

Seniors Resource Management

Regular/No Added Salt

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes
Lunch						
Corn Chowder Tossed Salad with Tomato & Cucumber Beef Stew Parslied Mashed Potatoes Artisan Roll Butter Berry Cobbler Beverage of Choice	Italian Wedding Soup Caesar Salad Chicken Pot Pie Oven Roasted Brussel Sprouts Garlic Breadstick Chocolate Mousse Beverage of Choice	Pan Seared Salmon Broccoli Cheese Soup Tossed Salad with Tomato & Cucumber Potatoes Au Gratin Braised Red Cabbage Artisan Roll Butter Pumpkin Square Beverage of Choice	Lentil Soup Spinach Salad w/ Dressing Pork Chop w/ Sherry Vinegar Sauce Risotto with Cheese Peas & Pearl Onions Artisan Roll Butter Vanilla Sponge Cake Beverage of Choice	Vegetable Barley Soup Caesar Salad Chicken Breast w/ Honey Marsala Sauce Whipped Sweet Potatoes Roasted Mushrooms Artisan Roll Butter Cinnamon Baked Apples Beverage of Choice	Chicken Noodle Soup Tossed Salad with Tomato & Cucumber Vegetable Lasagna Artisan Roll Butter Lemon Meringue Pie Beverage of Choice	Pepper Pot Soup Spinach Salad w/ Dressing Turkey Divan with Broccoli Paprika Noodles Southern Style Pinto Beans Artisan Roll Butter Peaches and Cream Beverage of Choice
Apple Ginger Pork Chop	Cheese Tortellini w/ Alfredo Sauce	Encrusted Pork Loin with Garlic Butter	Chicken Salad Sandwich	Baked Herb Fish	Sausage with Peppers & Onions Sour Cream Mashed Potatoes	BBQ Beef Brisket
Dinner						
Venetian Bean and Potato Soup Spinach Salad w/ Dressing Greek Feta Chicken Salad Pan-Fried Polenta w/ Parmesan & Rosemary Baked Tomatoes Artisan Roll Butter Spiced Apricots Beverage of Choice	Pot Roast Steamed Asparagus Wedge Salad Twice Baked Potato Artisan Roll Butter Poached Pears Beverage of Choice Baked Potato Soup	Cream of Asparagus Soup Candied Walnut Salad Turkey with Cranberry Glaze Baked Sweet Potato w/Cinnamon Butter Creamed Spinach Artisan Roll Butter Orange Ambrosia Beverage of Choice	Tomato Bisque Kale Salad Fish and Chips Roasted Tuscan-Style Potatoes Buttered Broccoli Artisan Roll Butter Strawberries with Balsamic Vinegar Beverage of Choice	Tortilla Soup Tomato Avocado Salad Barbacoa Tacos Mexican Rice Black Beans with Bacon Oatmeal Raisin Cookie Beverage of Choice	Chicken & Wild Rice Soup BBQ Pork Platter Marinated Artichoke Salad Artisan Roll Butter Breaded Okra Blueberries & Bananas Beverage of Choice Baked Beans	Split Pea Soup Arugula Salad Quiche Lorraine Roasted Garlic Potatoes Tangy Mustard Cauliflower Sweet Potato Biscuit Butter Cherry Chocolate Chunk Cookie Beverage of Choice
Shrimp Newburg	Egg Salad Sandwich	Beef Tips Seared with Vegetables	Oven Fried Chicken	Cheese Quesadilla	Salmon Croquette Roasted Beets and Carrots Potato Wedges	Chicken Florentine with Spinach

