

Summit Ridge Center
Week-At-A-Glance
hcsq2northern2020-21 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Apple Cinnamon Muffin 1 Ea - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Ginger Pear Coffee Cake 1 Square - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Baked Cheese Omelet 1 Ea Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch:Regular						
Maple Sage Turkey 3 Oz - Poultry Gravy 2 Oz Roasted Brussels Sprouts 1/2 Cup Bread Dressing 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Honey Glazed Pears 3/8 Cup Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup	Apple Glazed Sliced Ham 3 Oz Seasoned Beets 1/2 Cup Candied Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Upside Down Cake 1 Square Coffee or Hot Tea 6 Oz Lemon Pepper Chicken Breast 3 Oz Seasoned Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup	Baked Ziti w/Meatsauce 1 Cup Caesar Salad 1 Cup Garlic Breadstick 1 Ea Cinnamon Brown Sugar Blondie 1 Square Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Broccoli Florets 1/2 Cup Mashed Potatoes 1/2 Cup	Italian Sausage 1 Ea Parsley Cauliflower 1/2 Cup Garlic & Rosemary Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Scalloped Apples 1/2 Cup Coffee or Hot Tea 6 Oz Marinated Chicken Thigh 1 Ea Capri Vegetable Blend 1/2 Cup Parsley Orzo 1/2 Cup	Crispy Breaded Chicken Thigh 1 Ea Sauteed Green Beans 1/2 Cup Hashbrown Casserole 1/2 Square Dinner Roll/Bread 1 Ea - Margarine 1 Ea Banana Cream Pie 1 Sl Coffee or Hot Tea 6 Oz Herb & Lemon Fish Fillet 3 Oz Sauteed Spinach 1/2 Cup Egg Noodles 1/2 Cup	Honey Garlic Shrimp 3/8 Cup Winter Vegetable Blend 1/2 Cup Rice Pilaf 1/2 Cup Poppy Seed Dinner Roll 1 Ea - Margarine 1 Ea Tropical Fruit Salad 1/2 Cup Coffee or Hot Tea 6 Oz Kielbasa Sausage 1 Ea Brussels Sprouts 1/2 Cup Oven Browned Potatoes 1/2 Cup	Rancher's Chicken Breast 3 Oz Country Vegetable Blend 1/2 Cup Garlic Mashed Potatoes 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Chocolate Cake w/ Peanut Butter Frosting 1 Square Coffee or Hot Tea 6 Oz Cheeseburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Broccoli Salad 1/2 Cup Baked Beans 1/2 Cup
Dinner:Regular						
Sweet & Sour Meatballs 3 Ea Seasoned Green Beans 1/2 Cup Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Oatmeal Raisin Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Herb Baked Fish Fillet 3 Oz Tossed Salad w/Dressing 1 Cup Buttered Noodles 1/2 Cup	Breaded Pollock Fish Fillet on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Capri Vegetable Blend 1/2 Cup Herbed Potato Wedges 1/2 Cup - Ketchup 1 Pkt Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Green Peas 1/2 Cup Yellow Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Chicken Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Confetti Coleslaw 1/2 Cup Potato Chips 1 Oz Hearty Vegetable Soup 6 Oz - Saltine Crackers 1 Pkt Mandarin Oranges 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Mushroom & Cheese Quiche 1 Sl Seasoned Spinach 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Baked Macaroni & Cheese 1 Cup Stewed Tomatoes 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Butterscotch Pudding 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Marinated Cucumber Salad 2/3 Cup Potato Salad 1/2 Cup	Beef Pepper Steak w/Gravy 3 Oz Peas & Carrots 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz BBQ Pork Chop 3 Oz Pickled Beets Salad 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt	Grilled Turkey & Swiss Cheese on Wheat 1 Sandwich Creamy Cucumber & Onion Salad 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Vanilla Ice Cream 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Steak 3 Oz Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Cheese Ravioli w/Marinara Sauce 1 Cup Tossed Salad w/Dressing 1 Cup Garlic Bread 1 Ea Peach Crisp 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Tuna Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Marinated Mixed Vegetable Salad 1/2 Cup Potato Chips 1 Oz

