

**Facility: River Source** **7 – DAY MENU PLAN** **Week 1** **DATE: \_\_\_\_\_**

**\*Vegetarian or Special Order Meals Upon Request**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>B R E A K F A S T</b>	Eggs over easy (egg beaters) Bacon muffin Fresh Fruit Cereal Yogurt Fruit Smoothie Milk	Spinach-mushroom quesidilla ham Fresh Fruit Cereal Yogurt Fruit Smoothie Milk	Scrambled eggs (egg beaters) bacon muffin Fresh Fruit Cereal Yogurt Fruit Smoothie Milk	French toast (Egg Beaters) sausage Fresh Fruit Cereal Yogurt Fruit Smoothie Milk	Scrambled Eggs (Egg Beaters) Bacon Muffin (or toast) Fresh Fruit Cereal Yogurt Fruit Smoothie Milk	Breakfast burrito ham Fresh Fruit Cereal Yogurt Fruit Smoothie Milk	Pancakes sausage Fresh Fruit Cereal Yogurt Fruit Smoothies Milk
<b>SNACK</b>		<b>Granola Bars</b>	<b>Fresh Fruit</b>	<b>Trail Mix</b>	<b>Upon</b>	<b>Request</b>	
<b>L U N C H</b>	Fish tacos Grilled vegetable salad with citrus viniagrette Lemon-cucumber water	Turkey and minestrone soup salad crackers water with raspberries	Sloppy joes with cheese  Cuke-tomato salad  Chips  Ginger-mint water	Turkey and cheese wraps shredded lettuce and tomato chips ginger-mint water	Chicken fajitas Refried beans Lettuce/ tomato Lemon-cucumber water	Cheeseburgers Cauliflower with cheese chips water with raspberries	Grilled ham and cheese sandwich Tomato soup Crackers Water with raspberries
<b>SNACK</b>		<b>Granola Bars</b>	<b>Fresh Fruit</b>	<b>Trail Mix</b>	<b>Upon</b>	<b>Request</b>	
<b>D I N N E R</b>	Teriyaki chicken Roasted red potatoes asparagus salad Dinner rolls Lemon-cucumber water	Ultimate shrimp pasta peas salad Dinner Rolls Water with raspberries	Cornish hen Brown rice pilaf broccoli Salad Dinner Rolls Ginger-mint water	Vegetable spaghetti Garlic butter rolls Salad Dinner Rolls Lemon-cucumber water	meatloaf quinoa with pine nuts carrots Salad Dinner Rolls Lemon-cucumber water	stuffed lemon-pepper chicken Scalloped potatoes Green beans Salad Dinner Rolls Water with raspberries	Vegetable lasagna Salad Dinner Rolls Ginger-mint water
<b>SNACK</b>		<b>Granola Bars</b>	<b>Fresh Fruit</b>	<b>Trail Mix</b>	<b>Upon</b>	<b>Request</b>	