

**CAMBRIAN ASSISTED LIVING**
**Cambrian Fall/Winter 2017-2018**
**Regular/NAS/Consistent CHO Week 1**

<b>Sunday</b> Sep-17, Oct-22, Nov-26, Dec-31, Feb-04, Mar-11, Apr-15	<b>Monday</b> Sep-18, Oct-23, Nov-27, Jan-01, Feb-05, Mar-12	<b>Tuesday</b> Sep-19, Oct-24, Nov-28, Jan-02, Feb-06, Mar-13	<b>Wednesday</b> Sep-20, Oct-25, Nov-29, Jan-03, Feb-07, Mar-14	<b>Thursday</b> Sep-21, Oct-26, Nov-30, Jan-04, Feb-08, Mar-15	<b>Friday</b> Sep-22, Oct-27, Dec-01, Jan-05, Feb-09, Mar-16	<b>Saturday</b> Sep-23, Oct-28, Dec-02, Jan-06, Feb-10, Mar-17
<b>Breakfast</b>						
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 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
<b>Lunch</b>						
Black Bean Soup Tossed Salad Meatloaf Ranch Mashed Potatoes Corn Strawberry pretzel dessert Vanilla Ice Cream 2% Milk Coffee/Tea	Bean and Ham 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 Baked Cod 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
<b>Dinner</b>						
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	Bean and Ham 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 Italian Pasta Salad Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea	Split Pea Soup Tossed Salad Tuna Noodle Casserole Cauliflower 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 Polish Sausage Sauerkraut Carrots Cookie of the day Vanilla Ice Cream 2% Milk Coffee/Tea

**CAMBRIAN ASSISTED LIVING**
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**Regular/NAS/Consistent CHO Week 2**

<b>Sunday</b> Sep-24, Oct-29, Dec-03, Jan-07, Feb-11, Mar-18	<b>Monday</b> Sep-25, Oct-30, Dec-04, Jan-08, Feb-12, Mar-19	<b>Tuesday</b> Sep-26, Oct-31, Dec-05, Jan-09, Feb-13, Mar-20	<b>Wednesday</b> Sep-27, Nov-01, Dec-06, Jan-10, Feb-14, Mar-21	<b>Thursday</b> Sep-28, Nov-02, Dec-07, Jan-11, Feb-15, Mar-22	<b>Friday</b> Sep-29, Nov-03, Dec-08, Jan-12, Feb-16, Mar-23	<b>Saturday</b> Sep-30, Nov-04, Dec-09, Jan-13, Feb-17, Mar-24
<b>Breakfast</b>						
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 Smokey Links 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
<b>Lunch</b>						
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	Orecchiette Pasta Chicken Dumpling Soup Tossed Salad Italian Beef Casserole California Vegetable Blend Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Italian Wedding Soup Tossed Salad BBQ Chicken Tater Tots Three Bean Salad Brownie Vanilla Ice Cream 2% Milk Coffee/Tea
<b>Dinner</b>						
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 Roasted Potato Medley 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 Dumpling Soup Tossed Salad Hot Turkey Sandwich Corn 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



**CAMBRIAN ASSISTED LIVING**
**Cambrian Fall/Winter 2017-2018**
**Regular/NAS/Consistent CHO Week 3**

<b>Sunday</b> Oct-01, Nov-05, Dec-10, Jan-14, Feb-18, Mar-25	<b>Monday</b> Oct-02, Nov-06, Dec-11, Jan-15, Feb-19, Mar-26	<b>Tuesday</b> Oct-03, Nov-07, Dec-12, Jan-16, Feb-20, Mar-27	<b>Wednesday</b> Oct-04, Nov-08, Dec-13, Jan-17, Feb-21, Mar-28	<b>Thursday</b> Oct-05, Nov-09, Dec-14, Jan-18, Feb-22, Mar-29	<b>Friday</b> Oct-06, Nov-10, Dec-15, Jan-19, Feb-23, Mar-30	<b>Saturday</b> Oct-07, Nov-11, Dec-16, Jan-20, Feb-24, Mar-31
<b>Breakfast</b>						
Choice of Hot Cereal Choice of Cold Cereal Fruit Cup Breakfast Bake Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Mandarin Oranges Scrambled Eggs Smokey Links 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
<b>Lunch</b>						
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	Roasted Vegetable 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
<b>Dinner</b>						
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 Tenders Tater Tots 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	Roasted Vegetable 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 Escaloped 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

