

Summit Ridge Center  
 Week-At-A-Glance  
 hcsg11northern2020 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Scrambled Eggs w/Chesse 1/4 Cup</b>                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Srv                      Blueberry Muffin 1 Ea                      - Margarine 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p><b>French Toast 2 Sl</b>                      - Margarine 1 Ea                      Syrup 1 Ea                      Sausage Patty 1 Ea                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Srv                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p><b>Scrambled Eggs 1/4 Cup</b>                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Srv                      Biscuit 1 Ea                      - Margarine 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p><b>Breakfast:Regular</b>                      Buttermilk Pancakes 2 Ea                      - Margarine 1 Ea                      Syrup 1 Ea                      Sausage Patty 1 Ea                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Srv                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p><b>Egg &amp; Hashbrown Bake 1 Square</b>                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Srv                      Toast 1 Sl                      - Margarine 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p><b>Scrambled Eggs 1/4 Cup</b>                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Srv                      Peach Streusel Coffee Cake 1 Square                      - Margarine 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p><b>Baked Cheese Omelet 1 Ea</b>                      Bacon 2 Sl                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Srv                      Toast 1 Sl                      - Margarine 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>
<p><b>Fried Chicken 3 Oz</b>                      Tuna Salad Sandwich 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      Calico Colelaw 1/2 Cup                      Marinated Cucumber &amp; Onion Salad 2/3 Cup                      Ranch Style Potato Wedges 1/2 Cup                      Macaroni Salad 1/2 Cup                      Cornbread 1 Square                      - Margarine 1 Ea                      Peach Pie w/Crumbs Topping 1 Sl                      Coffee or Hot Tea 6 Oz</p>	<p><b>Hawaiian Baked Ham 3 Oz</b>                      Herbed Chicken Breast 3 Oz                      Broccoli Florets 1/2 Cup                      Captain Vegetable Blend 1/2 Cup                      Whipped Sweet Potatoes 1/2 Cup                      Parsley Noodles 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Pineapple Tidbits 1/2 Cup                      Coffee or Hot Tea 6 Oz</p>	<p><b>Baked Ziti w/MeatSauce 1 Cup</b>                      Baked Chicken on a Bun 1 Sandwich                      - Mayonaisse 1 Pkt                      - Lettuce &amp; Tomato 1 Plate                      Sautéed Spinach w/Garlic 1/2 Cup                      Tossed Salad w/Dressing 1 Cup                      French Fries 1/2 Cup                      - Ketchup 1 Pkt                      Parmesan Breadstick 1 Ea                      Strawberry Shortcake 1 Square                      Coffee or Hot Tea 6 Oz</p>	<p><b>Shredded Pork on a Bun 1 Sandwich</b>                      Beef Stuffed Green Peppers 2 HI                      Zucchini &amp; Onions 1/2 Cup                      Braised Cabbage 1/2 Cup                      Tater Tots 1/2 Cup                      - Ketchup 1 Pkt                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Tropical Fruit Salad 1/2 Cup                      Coffee or Hot Tea 6 Oz</p>	<p><b>Beef Papper Steak w/Gravy 3 Oz</b>                      BBQ Pork Chops 3 Oz                      Seasoned Green Beans 1/2 Cup                      Seasoned Whole Kernel Corn (veg) 1/2 Cup                      Garlic Mashud Potatoes 1/2 Cup                      Yellow Rice 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Snickerdoodle Cookie 1 Ea                      Coffee or Hot Tea 6 Oz</p>	<p><b>Shrimp Scampi 3 Oz</b>                      Smothered Turkey Patty 3 Oz                      Sugar Snap Peas 1/2 Cup                      Sliced Carrots 1/2 Cup                      Steamed Rice 1/2 Cup                      Parmesan Noodles 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Chocolate Pudding Parfait 1/2 Cup                      Coffee or Hot Tea 6 Oz</p>	<p><b>Chicken Pasta Primavera 6 Oz</b>                      Hamburger on a Bun 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      - Pickle Sprig 1 Pkt                      Tossed Salad w/Dressing 1 Cup                      Green Pea Salad 1/2 Cup                      French Fries 1/2 Cup                      - Ketchup 1 Pkt                      Garlic Breadstick 1 Ea                      Blondie 1 Square                      Coffee or Hot Tea 6 Oz</p>
