, 2017	Thursday July 13, 2017	Friday July 14, 2017	Saturday July 15, 2017
Breakfast						
Cereal Quiche Lorraine Sausage Patties Peaches Juice/ Milk Coffee/Tea	Cereal Fruit Breakfast Croissant Juice/Milk Coffee/Tea	Cereal Biscuits Eggs Ham Juice/Milk Coffee/Tea	Cereal Fruit Yogurt Cinnamon Rolls Juice/ Milk Coffee/Tea	Cereal Danish Hash Browns Egg Scramble Juice / Milk Coffee/ Tea	Cinnamon Cream of Wheat Sausage Links Toast Juice/Milk Coffee/Tea	Cereal Chilled Peaches Fried Eggs Bacon Juice/ Milk Coffee/Tea
Lunch						
Beef Pot Roast Potatoes/ Carrots Buttered Corn Cookies 2% Milk/Juice Coffee/Tea	Chicken Alfredo Caesar Salad Garlic Bread Ice Cream Sundae 2% Milk/ Juice Coffee/Tea	Turkey Cornbread Dressing Green Beans Dinner Roll Gravy Spice Cake 2% Milk/Juice Coffee/Tea	Steak Twice Baked Potato Broccoli Au Jus Gravy Banana Cream Pie 2% Milk/ Juice Coffee/Tea	Caprese Chicken Parslied Noodles Sau'te Spinach Pretzel Parfait 2% Milk/juice Coffee/Tea	Pulled Pork Coleslaw Tater Tots Chocolate Trifle 2%Milk/Juice Coffee/ Tea	Lasagna Garlic Toast Carrot Raisin Salad Brownies 2% Milk/Juice Coffee/Tea
Dinner						
Lemon Butter Fish Rice Pilaf Mixed Veggies Assorted Desserts 2% Milk/Juice Coffee/Tea	Soft Taco Black Beans Spanish Rice Apple Pie 2% Milk/Juice Coffee/Tea	Tuna Salad Sandwich Chips Wild Rice Salad Vanilla Pudding 2% Milk/Juice Coffee/Tea	Macaroni & Cheese Garden Salad Dinner Roll Cookie of the day 2% Milk/Juice Coffee/Tea	Stuffed Cabbage Roll Roasted Beets Michigan Cherry Coconut Cake 2% Milk/Juice Coffee/Tea	Grilled Ham & Swiss Fruit Salad Tomato Soup 2% Milk/Juice Coffee/ Tea	French Toast Bacon Yogurt/Fruit 2% Milk/Juice Coffee/ Tea

Of

CAMBRIAN ASSISTED LIVING
Cambrian Fall/Winter 2016-2017
Regular/NAS/Consistent CHO Week 2

Sunday July 16,2017	Monday July 17,2017	Tuesday July 18,2017	Wednesday July 19,2017	Thursday July 20,2017	Friday July 21,2017	Saturday July 22,,2017
Cereal Greek Scramble Yogurt/Pineapple Coffee/Tea Juice/Milk	Cereal Cottage Cheese Danish Fruit Bowl Coffee/Tea Juice/ Milk	Cereal Mandarin Oranges Cinnamon Rolls Bacon Coffee/Tea Juice/ Milk	Cereal Breakfast Quiche Fruit Coffee/Tea Juice/Milk	Cereal Vegetable Omelet Toast Coffee/ Tea Juice/ Milk	Cereal Fruit Cocktail Belgium Waffles Sausage Links Coffee/Tea Juice/Milk	Cereal Chilled Peaches Pancakes Bacon Coffee/ Tea Juice/Milk
Lunch						
Glazed Ham Sweet Potatoes Brussel Sprouts Peanut Butter Pie Juice/Milk Coffee/Tea	Crab Cakes Roasted Corn & Black Bean Salad Broccoli Cookies n Cream Juice/Milk Coffee/ Tea	Spaghetti with Meat Sauce Garlic Parmesan Toast Caesar Salad Assorted Desserts Juice/Milk Coffee/ Tea	Chili Dog Deluxe French Fries Coleslaw Cupcakes Juice/Milk Coffee/Tea	Mushroom Burger Roasted Herb Red Potatoes Balsamic Cauliflower Baked Apples Juice/ Milk Coffee/Tea	BBQ Chicken Pasta Salad Deviled Eggs Popsicles Juice/Milk Coffee/ Tea	Grilled Cheese Vegetable Soup Garden Salad Juice/ Milk Coffee/Tea
Dinner						
Chicken Rice Soup Grilled Turkey Rueben Roasted Beets Cookie	Pepperoni Pizza Fruit Medley Ice Cream	Fish Sandwich Tater Tots Corn Cheesecake Parfait	Open Faced Turkey Mash Potato Lima Beans Cookie of the Day	French Toast Bacon Strawberries Mandarin Whip	Mushroom Beef Egg Noodles Green Beans Poached Pears	Chili with Beans Corn Muffins Deli Plate Banana Pudding

