

**Weekly Meal Planner | Gluten Free | 8/23/20 - 8/30/20**

	BREAKFAST	LUNCH	DINNER	SNACK
<b>Sunday</b>	Eggs Made to Order w/ **Bacon, Oatmeal and G/F Toast and Fresh Fruit	Baked Chicken, Mashed Sweet Potatoes and Broccoli and G/F Strawberry Shortcake	G/F Loaded Potato Soup and G/F Banana Pudding	Upon Request
<b>Monday</b>	G/F French Toast, **Sausage, Oatmeal, G/F Toast and Fresh Fruit	G/F Meatloaf, G/F Honey Cornbread, Mashed Potatoes/Gravy, Malibu Blend and G/F Tapioca Pudding	G/F Loaded Mac and Cheese Bowls, G/F Assorted Desserts	Upon Request
<b>Tuesday</b>	Eggs Made to Order w/ **Bacon and G/F Toast, Oatmeal and Fresh Fruit	G/F Chicken Alfredo Lasagna, Mixed Vegetables and G/F Assorted Cookies	Chili, G/F Cornbread and G/F Fresh Fruit	Upon Request
<b>Wednesday</b>	G/F Waffles, **Sausage, Oatmeal, G/F Toast and Fresh Fruit	Turkey, Mashed Potatoes w/ Gravy Green Beans and G/F Pumpkin Pie	Garlic Shrimp, French Fries and G/F Novelty Ice Cream	Upon Request
<b>Thursday</b>	Eggs Made to Order w/ **Bacon and G/F Toast, Oatmeal and Fresh Fruit	Pepper Steak, Steamed Rice, Vegetables and G/F Chocolate Pie	G/F Tuna Salad Sandwich, Fresh Vegetables w/ Dip and G/F Carrot Cake	Upon Request
<b>Friday</b>	G/F Pancakes w/ **Sausage, Oatmeal, G/F Toast and Fresh Fruit	Baked Perch, French Fries, Cole Slaw and G/F Blueberry Pie	G/F Pizza Grilled Cheese, Chips and Fresh Fruit	Upon Request
<b>Saturday</b>	Eggs Made to Order w/ **Bacon and G/F Toast, Oatmeal and Fresh Fruit	Salisbury Steak, Mashed Potatoes, Fresh Summer Squash, and G/F Chocolate Cake	G/F Sloppy Joes, French Fries and G/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 Senior+A6:E16rs. 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!