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Week 2

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Breakfast						
Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Wheat Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes
Lunch						
Potato Leek Soup Tossed Salad with Tomato & Cucumber Turkey Cutlet with Mushroom Sauce Chestnut Stuffing Sweet Whipped Carrots Artisan Roll Butter Black Forest Cake Beverage of Choice	Baby Back Ribs Egg Drop Soup Arugula Salad Baked Potatoes with Deep-Fried Onions Calico Coleslaw Artisan Roll Butter Vanilla Bean Ice Cream Blueberry Sauce Beverage of Choice	French Onion Soup Tossed Salad with Tomato & Cucumber Chicken w/ Fines Herbes Sauce Parmesan Potatoes Corn Pudding Artisan Roll Butter Pineapple and Mandarin Oranges Beverage of Choice	Steamed Asparagus Chicken Vegetable Soup Caesar Salad Barbecued Steak w/ Herb Crust Barley Pilaf Artisan Roll Butter Lemon Pound Cake Macerated Strawberries Beverage of Choice	Black Bean Soup Spinach Salad w/ Dressing Pork Roast with Jus Lie Garlic Mashed Potatoes Steamed Broccoli with Lemon Artisan Roll Butter Apple Betty Beverage of Choice	Potato Chowder Tossed Salad with Tomato & Cucumber Fish and Chips Tartar Sauce Buttered Green Peas Artisan Roll Butter Bananas and Cherries Beverage of Choice	New England Clam Chowder Caesar Salad Baked Ziti with Italian Sausage Lemon Risotto Honey Dijon Brussels Sprouts Artisan Roll Butter Coconut Cream Pie Beverage of Choice
Sirloin Steak with Blue Cheese	Chicken Paillards w/ Tarragon Butter	Vegetable Frittata	Chicken Dijon	Open-Faced Hot Turkey Sandwich	Deep Dish Cheese Pizza	Baked Halibut
Dinner						
Oven Crunch Fish Vegetable Soup Caesar Salad Butternut Squash Braised Broccoli Leaves Artisan Roll Butter Melon Yogurt with Mint Fruit Salad Beverage of Choice	Chinese Beef & Broccoli New England Clam Chowder Spinach Salad w/ Dressing Wild & Brown Rice Pilaf Cauliflower Polonaise Artisan Roll Butter Fruit Salad Beverage of Choice	Minestrone Soup Caesar Salad Eggplant Parmesan Garlic Pasta Green & Wax Beans Garlic Breadstick Creme Caramel Beverage of Choice	Cream of Celery Soup Marinated Cucumber and Onion Salad Beef a la Orange Sugar Snap Peas Breadstick Peanut Butter Blossom Beverage of Choice	Artisan Roll Cheddar Cheese Soup Tossed Salad with Tomato & Cucumber Corned Beef Red Skin Potatoes Braised Cabbage & Carrots Butter Marbled Cheesecake Beverage of Choice	Tortilla Soup Tomato Avocado Salad Chicken Mole Mexican Rice Buttered Corn Artisan Roll Butter Chocolate Raspberry Bar Beverage of Choice	Roasted Butternut Squash Soup Wedge Salad Harvest Pork Loin Blue Cheese Potatoes Harvard Beets Artisan Roll Butter Peach Parfait Beverage of Choice
Cheese Ravioli with Pesto Sauce	Honey Walnut Shrimp	Pot Roast	Asian Chicken Salad w/Sesame Dressing	Pasta Primavera with Chicken	Panko Herb Crusted Fish	Chicken Cordon Bleu

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Breakfast						
Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes	Juice of Choice Cereal of Choice Breakfast Meat Fresh Fruit Egg of Choice Oatmeal Toast Coffee or Hot Tea Grits Pancakes
Lunch						
Split Pea Soup Pineapple Carrot Salad Vegetable Quiche Roasted Sweet Fingerling Potatoes Green Beans & Leeks Artisan Roll Butter Stewed Apricots & Prunes Beverage of Choice	Tomato Bisque Tossed Salad with Tomato & Cucumber Braised Short Ribs Italian Style Polenta Braised Swiss Chard Artisan Roll Butter Blushing Pears Beverage of Choice	Lentil Soup Spinach Salad w/ Dressing Roasted Duck w/ Coriander Sauce Potatoes Au Gratin Sauteed Mushrooms Artisan Roll Butter Snickerdoodle Cookie Beverage of Choice	Venetian Bean and Potato Soup Tossed Salad with Tomato & Cucumber Baked Salmon Roasted Parsnips Asparagus Artisan Roll Butter Creme Brulee Beverage of Choice	Shrimp Bisque Tossed Salad with Dressing Lamb Chop Parslied Cauliflower Artisan Roll Butter Mango Cup Beverage of Choice	Roasted Butternut Squash Soup Tossed Salad with Tomato & Cucumber Open-Faced Hot Turkey Sandwich Whipped Garlic Potatoes Green Beans with Walnuts Artisan Roll Butter Italian Cream Cake Beverage of Choice	Beef Fajita Black Beans & Rice Sauteed Peppers Chicken Noodle Soup Arugula Salad Breadstick Red White & Blueberry Fruit Salad Beverage of Choice
Steak w/ Dark Onion Sauce	Tomato Basil Chicken	Vegetable Frittata	Roast Chicken with Pan Gravy	Cheese Manicotti	Maple Glazed Pork Loin	Tilapia with Lemon Butter
Dinner						
Chicken Gumbo Soup Tossed Salad with Tomato & Cucumber Shrimp & Grits Fried Green Tomatoes Hoppin' John Cornbread Butter Southern Pecan Pie Beverage of Choice	Corn Chowder Kale Salad Stuffed Pork Chop Potato Wedges Sauteed Peppers Artisan Roll Butter German Chocolate Cake Beverage of Choice	Italian Wedding Soup Arugula Salad Pot Roast Seasoned Rice Oven Roasted Brussel Sprouts Artisan Roll Butter Bananas Foster Beverage of Choice	Broccoli Cheese Soup Country Tomato Salad Pierogies Confetti Rice Yellow Squash with Onions Artisan Roll Butter Strawberries with Topping Beverage of Choice	Tomato Bisque Kale Salad Greek Chicken with Feta Garlic Pasta Baked Eggplant Artisan Roll Butter Vanilla Bean Ice Cream Beverage of Choice	Potato Leek Soup Marinated Artichoke Salad Swiss Steak with Herb Tomato Sauce Seasoned Couscous Zucchini Artisan Roll Butter Cinnamon Scalloped Peaches Beverage of Choice	Pepper Pot Soup Caesar Salad Bolognese Sauce Over Pasta Broccoli Florets Garlic Breadstick Banana Cream Pie Beverage of Choice
Sausage Jambalaya	Salmon Caesar Salad	Chicken Bacon & Pea Carbonara	Teriyaki Beef	Shrimp Scampi with	Caprese Sandwich on Ciabatta w/ Balsamic	Chicken & Butternut Squash Spaghetti

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Lunch						
New England Clam Chowder Kale Salad Veal Piccata Rosemary Scalloped Potatoes Red Cabbage Wedge Artisan Roll Butter Tiramisu Beverage of Choice	Minestrone Soup Caesar Salad Four Cheese Pasta Dilled Baby Carrots Marinated Bean Salad Breadstick Strawberries and Bananas with Cream Beverage of Choice	Egg Drop Soup Tossed Salad with Tomato & Cucumber Pork Skewers w/ Gingered BBQ Sauce Fried Rice Grilled Shiitake w/ Soy Sesame Glaze Artisan Roll Butter Maple Nut Cake Beverage of Choice	Vegetable Barley Soup Tossed Salad with Tomato & Cucumber Spicy Guacamole Bacon Cheeseburger Sweet Potato Fries Collard Greens Carrot Cake with Frosting Beverage of Choice	Vichyssoise Caesar Salad Turkey w/ Pan Gravy Bread Pudding w/ Garlic and Asiago Roasted Green Beans Artisan Roll Butter Peach Blueberry Yogurt Parfait Beverage of Choice	Cream of Asparagus Soup Spinach Salad w/ Dressing Roasted Pork Loin w/ Marinated Peppers Italian Style Polenta Artisan Roll Butter Vanilla Bean Ice Cream Hard Ganache Beverage of Choice	Vegetable Soup Tossed Salad with Tomato & Cucumber Chicken Adobado Arroz Verde Black Beans Artisan Roll Butter Mudslide Cookie Beverage of Choice
Turkey Croquette	Salmon w/ Herb Crust	Crispy Potato Chicken	Chicken Brst Dried Tomato Oregano Butter	Baked Fish with Parsley Butter	Flank Steak with Vegetables	Steak Quesadilla
Dinner						
Chicken Gumbo Soup Tomato Avocado Salad Stuffed Flounder Brown Rice Pilaf Mashed Garlic Cauliflower Artisan Roll Butter Pineapple Fluff Beverage of Choice	Potato Chowder Tossed Salad with Tomato & Cucumber Chicken Curry Coconut Rice Sauteed Spinach Artisan Roll Butter Caramel Brownie Beverage of Choice	Bean Soup with Ham Spinach Salad w/ Dressing Bratwust Links Hot German Potato Salad Caraway Cabbage Artisan Roll Butter Apple Strudel Beverage of Choice	Cheddar Cheese Soup Country Tomato Salad Chesapeake Style Crab Cakes Remoulade Sauce Sauteed Peppers Artisan Roll Butter Cantaloupe Cubes Beverage of Choice	New England Clam Chowder Arugula Salad Swiss Steak with Herb Tomato Sauce Balsamic Roasted Red Potatoes Glazed Carrots Artisan Roll Butter Chocolate Cream Pie Beverage of Choice	Cream of Pumpkin Soup Kale Salad Grilled Cheese w/ Tomato & Pesto Ranch Style Potato Wedges Borlotti Bean Salad Pineapple with Cherry Beverage of Choice	French Onion Soup Wedge Salad Turkey Pot Roast Horseradish Caper Sauce Roasted Red Skin Potatoes Acorn Squash w/ Hazelnut Maple Glaze Artisan Roll Butter Scalloped Apples Beverage of Choice
Carne Asada	Fish Tacos	Chicken Almondine	Vegetable Quiche	Spanish Pork Chop	Baked Thyme Chicken	Baked Halibut