

CAMBRIAN ASSISTED LIVING
South Lyon Spring and Summer Menu 2019-2020
Regular/NAS/Consistent CHO Week 1

Sunday August 18, 2019	Monday August 19, 2019	Tuesday August 20, 2019	Wednesday August 21, 2019	Thursday August 22, 2019	Friday August 23, 2019	Saturday August 24, 2019
Fresh Baked Cinnamon Rolls Scrambled Eggs Orange Slices Coffee/Tea Juice/Milk	Banana Cereal Cheesy Eggs Bacon Coffee/Tea Juice/ Milk	Cereal Sausage Scrambled Eggs Hash browns Grapes/ Peaches Coffee/Tea Juice/ Milk	Cereal English Muffin Canadian Bacon Fried Eggs Sandwich Fresh Pineapple Coffee/Tea Juice/Milk	Cereal Buttered Croissant Western Egg Bake Sausage Links Coffee/ Tea Juice/ Milk	Cereal Pancakes w/ Bananas Foster Bacon Coffee/Tea Juice/Milk	Cereal Eggs Toast Fresh Melon Coffee/ Tea Juice/Milk
Lunch						
Turkey & Gravy Cornbread Dressing Fried Cabbage Hawaiian Roll Berry Trifle Juice/ Milk Coffee/Tea	Chicken Ceaser Wrap Deluxe Fresh Grapes Vegetable Soup Cherry Pie Turnovers Juice/Milk Coffee/ Tea	Taco Salad Lettuce/Tomato Cheese Sour Cream/Salsa Refried Beans Spanish Rice Warm Churros/Carmel Juice/Milk Coffee/ Tea	Chicken Marsala Mash Potato California Medley Cherry Chip Cake Juice/Milk Coffee/Tea	Grilled Italian Sausage with Peppers & Onions Blt Pasta Salad Watermelon Coconut Cream Pie Juice/ Milk Coffee/ Tea	Garlic Grilled Salmon/ Trout Wild Rice Roasted Asparagus Cheesecake Juice/Milk Coffee/ Tea	Cabbage Rolls Roasted Carrots Breadstick Chocolate Chip Cookie Juice/ Milk Coffee/Tea
Dinner						
Ultimate Macaroni & Cheese Stewed Tomato Bread & Butter Chocolate Brownie Juice/ Milk Coffee/ Tea	Pesto Ravioli Roasted Yellow Squash Garlic Bread Rainbow Sherbet Juice/ Milk Coffee/ Tea	Corn Dogs French Fries Carrots & Ranch Ice Cream Sundae Juice/ Milk Coffee/ Tea	Roast Beef & Cheddar On a Onion Roll Onion Rings Cucumber& Tomato Salad Chocolate Cream Puff Juice/ Milk Coffee/ Tea	Sub Sandwich Potato Chips Italian Wedding Soup Vanilla Banana Split Parfait Juice/ Milk Coffee/ Tea	Sloppy Joe/Jane Tater Tots Buttered Peas Blueberry Pie Juice/ Milk Coffee/ Tea	Turkey Deluxe Sandwich Chicken Tortilla Soup Ice cream with Strawberry Sauce Juice/ Milk Coffee/ Tea

of

Sunday March 12, 2017	Monday March 13, 2017	Tuesday March 14, 2017	Wednesday March 15, 2017	Thursday March 16, 2017	Friday March 17, 2017	
Breakfast						
Cereal Scrambled Eggs Sausage Patties Toast Milk Juice	Cereal Soft Boiled Eggs Canadian Bacon Scramble Milk Juice	Cereal Western Scramble Sausage Links Toast Milk Juice	Cereal Egg & Cheese Muffin Fruit Bowl Milk Juice	Cereal Cheese Omelet Bacon Toast Milk Juice	Cereal Scrambled Eggs Sausage Biscuit Gravy Milk Juice	Cereal Chilled Peaches Greek Quiche Bacon Milk Juice
Lunch						
Pot Roast Carrots/ Celery Potatoes Ice Cream	Pulled Pork Baked Beans Coleslaw Pineapple Upside Down Cake	Soup Du jour Chicken Salad On a Croissant 3 Bean Salad Cookie of the Day	Chili Mac Garden Salad French Bread Assorted Desserts	Corn Beef Cabbage Red Bliss Potatoes Dinner Roll Fruited Jello	Soup Du jour Tuna Salad On a Bed of Lettuce Fresh Tomato Slices Crackers Pistachio Whip	Turkey Tetrizzini Sweet Peas Biscuit Chocolate Ice Cream
Dinner						

Vegetable Beef Soup Grilled Turkey Deluxe Cookies n Cream	Mini Pepperoni Pizza Caesar Salad Fruit Medley	Slider Cheeseburgers Tater Tots Vegetable Medley Assorted Desserts	Hot Ham & Cheese Sandwich Chips Mandarin Salad Chocolate Ice Cream	Vegetable Lasagna Breadsticks Carrot Raisin Salad	Sweet Sour Chicken Rice Green Beans Assorted Desserts	Baked Fish Macaroni Salad Broccoli Cookie of the Day
Dinner						
Grilled Ham & Cheese Cheddar Broccoli Soup Chips Ice Cream	Deli Sub Potato Salad Strawberry Cupcakes	Baked Fish Steak Fries Creamy Coleslaw Assorted Desserts	Open Faced Turkey Sandwich Mashed Potato Gravy Beets Chocolate Ice Cream	Mushroom Beef Tips Egg Noodles Sweet Peas Cookie Of The Day	Savory Baked Chicken Vegetable Medley Escalloped Apples Vanilla Ice Cream	Mini Cheeseburgers Lettuce/Tomato French Fries Baked Beans Assorted Desserts

Sunday Oct-09, Nov-13, Dec-18, n- 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, Jan24, Feb-28, Apr-04	Wednesday Oct-12, Nov-16, Dec-21 , Jan25, Mar-01, Apr-05	Thursday Oct-13, Nov-17, Dec-22, Jan26, Mar-02, Apr-06	Friday Oct-14, Nov-18, Dec-23, Jan27, Mar-03, Apr-07	Saturday Oct-15, Nov-19, Dec-24, Jan28, 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 %/0 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 CoffeeTea	Chicken and Barley Soup Tossed Salad Beef Stew over Buttermik 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

3:55:10

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