**CAMBRIAN ASSISTED LIVING**
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**Regular/NAS/Consistent CHO Week 4**

<b>Sunday</b> Oct-08, Nov-12, Dec-17, Jan-21, Feb-25, Apr-01	<b>Monday</b> Oct-09, Nov-13, Dec-18, Jan-22, Feb-26, Apr-02	<b>Tuesday</b> Oct-10, Nov-14, Dec-19, Jan-23, Feb-27, Apr-03	<b>Wednesday</b> Oct-11, Nov-15, Dec-20, Jan-24, Feb-28, Apr-04	<b>Thursday</b> Oct-12, Nov-16, Dec-21, Jan-25, Mar-01, Apr-05	<b>Friday</b> Oct-13, Nov-17, Dec-22, Jan-26, Mar-02, Apr-06	<b>Saturday</b> Oct-14, Nov-18, Dec-23, Jan-27, Mar-03, Apr-07
<b>Breakfast</b>						
Choice of Hot Cereal Choice of Cold Cereal Fresh Fruit Cup Eggs Over Easy Bacon Toast Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Mandarin Oranges Cheese Omelet Smokey Links 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 Smokey Links Toast Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Cream of Mushroom Tossed Salad Roast Turkey Mashed Potatoes Cornbread Stuffing Gravy Corn Dinner Roll Jellied Cranberry Sauce 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 Roasted Potato Medley Gravy California Vegetable Blend Oreo Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Boston Clam Chowder Tossed Salad Chicken Corn Dog Waffle Fries Creamy Cole Slaw 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
<b>Dinner</b>						
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



**CAMBRIAN ASSISTED LIVING**
**Cambrian Fall/Winter 2017-2018**
**Regular/NAS/Consistent CHO Week 5**

<b>Sunday</b> Oct-15, Nov-19, Dec-24, Jan-28, Mar-04, Apr-08	<b>Monday</b> Oct-16, Nov-20, Dec-25, Jan-29, Mar-05, Apr-09	<b>Tuesday</b> Oct-17, Nov-21, Dec-26, Jan-30, Mar-06, Apr-10	<b>Wednesday</b> Oct-18, Nov-22, Dec-27, Jan-31, Mar-07, Apr-11	<b>Thursday</b> Oct-19, Nov-23, Dec-28, Feb-01, Mar-08, Apr-12	<b>Friday</b> Oct-20, Nov-24, Dec-29, Feb-02, Mar-09, Apr-13	<b>Saturday</b> Oct-21, Nov-25, Dec-30, Feb-03, Mar-10, Apr-14
<b>Breakfast</b>						
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 Juice of Choice 2% Milk Coffee/Tea	Choice of Hot Cereal Choice of Cold Cereal Grapefruit Sections French Toast Smokey Links 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
<b>Lunch</b>						
Beef Barley Soup Tossed Salad Pork Roast German Potato Salad Veg Blend Wheat Dinner Roll Cherry Pie 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 Green Beans Assorted Desserts Vanilla Ice Cream 2% Milk Coffee/Tea	Stuffed Green Pepper Soup Tossed Salad Baked Glazed Ham Scalloped Potatoes California Veg Peanut Butter Pie Vanilla Ice Cream 2% Milk Coffee/Tea	Tomato Rice Soup Tossed Salad Quiche Lorraine Dinner Roll California Pasta Salad Brownie 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
<b>Dinner</b>						
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