

PLEASE DO NOT FORGET TO PUT YOUR NAME AND APT/COTTAGE NUMBER ---RESIDENT COPY---

NAME:

APARTMENT/COTTAGE NUMBER:

18 JULY- 24 JULY	BREAKFAST HOURS 7:00AM TO 8:30AM						PLEASE CIRCLE DELIVERY IF YOU WANT YOUR MEAL DELIVERED FOR 1.50 FEE						DELIVERY
	LUNCH & DINNER PICK-UP HIGH-RISE: 10:00 A.M. TO 1:00 P.M.												
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
7/18/2021	7/19/2021	7/20/2021	7/21/2021	7/22/2021	7/23/2021	7/24/2021							

BREAKFAST

<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE		
	BREAKFAST TACOS, FRESH-FRUIT CUP AND ARROZ CON LECHE		SAUSAGE, EGG AND CHEESE CROISSANT WITH FRESH-FRUIT CUP AND YOGURT		BREAKFAST HAM, SCRAMBLED EGGS WITH FRENCH TOAST, CEREAL AND FRESH-FRUIT CUP		OMELET WITH ONIONS, MUSHROOMS, BELL PEPPERS AND FRESH-FRUIT CUP AND OATMEAL		BREAKFAST TACOS, FRESH-FRUIT CUP AND ARROZ CON LECHE		SAUSAGE, EGG AND CHEESE CROISSANT WITH FRESH-FRUIT CUP AND YOGURT		BREAKFAST HAM, SCRAMBLED EGGS WITH FRENCH TOAST, CEREAL AND FRESH-FRUIT CUP

LUNCH AND DINNER

<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE		
	SOUTHWEST CHICKEN SALAD		BBQ BRISKET SANDWICH		FRIED COCONUT SHRIMP SALAD		CHICKEN-SALAD SANDWICH		GROUND-BEEF TACO SALAD		TURKEY BLT SANDWICH		BLACKENED CAESAR CHICKEN SALAD
<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO
HEART HEALTHY	ORANGE GINGER-GLAZED SALMON BROWN RICE, SAUTEED CARROTS WITH SNOW PEAS		LEMON-ROSEMARY CHICKEN THIGHS BARLEY AND ROASTED TURNIPS		TURKEY-STUFFED CABBAGE QUINOA AND GREEN BEANS		PARMESAN BROILED TILAPIA WILD RICE WITH DRIED CRANBERRIES AND ROASTED PECAN		HERBED CHICKEN MARSALA SPAGHETTI SQUASH AND STEAME BROCCOLI		GRILLED SIRLOIN STEAK BAKED POTATO AND GREEN BEANS		PAN-SEARED SALMON WITH LEMON-CAPER SAUCE WILD RICE AND OVEN ROASTED BRUSSL SPROUTS
<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE
	MEATLOAF SCALOPED POTATOES AND GREEN BEASN		SALMON CROQUETTES WITH CREOLE SAUCE MASHED POTATOES AND GRILLED ASPARAGUS		POT-STICKERS FRIED RICE AND STIR-FRY VEGETABLES		FRIED CATFISH FILETS HUSH-PUPPIES AND COLE SLAW		BEEF & CHICKEN FAJITAS WITH TORTILLAS SPANISH RICE AND REFRIED BEANS		CHICKEN-TENDERS WITH CREAMY GRAVY MASHED POTATOES AND STEAMED BROCCOLI		BEEF STROGANOFF EGG-NOODLES AND BUTTERED CARROTS

Highlighted items-HEART HEALTHY meals will be all-inclusive of many nutritional concerns. The selection will incorporate a variety of foods from all food groups, while remaining low in calories and nutrients of concern, like sodium, saturated fat, trans fats, refined grains, and added sugar. By including lean protein, fiber-rich whole grains or complex starches, and fresh vegetables, they may help support your goals to control weight, cholesterol, blood pressure, and blood sugar.

FOLLOWING ITEMS WILL BE AVAILABLE AT YOUR DESIGNATED PICK UP AREAS, PLEASE SELECT 1 PER CATEGORY PER MEAL				
BEVERAGE	WHOLE FRUIT	BAGGED CHIPS	DESSERT	SOUP OR SALAD
MILK WATER JUICE	APPLE ORANGE BANANA	REGULAR CHIPS BAKED CHIPS	DAILY DESSERT SPECIAL	SOUP OF THE DAY SALAD OF THE DAY
DESSERT CART IS IN THE PRIVATE DINING ROOM MONDAY THUR FRIDAY 10:00 A.M. TO 1:00 P.M.				