<p><b>Swedish Meatballs 3 Ea</b>                      Smothered Turkey Patty 3 Oz                      Sautéed Asparagus Cuts 1/2 Cup                      Sliced Carrots 1/2 Cup                      Buttered Noodles 1/2 Cup                      Mashed Potatoes 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Deluxe Fruit Salad 1/2 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p><b>Breaded Pollock Fish Fillet 3 Oz</b>                      - Tartar Sauce 1 Pkt                      Smothered Steak 3 Oz                      Peas &amp; Carrots 1/2 Cup                      Seasoned Green Beans 1/2 Cup                      Cheesy Rice 1/2 Cup                      Oven Broomed Potatoes 1/2 Cup                      Parsley Dinner Roll 1 Ea                      - Margarine 1 Ea                      Lemon Cake w/leaving 1 Square                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p><b>Turkey Salad Sandwich 1 Sandwich</b>                      Egg Salad Sandwich 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      Cornbelt Colelaw 1/2 Cup                      Creamy Cucumber &amp; Onion Salad 1/2 Cup                      Creamy Dill Macaroni Salad 1/2 Cup                      Potato Chops 1 Oz                      Summer Fresh Fruit Cup 1/2 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p><b>Honey Dijon Chicken Thigh 1 Ea</b>                      Sweet &amp; Sour Meatballs 3 Ea                      Broccoli Florets 1/2 Cup                      Sliced Carrots 1/2 Cup                      Rice Pilaf 1/2 Cup                      Egg Noodles 1/2 Cup                      Rosemary Dinner Roll 1 Ea                      - Margarine 1 Ea                      Tuxedo Chessecake Bar 1 Bar                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p><b>Cheese Ravioli w/Marshara Sauce 1</b>                      Herb &amp; Lemon Fish Fillet 3 Oz                      Caesar Salad 1 Cup                      Seasoned Spinach 1/2 Cup                      Potato Wedges 1/2 Cup                      - Ketchup 1 Pkt                      Garlic Bread 1 Ea                      Seedless Watermelon Cubes 2/3 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p><b>Chicken Salad Sandwich on Croissant 1 Sandwich</b>                      - Lettuce &amp; Tomato 1 Plate                      Thin Crust Cheese Pizza 1 Pc                      Marinated Cucumber &amp; Tomato Salad 2/3 Cup                      Broccoli Salad 1/2 Cup                      Macaroni Salad 1/2 Cup                      Breadstick 1 Ea                      Fruit Cocktail 1/2 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p><b>Kielbasa Sausage 1 Ea</b>                      Chicken Tenders 2 Ea                      - Honey Mustard 1 Ea                      Seasoned Cabbage 1/2 Cup                      Green Beans 1/2 Cup                      Mashed Potatoes 1/2 Cup                      Herbed Noodles 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Chilled Peach Parfait 1/2 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>

Summit Ridge Center  
Week-At-A-Glance  
hcsgr1northem2020 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Sw Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p>Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Sw Glazed Cinnamon Roll 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p>Biscuit 1 Ea - Sausage Gravy 4 Oz Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Sw Hashbrown 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p>Breakfast-Regular Baked Cheese Omelet 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Sw Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p>Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Sw English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p>Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Sw Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p>Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Sw Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>
