

Weekly Meal Planner | Carb Control | 8/23/20 - 8/30/20

	BREAKFAST	LUNCH	DINNER	SNACK
Sunday	Eggs Made to Order w/ **Bacon, Oatmeal and WW Toast and Fresh Fruit	Baked Chicken, Mashed Sweet Potatoes and Broccoli and S/F Strawberry Shortcake	Loaded Potato Soup and S/F Banana Pudding	Upon Request
Monday	WW French Toast, **Sausage, Oatmeal, WW Toast and Fresh Fruit	Meatloaf, Honey Butter Cornbread Mashed Potatoes/ Gravy, Malibu Blend and S/F Tapioca Pudding	Loaded Mac and Cheese Bowls, S/F Assorted Desserts	Upon Request
Tuesday	Eggs Made to Order w/ **Bacon and WW Toast, Oatmeal and Fresh Fruit	Chicken Alfredo Lasagna, Mixed Vegetables and S/F Assorted Cookies	Chili, Cornbread and S/F Fresh Fruit	Upon Request
Wednesday	Waffles, **Sausage, Oatmeal, WW Toast and Fresh Fruit	Turkey, Mashed Potatoes w/ Gravy Green Beans and S/F Pumpkin Pie	Fried Shrimp, French Fries and S/F Novelty Ice Cream	Upon Request
Thursday	Eggs Made to Order w/ **Bacon and WW Toast, Oatmeal and Fresh Fruit	Pepper Steak, Steamed Rice, Vegetables and S/F Chocolate Pie	Tuna Salad Sandwich, Fresh Vegetables w/ Dip and S/F Carrot Cake	Upon Request
Friday	Pancakes, **Sausage, Oatmeal, WW Toast and Fresh Fruit	Fried Perch, French Fries, Cole Slaw and S/F Blueberry Pie	Pizza Grilled Cheese, Chips and Fresh Fruit	Upon Request
Saturday	Eggs Made to Order w/ **Bacon and WW Toast, Oatmeal and Fresh Fruit	Salisbury Steak, Mashed Potatoes, Fresh Summer Squash, and S/F Chocolate Cake	Sloppy Joes, French Fries and S/F Ice Cream	Upon Request

Fresh Fruit will be offered at Breakfast, Lunch and Dinner. A Salad will be Offered at Lunch. Soup will be Available at Lunch and Dinner.** Denotes a High Sodium Menu Item. Those Individuals with a Sodium Restriction Should Restrict or Limit These Items. All Menu Items are Prepared without Added Salt.

All Menu Items can be Prepared as a "Puree" or a "Cut-up" as required by a Therapeutic Diet Desserts are Offered at Lunch and Dinner. **Where Possible, Splenda is Used as a Sugar Substitute. A Sugar-Free Baked Good/ Ice Cream Is Always Available as an Alternate.**

This Menu Provides an Opportunity for people to Choose a Healthier Diet, Rich in Nutrient Rich Foods to meet the Nutritional Requirements of Healthy Adults.

These Menus are Reviewed by Food Servings/Type and Macronutrient Specialized Diets Would be Individualized.

Recommendations are based on USDA Guidelines for Seniors. Limit Calories from added Sugar, Saturated fats and reduced sodium intake. Daily Offerings should meet at least the following Criteria: 6 Oz's of Grains, 2 1/2 cups of Vegetables, 5 1/2 Oz's, of protein, 2 cups of Fruit, 3 Cups of Dairy. *Menu is subject to Change!