Of

Sunday July 23, 2017	Monday July 24, 2017	Tuesday July 25, 2017	Wednesday July 26, 2017	Thursday July 27, 2017	Friday July 28, 2017	Saturday July 29, 2017
Cereal Scrambled Cheesy Eggs Toast Coffee/Tea Juice/Milk	Cereal/ Peaches Eggs Benedict Coffee/Tea Juice/ Milk	Maple Brown Cream of Wheat Breakfast Croissant Toast Scrambled Eggs Coffee/Tea Juice/ Milk	Fruited Oatmeal Cinnamon Rolls Confetti Eggs Coffee/Tea Juice/Milk	Cereal Fruit/ Yogurt Breakfast Danish Coffee/ Tea Juice/Milk	Cereal Greek Scramble English Muffin Fruit Coffee/Tea Juice/Milk	Cereal Chilled Peaches Confetti Eggs Toast Coffee/ Tea Juice/Milk
Lunch						
Meat Loaf Au Gratin Potatoes Fried Cabbage Gravy Cake Juice/Milk Coffee/Tea	Taco Salad Refried Beans Cantina Corn Ice Cream Juice/Milk Coffee/ Tea	Bratwurst Peppers/ Onions Roasted Potatoes Seasoned Yellow Squash Michigan Cherry Juice/Milk Coffee/Tea	Roasted Pork Loin Mushroom Orzo Pasta California Medley Brownies Juice/Milk Coffee/ Tea	Pesto Chicken Bowtie Pasta Green Beans M& M Cookies Juice/ Milk Coffee/ Tea	Oven Fried Cod Hushpuppies Coleslaw Tater Tots Peach Cobbler Juice/Milk Coffee/ Tea	Grilled Burger Deluxe/ Cheese French Fries Jell-O Parfait Juice/ Milk Coffee/Tea
Dinner						
Chicken Salad On Croissant Ambrosia Salad	Shrimp Po Boys Onion Straws Strawberry Spinach Salad Pudding Parfait	Tuna Salad Plate Crackers /Tomato Lemon/Pickles/ Cream of Potato Soup	Rueben Quiche 3 Bean Salad Pound Cake/With Fresh Berries	Salisbury Steak Loaded Potatoes Peas/Carrots Ice Cream	Deli Sub Macaroni Salad Potato Chips Fruit Medley	Vegetable Lasagna Tossed Salad Garlic Bread Jell-O Cake