<p>Roast Beef Au Jus 3 Oz Basil Pork Chop 3 Oz Sautéed Spinach 1/2 Cup Seasoned Zucchini 1/2 Cup Garlic &amp; Rosemary Roasted Red Skin Potatoes 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Apple Crisp 1/2 Cup Coffee or Hot Tea 6 Oz</p>	<p>Chicken Parmesan w/ 3 Oz - Sautéed Noodles 1/2 Cup Breaded Pollock Fish Fillet 3 Oz - Teriyaki Sauce 1 Pk Broccoli Florets 1/2 Cup Sliced Carrots 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pk Garlic Breadstick 1 Ea Chocolate Chip Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz</p>	<p>Garlic Herbbed Pork Loin 3 Oz Rosemary Chicken Breast 3 Oz Peas &amp; Carrots 1/2 Cup Green Beans 1/2 Cup Oven Browned Potatoes 1/2 Cup Buttered Orzo 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peas 1/2 Cup Coffee or Hot Tea 6 Oz</p>	<p>Tuna Salad Sandwich on Croissant 1 Sandwich - Lettuce &amp; Tomato 1 Plate Ham &amp; Cheese Sandwich 1 Sandwich - Lettuce &amp; Tomato 1 Plate - Mayonaisse 1 Pk Creamy Cucumber &amp; Onion Salad 1/2 Cup Calico Colesew 1/2 Cup Garden Pasta Salad 1/2 Cup Polenta Chips 1 Oz Orange Sherbet 1 Ea Coffee or Hot Tea 6 Oz</p>	<p>Homestyle Meatloaf w/Ketchup Glaze 4 Oz Rancher's Pork Chop 3 Oz Sliced Dill Carrots 1/2 Cup Seasoned Spinach 1/2 Cup Mashed Potatoes 1/2 Cup Rice Pudding 1/2 Cup Poppy Seed Dinner Roll 1 Ea - Margarine 1 Ea Strawberries &amp; Bananas 1/2 Cup Coffee or Hot Tea 6 Oz</p>	<p>Herb &amp; Lemon Fish Fillet 3 Oz Grilled Cheese Sandwich 1 Sandwich Broccoli Florets 1/2 Cup Green Beans 1/2 Cup Au Gratin Potatoes 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pk Breadstick 1 Ea Summer Fresh Fruit Cup 1/2 Cup Coffee or Hot Tea 6 Oz</p>	<p>Sweet Garlic Chicken Breast 3 Oz Hamburger Steak 3 Oz - Brown Gravy 2 Oz Sugar Snap Peas 1/2 Cup Sliced Carrots 1/2 Cup Pineapple Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sugar Cookie 1 Ea Coffee or Hot Tea 6 Oz</p>
<p>Grilled Ham &amp; Cheese Sandwich 1 Sandwich Baked Chicken Breast on a Bun 1 Sandwich - Sandwich - Lettuce &amp; Tomato 1 Plate Cornell Colesew 1/2 Cup Green Pea Salad 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pk Whole Kernel Corn 1/2 Cup Tomato Soup 6 Oz - Sausage Crackers 1 Pk Vanilla Ice Cream 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p>Swiss Steak w/Gravy 3 Oz Baked Macaroni &amp; Cheese 1 Cup Seasoned Whole Kernel Corn (Yng) 1/2 Cup Baked Tomato Halves 2 Hill Herbed Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Seedless Watermelon Cubes 2/3 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p>Thin Crust Cheese Pizza 1 Pc Italian Sausage 1 Ea Parmesan Baked Zucchini 1/2 Cup Tossed Salad w/Dressing 1 Cup Herbed Potato Wedges 1/2 Cup Italian Herbed Dinner Roll 1 Ea Peach Shortcake 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p>Honey Glazed Turkey 2 Oz - Poutry Gravy 2 Oz Herb Baked Fish Fillet 3 Oz Herbed Green Beans 1/2 Cup Broccoli Florets 1/2 Cup Baked Potato 1 Ea - Sour Cream 1 Pk - Margarine 1 Ea Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p>Marinated Chicken Thigh 1 Ea - Cheese Quiche 1 Sl Southern Style Green Peas 1/2 Cup Cupl Vegetable Blend 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Black Forest Cake 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p>Baked Ziti w/Cheese 1 Cup Smothered Turkey Pasty 3 Oz Caesar Salad 1 Cup Squash Muffey 1/2 Cup Mashed Potatoes 1/2 Cup Garlic Bread 1 Ea Butterscotch Pudding 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p>Patty Cheese Steak Sandwich 1 Sandwich - Sautéed Peppers &amp; Onions 1/4 Cup Breaded Chicken on a Bun 1 Sandwich - Lettuce &amp; Tomato 1 Plate Tossed Salad w/Dressing 1 Cup Marinated Cucumber &amp; Tomato Salsita 2/3 Cup French Fries 1/2 Cup - Ketchup 1 Pk Macaroni Salad 1/2 Cup Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>

Summit Ridge Center  
Week-A-A-Glance  