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Week-At-A-Glance
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Glazed Cinnamon Roll 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Biscuit 1 Ea - Sausage Gravy 4 Oz Oatmeal Cereal 6 Oz Hashbrown 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch:Regular						
Rosemary Roast Beef Au Jus 3 Oz Sliced Parsley Carrots 1/2 Cup Baked Potato 1 Ea - Margarine 1 Ea - Sour Cream 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Harvest Baked Apples 1/2 Cup Coffee or Hot Tea 6 Oz Lemon Pepper Fish Fillet 3 Oz Sauteed Spinach 1/2 Cup Buttered Noodles 1/2 Cup	Chicken Noodle Casserole 1 Cup Buttered Green Peas 1/2 Cup Herbed Dinner Roll 1 Ea - Margarine 1 Ea Marble Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz Hamburger Steak 3 Oz - Brown Gravy 2 Oz Green Beans 1/2 Cup Seasoned Rice 1/2 Cup	Balsamic Glazed Pork Loin 3 Oz Sauteed Green Beans 1/2 Cup Garlic & Rosemary Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Spiced Pears 1/2 Cup Coffee or Hot Tea 6 Oz Chicken Tenders 2 Ea - Honey Mustard 1 Ea Broccoli Florets 1/2 Cup Parsley Noodles 1/2 Cup	Roast Turkey 3 Oz - Poultry Gravy 2 Oz Roasted Brussels Sprouts 1/2 Cup Sweet Potato Souffle 2/3 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pumpkin Cheesecake Bar 1 Bar Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Seasoned Spinach 1/2 Cup Herbed Rice 1/2 Cup	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Broccoli Florets 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sliced Peaches 1/2 Cup Coffee or Hot Tea 6 Oz Grilled Cheese Sandwich 1 Sandwich Green Peas 1/2 Cup Buttered Noodles 1/2 Cup	Baked Stuffed Fish Fillet 3 Oz Sauteed Spinach w/Garlic 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup Coffee or Hot Tea 6 Oz Rosemary Chicken Breast 3 Oz Sliced Carrots 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt	Fried Chicken 3 Oz Buttered Whole Kernel Corn (veg) 1/2 Cup Garlic Mashed Potatoes 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Dutch Apple Pie w/Crumb Topping 1 Sl Coffee or Hot Tea 6 Oz Parsley Pork Chop 3 Oz Broccoli Florets 1/2 Cup Yellow Rice 1/2 Cup
Dinner:Regular						
BBQ Pork on a Bun 1 Sandwich Pickled Beets Salad 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Snickerdoodle Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Marinated Chicken Thigh 1 Ea Whole Kernel Corn (veg) 1/2 Cup Parsley Orzo 1/2 Cup	Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Calico Coleslaw 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Winter Vegetable Blend 1/2 Cup Macaroni Salad 1/2 Cup	Lasagna w/Meatsauce 1 Square Parmesan & Herb Roasted Cauliflower 1/2 Cup Garlic Bread 1 Ea Butterscotch Pudding Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Capri Vegetable Blend 1/2 Cup Mashed Potatoes 1/2 Cup	Thin Crust Cheese Pizza 1 Pc Caesar Salad 1 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Minestrone Soup 6 Oz - Saltine Crackers 1 Pkt Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Rotisserie Chicken Thigh 1 Ea Sliced Carrots 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Chicken Parmesan w/ 3 Oz - Spaghetti Noodles 1/2 Cup Sauteed Green Beans 1/2 Cup Breadstick 1 Ea - Margarine 1 Ea Lemon Cake w/Icing 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Parsley Cauliflower 1/2 Cup Oven Browned Potatoes 1/2 Cup	Turkey & Cheese Hoagie 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Creamy Cucumber & Onion Salad 1/2 Cup Potato Chips 1 Oz Chocolate Ice Cream 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Vegetable Quiche 1 Sl Tossed Salad w/Dressing 1 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Salisbury Steak 3 Oz - Brown Gravy 2 Oz Sliced Glazed Carrots 1/2 Cup Egg Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Capri Vegetable Blend 1/2 Cup Herbed Rice 1/2 Cup

