

Weekly Meal Planner | Heart Healthy | 8/23/20 - 8/30/20

	BREAKFAST	LUNCH	DINNER	SNACK
<b>Sunday</b>	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
<b>Monday</b>	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
<b>Tuesday</b>	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
<b>Wednesday</b>	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
<b>Thursday</b>	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
<b>Friday</b>	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
<b>Saturday</b>	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 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+A1:E16s. 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!