hcsj1northem2020 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Scrambled Eggs w/Cheese 1/4 Cup</b> Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Blueberry Muffin 1 Ea Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p><b>French Toast 2 Sl</b> Margarine 1 Ea Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p><b>Scrambled Eggs 1/4 Cup</b> Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Biscuit 1 Ea Margarine 1 Ea Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p><b>Breakfast Pancakes 2 Ea</b> Margarine 1 Ea Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p><b>Egg &amp; Hashbrown Bake 1 Square</b> Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toasted 1 Sl Margarine 1 Ea Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p><b>Scrambled Eggs 1/4 Cup</b> Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Peach Streusel Coffee Cake 1 Square Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>	<p><b>Baked Cheese Omelet 1 Ea</b> Bacon 2 Sl Oatmeal Cereal 6 Oz Cold Cereal of Choice 1 Srv Toasted 1 Sl Margarine 1 Ea Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz</p>
<p><b>Meatballs w/Marinara Sauce 3 Ea</b> Margarine 1 Ea Spaghetti Noodles 1/2 Cup Thyme Baked Chicken Thigh 1 Ea Parmesan Baked Zucchini 1/2 Cup Roasted Green Beans 1/2 Cup Buttered Rice 1/2 Cup Bulleted Rice 1 Ea Vanilla Ice Cream 1 Ea Coffee or Hot Tea 6 Oz</p>	<p><b>Roast Turkey 3 Oz</b> Poultry Gravy 2 Oz Hamburger Steak w/Grilled Onions 3 Oz Brown Gravy 2 Oz Sliced Glazed Carrots 1/2 Cup Green Peas 1/2 Cup Mashed Potatoes 1/2 Cup Poultry Gravy 2 Oz Parsley Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Margarine 1 Ea Marble Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz</p>	<p><b>Coriflake Chicken Breast 3 Oz</b> Thin Crust Cheese Pizza 1 Pc Capot Vegetable Blend 1/2 Cup Tossed Salad w/Dressing 1 Cup Cheesy Rice 1/2 Cup Parsley Dinner Roll 1 Ea Margarine 1 Ea Summer Fresh Fruit Cup 1/2 Cup Coffee or Hot Tea 6 Oz</p>	<p><b>Egg Salad Sandwich on Croissant 1 Sandwich</b> Lettuce &amp; Tomato 1 Plate Turkey Salad Sandwich 1 Sandwich Lettuce &amp; Tomato 1 Plate Tomato Basil Salad 2/3 Cup Mashed Cucumber &amp; Onion Salad 2/3 Cup Creamy Dill Macaroni Salad 1/2 Cup Potato Chips 1 Oz Deluxe Fruit Salad 1/2 Cup Coffee or Hot Tea 6 Oz</p>	<p><b>Honey Glazed Sliced Ham 3 Oz</b> Lemon Pepper Chicken Breast 3 Oz Spirnach Au Gratin 1/2 Cup Green Beans 1/2 Cup Rice Pilaf 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Margarine 1 Ea Cheery Crisp 1/2 Cup Coffee or Hot Tea 6 Oz</p>	<p><b>Shrimp Alfredo w/ 3 Oz</b> Spaghetti Noodles 1/2 Cup Smothered Turkey Patty 3 Oz Steamed Asparagus Cuts 1/2 Cup Sliced Parsley Carrots 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup Garlic Bread 1 Ea Lemon Cake w/icing 1 Square Coffee or Hot Tea 6 Oz</p>	<p><b>Fried Chicken 3 Oz</b> Salisbury Steak 3 Oz Brown Gravy 2 Oz Buttered Whole Kernel Corn (veg) 1/2 Cup Boccali Focals 1/2 Cup Garlic Potato Wedges 1/2 Cup Egg Noodles 1/2 Cup Dinner Roll/Bread 1 Ea Margarine 1 Ea Pineapple Tidbits 1/2 Cup Coffee or Hot Tea 6 Oz</p>
<p><b>Klobasa Sausage 1 Ea</b> Chicken Tenders 2 Ea Hot Soy Sauce 1 Ea Buttered Carbage 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Bulleted Ozo 1/2 Cup Dinner Roll/Bread 1 Ea Margarine 1 Ea Scalloped Apples 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p><b>Breaded Potluck Fish Fillet 3 Oz</b> Tarrar Sauce 1 Pkt Garlic Baked Pork Chop 3 Oz Corn/Deli Colelaw 1/2 Cup Boccali Focals 1/2 Cup Tater Totz 1/2 Cup Ketchup 1 Pkt Yellow Rice 1/2 Cup Dinner Roll/Bread 1 Ea Margarine 1 Ea Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p><b>BBQ Pork Platter- 3/8 Cup</b> Salisbury Steak 3 Oz Brown Gravy 2 Oz Southern Style Green Beans 1/2 Cup Chickawagon Corn (veg) 1/2 Cup Baked Sweet Potatoes 1/2 Cup Parmesan Noodles 1/2 Cup Cornbread 1 Square Margarine 1 Ea Double Chocolate Brownie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p><b>Beef Pepper Steak w/Gravy 2 Oz</b> Lemon Butter Baked Fish Fillet 3 Oz Buttered Zucchini 1/2 Cup Sautéed Green Peas 1/2 Cup Mashed Potatoes 1/2 Cup Seasoned Rice 1/2 Cup Dinner Roll/Bread 1 Ea Margarine 1 Ea Salted Vanilla Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p><b>Tuna Melt Sandwich 1 Sandwich</b> Hamburger on a Bun 1 Sandwich Lettuce &amp; Tomato 1 Plate Pickle Spear 1 Spear Broccoli Salad 1/2 Cup Capri Vegetable Blend 1/2 Cup French Fries 1/2 Cup Ketchup 1 Pkt Garden Patch Salad 1/2 Cup Corn Chlawder Soup 6 Oz Salmon Crackers 1 Pkt Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p><b>Hot Dog on a Bun 1 Sandwich</b> Baked Beans 1/2 Cup Musterd 1 Pkt Baked Chicken Breast on a Bun 1 Sandwich Lettuce &amp; Tomato 1 Plate Margarine 1 Ea Creamy Cucumber &amp; Onion Salad 1/2 Cup Green Pea Salad 1/2 Cup Potato Chips 1 Oz Seedless Watermelon Cubes 2/3 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz</p>	<p><b>Cheese Ravioli w/Marinara Sauce 1 Cup</b> Breaded Potluck Fish Fillet 3 Oz Tarrar Sauce 1 Pkt Caesar Salad 1 Cup Caltzo Colelaw 1/2 Cup Rice Pilaf 1/2 Cup Garlic Breadstick 1 Ea Chocolate Cream Pie 1 Sl Milk 8 Oz Coffee or Hot Tea 6 Oz</p>

Summit Ridge Center  
 Week-A1-A-Glance  
 hcsgrfmonthen2020 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>French Toast 2 Sr                      - Margarine 1 Ea                      - Syrup 1 Ea                      Bacon 2 Sr                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Sr                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p>Scrambled Eggs 1/4 Cup                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Sr                      Glazed Cinnamon Roll 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p>Biscuit 1 Ea                      Sausage Gravy 4 Oz                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Sr                      Hashbrown Roll 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p>Breakfast-Regular                      Baked Cheese Omelet 1 Ea                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Sr                      Toast 1 Sr                      - Margarine 1 Ea                      - Jelly 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p>Scrambled Eggs 1/4 Cup                      Breakfast Ham 1 Oz                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Sr                      English Muffin 1 Ea                      - Margarine 1 Ea                      - Jelly 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p>Western Scrambled Eggs 1/4 Cup                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Sr                      Toast 1 Sr                      - Margarine 1 Ea                      - July 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>	<p>Buttermilk Pancakes 2 Ea                      - Margarine 1 Ea                      - Syrup 1 Ea                      Sausage Patty 1 Ea                      Oatmeal Cereal 6 Oz                      Cold Cereal of Choice 1 Sr                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz                      Orange Juice 4 Oz</p>
<p>Rosemary Pork Loin 3 Oz                      Lemon Pepper Fish Fillet 3 Oz                      Sautéed Spinach w/Garlic 1/2 Cup                      Capri Vegetable Blend 1/2 Cup                      Scalloped Potatoes 1/2 Cup                      Parsley Rice 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Pear Crisp 1/2 Cup                      Coffee or Hot Tea 6 Oz</p>	<p>Homestyle Meatloaf w/Ketchup Glaze 4 Oz                      Thyme Chicken Breast 3 Oz                      Honey Roasted Carrots 1/2 Cup                      Baked Tomato Heaves 2 Hr                      Duchess Mashed Potatoes 1/2 Cup                      Parmesan Noodles 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Spiced Apple 1/2 Cup                      Coffee or Hot Tea 6 Oz</p>	<p>Marinated Chicken Thigh 1 Ea                      Meatballs w/Cray 3 Ea                      Squash Mering 1/2 Cup                      Seasoned Green Peas 1/2 Cup                      Macaroni &amp; Cheese 1/2 Cup                      Mashed Potatoes 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Butterscotch Pudding Parfait 1/2 Cup                      Coffee or Hot Tea 6 Oz</p>	<p>Italian Sausage 1 Ea                      Smothered Turkey Patty 3 Oz                      Seasoned Spinach 1/2 Cup                      Battered Whole Kernel Corn (veg) 1/2 Cup                      Garlic &amp; Rosemary Roasted Red Skin Potatoes 1/2 Cup                      Herbed Noodles 1/2 Cup                      Parsley Dinner Roll 1 Ea                      - Margarine 1 Ea                      Lemon Bar 1 Bar                      Coffee or Hot Tea 6 Oz</p>	<p>Lasagna w/Meatsauce 1 Square                      Egg Salad Sandwich 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      Caesar Salad 1 Cup                      Creamy Cucumber &amp; Onion Salad 1/2 