



# GROVEMENUS

## Weekly Menu Hartford Estates



	Sun 10-18-2020	Mon 10-19-2020	Tue 10-20-2020	Wed 10-21-2020	Thu 10-22-2020	Fri 10-23-2020	Sat 10-24-2020
B R K	1 oz Cold Cereal 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Perfect Pancakes 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Scrambled Egg 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	2 - Cinnamon French Toast 1 slice Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Potato Omelet Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
S N A	1 oz Crackers	1/2 c Fruit	1/2 c Fruit	1/2 c Fruit	1/2 c Fruit	1/2 c Fruit	1/2 c Fruit
L U N	3 oz Glazed Meatloaf 1/2 c Onion Roasted Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1/2 c Yogurt Jello Salad	3 oz Chicken with Honey Lemon Sauce 1/2 c Fresh Mashed Potatoes 1/2 c Green Bean Cauliflower Blend 1 - Baked Roll 3"x 2" pc White Poke Cake	3 oz Baked Pork Chops 1/2 c Garlic Pasta 1 c Garden Green Salad 1 - Baked Roll 1/2 c Pear Cobbler	3 oz Classic Pot Roast and Potatoes 1/2 c Capri Blend 1 - Baked Roll 1 - Chocolate Sugar Cookies	1/2 c Frozen Mixed Fruit 1 - Baked Roll 1/2 c Ice Cream	2 oz Fish Sticks and Fries 1 - Baked Roll 3"x 2" pc Cherry Chocolate Cake	1 Pc 3" Lasagna 1/2 c Seasoned Zucchini 1 slice Garlic Bread 3"x 2" pc Autumn Spice Cake
S N A	1/2 c Yogurt	1 - Granola Bar	1 - Homemade Cookie	1/2 c Yogurt	1 - Granola Bar	1 - Homemade Cookie	1 - Crackers and Peanut Butter
D I N	1 c Baked Chicken Tenders and Fries 1/2 c Apple Salad 1/2 c Grilled Mixed Vegetables 1 - Crusty Cheese Bread	1 - Ranch Burger 1/2 c Tangy Fruit Salad 1 c Pickle Relish Plate 3 oz Steak Fries	1 c Chicken Rice Soup 1/2 c Pineapple Chunks 1/2 c Tomatoes with Cottage Cheese 1 - Herb Pull Apart Roll	1 c Autumn Ham Soup 1 - Baked Roll 1 - Homemade Cookie	1 - Ham and Swiss Sandwich 1/2 c Peaches 1/2 c Apple Coleslaw 1 oz Chips	1 - Meat Lover's Pizza 1/2 c Assorted Fruit 1 c Caesar Salad 1 - 30 Minute Breadsticks	1 c Cranberry Apple Chicken Salad 1/2 c Pears 1/2 c Veggies in Salad 1 - Cornbread Muffin
S N A	1 - Cheese and Crackers	1/2 - Deli Sandwich Half	1/2 c Cottage Cheese and Fruit	1 - Cheese and Crackers	1/2 - Deli Sandwich Half	1/2 c Cottage Cheese and Fruit	1 - Graham Cracker and Milk
Milk offered at every meal							Week 2