Of

Sunday July 30, 2017	Monday July 31, 2017	Tuesday August 1, 2017	Wednesday August 2, 2017	Thursday August 3, 2017	Friday August 4, 2017	Saturday August 5, 2017
Cereal Scrambled Cheesy Eggs Toast Coffee/Tea Juice/Milk	Peaches/ Cereal Eggs Benedict Coffee/Tea Juice/ Milk	Oatmeal Cambrian Muffin Canadian Bacon Scrambled Eggs Coffee/Tea Juice/ Milk	Oatmeal Cinnamon Raisin French Toast Sausage Links Coffee/Tea Juice/Milk	Cereal Pancakes Bacon Scrambled Eggs Coffee/ Tea Juice/Milk	Cereal Cinnamon Rolls Orange Slices Confetti Eggs Coffee/Tea Juice/Milk	Cereal Fruit/Cottage Cheese Confetti Eggs Toast Coffee/ Tea Juice/Milk
Lunch						
Turkey Mash Potatoes Gravy Green Bean Casserole Bread Pudding Juice/Milk Coffee/Tea	Fried Chicken Macaroni Cheese Greens Ice Cream Juice/Milk Coffee/ Tea	Italian Bake Goulash Garlic Bread Garden Salad Ice Cream Juice/ Milk Coffee/Tea	Chicken and Rice Casserole Roasted Zucchini Strawberry Cheesecake Juice/Milk Coffee/ Tea	Breaded Pork Chop Sweet Potato Mash Dinner Roll Succotash Banana Cupcakes Juice/ Milk Coffee/ Tea	Barbecue Chicken Legs Cooler Corn On the Cob Baked Beans Watermelon Juice/Milk Coffee/ Tea	Cheesesteak Hoagie Deluxe/ Cheese French Fries Rocky Road Pudding Juice/ Milk Coffee/Tea
Dinner						
Chicken Caesar Salad Vegetable Soup Dinner Roll	Sloppy Joe/Jane French Fries Macaroni Salad Pudding Parfait	Open faced Turkey Red Potatoes Broccoli	Fish On a Bun Deluxe Tater Tots Cucum/Tom/Onion Salad	Pesto Ravioli California Vegetables Breadsticks Apple Pie	Gourmet Grilled Cheese Tomato Soup Roasted Beets Berries & Cream	Quiche Lorraine 3 Bean Salad Dinner Roll Spice Cake

CAMBRIAN ASSISTED LIVING

Cambrian Fall/Winter 2016-2017

Regular/NAS/Consistent CHO Week 5

Sunday August 6, 2017	Monday August 7, 2017	Tuesday August 8, 2017	Wednesday August 9, 2017	Thursday August 10, 2017	Friday August 11, 2017	Saturday August 12, 2017
Cereal Banana Bread Cottage Cheese Pineapple Juice/ Milk Coffee/Tea	Cereal Fruit Breakfast Croissant Juice/Milk Coffee/Tea	Cereal Biscuits Eggs Ham Juice/Milk Coffee/Tea	Cereal Fruit Grits Toast Bacon Juice/ Milk Coffee/Tea	Cornflakes Banana Blueberry Muffin Greek Scramble Juice / Milk Coffee/ Tea	Cinnamon Roll Sausage Links Toast Juice/Milk Coffee/Tea	Cereal Chilled Peaches Eggs Bacon Juice/ Milk Coffee/Tea
Lunch						
Glazed Ham Macaroni & Cheese Buttered Roasted Cauliflower Jell-O Juice/2% Milk Coffee/Tea	Cheeseburgers Deluxe Caprese Salad Cookies and Cream Juice/Milk Coffee/Tea	Chicken Enchilada Cantina Corn Black Beans Churros Juice/2% Milk Coffee/Tea	Roast Turkey Cornbread Dressing Stir Fry Cabbage Gravy Chocolate Pudding Juice/2% Milk Coffee/Tea	Creole Chicken Rice Yellow Squash French Bread Praline Cake Juice/2% Milk Coffee/Tea	Baby Back Ribs Potato Salad Baked Beans Pistachio Whip Juice/ Milk Coffee/ Tea	Turkey Pot Pie Buttermilk Biscuits Carrot Raisin Salad Brownies Juice/ 2% Milk Coffee/Tea
Dinner						
Coney Island Dog French Fries Greek Salad Assorted Desserts 2% Milk Coffee/Tea	Belgium Waffles Scrambled Eggs Bacon Fresh Fruit 2% Milk Coffee/Tea	Bratwurst BLT Pasta Salad Tater Tots English Toffee 2% Milk Coffee/Tea	Supreme Pizza Chef salad Cookie of the day 2% Milk Coffee/Tea	Corn Beef Rueben Cream of Vegetable Soup Michigan Cherry Ice Cream 2% Milk Coffee/Tea	Baked Ziti Caesar Salad Bread Stick Strawberry Shortcake Juice/ 2% Milk Coffee/ Tea	Egg Salad On Croissant Lettuce/Tomato Marinated Cucumbers Coconut Cake Juice/ 2% Milk Coffee/ Tea