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Apple Cinnamon Muffin 1 Ea - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Cranberry Orange Coffee Cake 1 Square - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Baked Cheese Omelet 1 Ea Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch:Regular						
Hawaiian Baked Ham 3 Oz Brussels Sprouts 1/2 Cup Whipped Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Carrot Cake w/Cream Cheese Frosting 1 Square Coffee or Hot Tea 6 Oz Lemon Pepper Chicken Breast 3 Oz Buttered Whole Kernel Corn (veg) 1/2 Cup Parmesan Noodles 1/2 Cup	Cornflake Chicken Breast 3 Oz Country Vegetable Blend 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peanut Butter Cookie 1 Ea Coffee or Hot Tea 6 Oz Smothered Steak 3 Oz Parsley Cauliflower 1/2 Cup Mashed Potatoes 1/2 Cup	Shepherd's Pie 1 Cup Sliced Parsley Carrots 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Spiced Peaches 1/2 Cup Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Spinach 1/2 Cup Buttered Noodles 1/2 Cup	Turkey w/Cranberry Glaze 3 Oz Herbed Green Beans 1/2 Cup Sage Bread Dressing 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Caramel Apple Upside Down Cake 1 Square Coffee or Hot Tea 6 Oz Spinach & Cheese Quiche 1 Sl Brussels Sprouts 1/2 Cup	Swedish Meatballs 3 Ea Roasted Beets 3/8 Cup Duchess Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pumpkin Pie 1 Sl Coffee or Hot Tea 6 Oz Chicken Tenders 2 Ea - Honey Mustard 1 Ea Seasoned Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup	Shrimp Alfredo w/ 3 Oz - Spaghetti Noodles 1/2 Cup Tossed Salad w/Dressing 1 Cup Garlic Bread 1 Ea Vanilla Ice Cream 1 Ea Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup	Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Brown Sugar Baked Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Maple Apple Crisp 1/2 Cup Coffee or Hot Tea 6 Oz Seasoned Chicken Breast 3 Oz Broccoli Florets 1/2 Cup Yellow Rice 1/2 Cup
Dinner:Regular						
Grilled Two Cheese Sandwich 1 Sandwich Calico Coleslaw 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Tomato Soup 6 Oz - Saltine Crackers 1 Pkt Chilled Pears 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Hamburger Steak 3 Oz - Brown Gravy 2 Oz Green Beans 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Herb & Lemon Fish Fillet 3 Oz Seasoned Green Peas 1/2 Cup Baked Potato 1 Ea - Sour Cream 1 Pkt - Margarine 1 Ea Dinner Roll/Bread 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Meatballs w/Gravy 3 Ea Marinated Mixed Vegetable Salad 1/2 Cup Parsley Rice 1/2 Cup	Baked Ziti w/Italian Sausage 1 Cup Caesar Salad 1 Cup Garlic Bread 1 Ea Lemon Bar 1 Bar Milk 8 Oz Coffee or Hot Tea 6 Oz Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Pickled Beets & Onion Salad 3/8 Cup Potato Chips 1 Oz	Sweet & Sour Pork 3/8 Cup Broccoli Florets 1/2 Cup Yellow Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Mandarin Oranges 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Marinated Chicken Thigh 1 Ea Capri Vegetable Blend 1/2 Cup Buttered Noodles 1/2 Cup	Cheese Ravioli w/Marinara Sauce 1 Cup Balsamic & Parmesan Roasted Cauliflower 1/2 Cup Breadstick 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Turkey Burger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Green Pea Salad 1/2 Cup Potato Chips 1 Oz	Chicken, Bacon & Ranch Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Confetti Coleslaw 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Thin Crust Cheese Pizza 1 Pc Marinated Green Bean Salad 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Philly Cheesesteak Sandwich 1 Sandwich - Sauteed Peppers & Onions 1/4 Cup Marinated Cucumber & Onion Salad 2/3 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Double Chocolate Brownie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Breaded Pollock Fish Fillet on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Country Vegetable Blend 1/2 Cup Steamed Rice 1/2 Cup