Cup                      Potato Chips 1 Oz                      Garlic Breadstick 1 Ea                      Tropical Fruit Salad 1/2 Cup                      Coffee or Hot Tea 6 Oz</p>	<p>Breaded Pollock Fish Fillet 3 Oz                      - Tender Sauce 1 Pk                      BBQ Chicken Breast 3 Oz                      Broccoli Florets 1/2 Cup                      Sliced Carrots 1/2 Cup                      Au Gratin Potatoes 1/2 Cup                      Bulleried Rice 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Sour Cream Orange Cake 1 Square                      Coffee or Hot Tea 6 Oz</p>	<p>Turkey A La King 6 Oz                      Cheese Quiche 1 Sr                      Seasoned Green Beans 1/2 Cup                      Tomato Basil Salad 2/3 Cup                      White Rice 1/2 Cup                      Poppy Seed Dinner Roll 1 Ea                      Chilled Pears 1/2 Cup                      - Margarine 1 Ea                      Coffee or Hot Tea 6 Oz</p>
<p>Chicken Tenders 2 Ea                      - Honey Mustard 1 Ea                      Hamburger Steak w/Garlic Onions 3 Oz                      - Brown Gravy 2 Oz                      Tossed Salad w/Dressing 1 Cup                      Whole Kernel Corn (veg) 1/2 Cup                      French Fries 1/2 Cup                      - Ketchup 1 Pk                      Bulleried Noodles 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Peanut Butter Cookie 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p>Citrus Glazed Turkey 2 Oz                      - Penny Candy 3 Oz                      BBQ Pork Chop 3 Oz                      Steamed Broccoli Florets w/Lemon 1/2 Cup                      Sautéed Green Beans 1/2 Cup                      Rice Pilaf 1/2 Cup                      Baked Sweet Potatoes 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Cherry Cheesecake Bar 1 Bar                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p>Ham &amp; Swiss Sandwich on Wheat 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      - Margarine 1 Pk                      Tuna Salad Sandwich 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      Calico ColeSlaw 1/2 Cup                      Marinated Tomato &amp; Onion Salad 1/2 Cup                      Potato Chips 1 Oz                      Macaroni Salad 1/2 Cup                      Summer Fresh Fruit Cup 1/2 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p>Herb &amp; Lemon Fish Fillet 3 Oz                      Thin Crust Cheese Pizza 1 Pc                      Sugar Snap Peas 1/2 Cup                      Roasted Zucchini 1/2 Cup                      Buttered Orzo 1/2 Cup                      Dinner Roll/Bread 1 Ea                      Chilled Peach Parfait 1/2 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p>Francher's Chicken Breast 3 Oz                      Garlic Baked Pork Chop 3 Oz                      Salsa Salad 1/2 Cup                      Capri Vegetable Blend 1/2 Cup                      Baked Potato 1 Ea                      - Sour Cream 1 Pk                      - Margarine 1 Ea                      Egg Noodles 1/2 Cup                      Dinner Roll/Bread 1 Ea                      - Margarine 1 Ea                      Chocolate Brownie 1 Square                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p>Hot Dog on a Bun 1 Sandwich                      - Baked Beans 1/2 Cup                      - Ketchup 1 Pk                      Baked Macaroni &amp; Cheese 1 Cup                      Corned Cabbage 1/2 Cup                      Tossed Salad w/Dressing 1 Cup                      Seedless Watermelon Cubes 2/3 Cup                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>	<p>Cheeseburger on a Bun 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      - Ketchup 1 Pk                      Pickle Spear 1 Spear                      Breaded Chicken on a Bun 1 Sandwich                      - Lettuce &amp; Tomato 1 Plate                      - Margarine 1 Pk                      Creamy Cucumber &amp; Onion Salad 1/2 Cup                      Sautéed Zucchini 1/2 Cup                      Tater Tots 1/2 Cup                      - Ketchup 1 Pk                      Garden Pasta Salad 1/2 Cup                      Chocolate Chip Cookie 1 Ea                      Milk 8 Oz                      Coffee or Hot Tea 6 Oz</p>