

# ARIZONA *Elderly Care, Inc.* 602-674-3838

## Menu Sample



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Blueberry Pancakes made to order & served with warm maple syrup & Fruit Orange Juice, Milk Coffee or Tea	Fluffy Ham & Cheese Omelet served with a English Raisin Muffin Fresh Cut Fruit Orange Juice, Milk Coffee or Tea	Cinnamon French Toast with warm maple syrup Seasonal Fruit Orange Juice, Milk Coffee or Tea	Hot Oatmeal topped with Raisins Blueberry Muffin Fresh Fruit Orange Juice, Milk Coffee or Tea	Eggs "Sunnyside Up" Turkey Bacon Buttered Toast w/ Jam Choice of Fresh Fruit Orange Juice, Milk Coffee or Tea	Waffles with warm maple syrup Sausage Links Seasonal Fruit Orange Juice, Milk Coffee or Tea	Your choice of Cereal & Milk topped with your choice of fruit Hearty Bran Muffin Orange Juice, Milk Coffee or Tea
Lunch	Vegetable Soup served with crackers & Roast Beef Sandwich Fruit Cocktail Iced Tea and Water	Homemade Chicken Noodle Soup Egg Salad Croissant Cantaloupe Oatmeal Cookie Iced Tea or Water	Chicken Breast Sandwich served with Carrot Salad & Chips Lemon Bars Iced Tea or Water	Grilled Chicken Salad served with a warm bread stick and your choice of dressing Brownie Iced Tea or Water	Homemade Tomato Soup served with a grilled cheese sandwich Grape Cluster Iced Tea or Water	CLUB Sandwich with Chicken, Lettuce and Tomato Homemade Fries Apple Sauce Iced Tea or Water	Seafood Salad Sandwich served with Chips and a pickle Lemon Pudding Iced Tea or Water
Dinner	Homemade Meatloaf w/ mashed potatoes & gravy served with Broccoli & Carrots Cherry Pie Juice and/or Water	Rotisserie Chicken w/ Herbed Rice Pilaf Steamed Asparagus & Béarnaise Sauce & Roll Vanilla Pudding Juice and/or Water	Pork Tenderloin w/ Gravy served with Sweet Potato Vegetable Medley Cheesecake Juice and/or Water	Beef Pot Roast w/ Baby Red Potatoes Peas & Carrots Warm Bread & Butter Chocolate Cake Juice and/or Water	BBQ Baked Ribs Macaroni & Cheese Green Bean Casserole Dinner Roll & Butter Carrot Cake Juice and/or Water	Baked Salmon Filet Vegetable Rice Pilaf Homemade Coleslaw Warm Bread & butter Ice Cream Sundae Juice and/or Water	Vegetable Lasagna Served with a fresh garden salad & warm Garlic Bread Apple Pie Juice and/or Water

\* Snacks are available daily between meals and upon request

\* Residents encouraged to drink eight glasses of water and/or clear liquids

\* Substitutions made daily with Dr. order to accommodate diabetic and vegetarian diets