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 Week-At-A-Glance
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Glazed Cinnamon Roll 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Biscuit 1 Ea - Sausage Gravy 4 Oz Oatmeal Cereal 6 Oz Hashbrown 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch:Regular						
Braised Beef Round Roast 3 Oz - Brown Gravy 2 Oz Honey Roasted Carrots 1/2 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Winter Vegetable Blend 1/2 Cup Parmesan Noodles 1/2 Cup	Encrusted Pork Loin 3 Oz Seasoned Green Peas 1/2 Cup Bread Dressing 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Orange Sherbet 1 Ea Coffee or Hot Tea 6 Oz Vegetable Quiche 1 Sl Sautéed Spinach w/Garlic 1/2 Cup	Maple Dijon Chicken Thigh 1 Ea Herbed Green Beans 1/2 Cup Baked Potato 1 Ea - Margarine 1 Ea - Sour Cream 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Harvest Baked Apples 1/2 Cup Coffee or Hot Tea 6 Oz Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Seasoned Rice 1/2 Cup	Mediterranean Baked Fish Fillet 3 Oz Sautéed Spinach w/Garlic 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pear Crisp 1/2 Cup Coffee or Hot Tea 6 Oz BBQ Chicken Breast 3 Oz Green Peas 1/2 Cup Herbed Noodles 1/2 Cup	Lasagna w/Meatsauce 1 Square Caesar Salad 1 Cup Garlic Bread 1 Ea Chocolate Chip Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Pickled Beets Salad 1/2 Cup Potato Chips 1 Oz	Breaded Pollock Fish Fillet 3 Oz - Tartar Sauce 1 Pkt Stewed Tomatoes 1/2 Cup Cheesy Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Coffee or Hot Tea 6 Oz Sage Herbed Pork Chop 3 Oz Sliced Carrots 1/2 Cup White Rice 1/2 Cup	Braised Pork Tips 3/8 Cup Broccoli Florets 1/2 Cup Yellow Rice 1/2 Cup Parsley Dinner Roll 1 Ea - Margarine 1 Ea Dutch Apple Pie w/Crumb Topping 1 Sl Coffee or Hot Tea 6 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Green Peas 1/2 Cup Mashed Potatoes 1/2 Cup
Dinner:Regular						
Chicken Tenders 2 Ea - Honey Mustard 1 Ea Green Beans 1/2 Cup Macaroni & Cheese 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Chip Cookie 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Tuna Melt Sandwich 1 Sandwich Calico Coleslaw 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt	Open Faced Turkey Sandwich 1 Sandwich - Poultry Gravy 2 Oz Whole Kernel Corn (veg) 1/2 Cup Mashed Potatoes 1/2 Cup Deluxe Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Capri Vegetable Blend 1/2 Cup Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Winter Vegetable Blend 1/2 Cup Au Gratin Potatoes 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Pumpkin Cheesecake Bar 1 Bar Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Orange Glazed Beets 1/2 Cup Buttered Noodles 1/2 Cup	Ham & Cheese Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Marinated Cucumber & Onion Salad 2/3 Cup Potato Chips 1 Oz Minestrone Soup 6 Oz - Saltine Crackers 1 Pkt Butterscotch Pudding Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Meatballs w/Gravy 3 Ea Sliced Carrots 1/2 Cup Parsley Noodles 1/2 Cup	Fried Chicken 3 Oz Country Vegetable Blend 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Cornbread 1 Square - Margarine 1 Ea Mandarin Oranges 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cheeseburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Confetti Coleslaw 1/2 Cup Baked Beans 1/2 Cup	Thin Crust Cheese Pizza 1 Pc Marinated Cauliflower Salad 1/2 Cup Parmesan Breadstick 1 Ea Peanut Butter Brownie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Whole Kernel Corn (veg) 1/2 Cup Garlic Potato Wedges 1/2 Cup	BBQ Pulled Chicken Sandwich 1/2 Sandwich Dixie Coleslaw 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Pineapple Tidbits 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Italian Sausage 1 Ea Sautéed Spinach 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea