

Beautiful Life Adult Day Care LLC

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Week 1

Monday Dinner

Chicken drumstick, rice and corn

Tuesday Dinner

Meatballs with marinara, mashed potatoes, with cheese and green beans

Wednesday Dinner

Pork stew with rice and cauliflower

Thursday Dinner

Fish with red sauce, white rice and mixed veg.

Friday Dinner

Rice with sausage, beans and broccoli

Saturday Dinner

Pulled pork, rice and mixed veg

Sunday Dinner

Chicken liver with onion, pasta and mixed veg. salad

Desserts

Graham crackers

Pudding

Chocolate waffles

Yogurt

Peanut butter cookies

Beverages

Milk 1%

Juice (orange, apple, cranberry)

Monday Lunch

Tuna macaroni salad, grape tomatoes

Tuesday Lunch

Potato salad with mayo and bologna

Wednesday Lunch

Crabmeat salad, couscous salad

Thursday Lunch

Bean salad with ham and cheese

Friday Lunch

Chicken salad, cabbage salad

Saturday Lunch

Coleslaw and turkey cold cut

Sunday Lunch

Egg potato salad, cauliflower

Fruits

Apples

Bananas

Oranges

Bread

Wheat bread