

**Summit Ridge Center**  
**Week-At-A-Glance**  
**hcs1northern2021 Week 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<b>Blueberry Muffin</b> - Margarine <b>Scrambled Eggs</b>	<b>Sausage Patty</b> <b>French Toast</b> - Margarine - Syrup	<b>Biscuit</b> - Margarine - Jelly <b>Scrambled Eggs w/Cheese</b>	<b>Toast</b> - Margarine - Jelly <b>Egg &amp; Hashbrown Bake</b>	<b>Bacon</b> <b>Buttermilk Pancakes</b> - Margarine - Syrup	<b>Peach Streusel Coffee</b> <b>Cake</b> - Margarine <b>Scrambled Eggs</b>	<b>Toast</b> - Margarine - Jelly <b>Breakfast Ham</b> <b>Baked Cheese Omelet</b>
<b>Lunch:Regular</b>						
<b>Ranch Style Potato Wedges</b> Garden Pasta Salad <b>Calico Coleslaw</b> Marinated Cucumber & Onion Salad <b>Cornbread</b> - Margarine <b>Peach Pie w/Crumb Topping</b> <b>Fried Chicken</b> Tuna Salad Sandwich - Lettuce & Tomato	<b>Whipped Sweet Potatoes</b> Parsley Noodles <b>Sauteed Spinach w/Garlic</b> Capri Vegetable Blend <b>Dinner Roll/Bread</b> - Margarine <b>Pineapple Tidbits</b> <b>Hawaiian Baked Ham</b> Herbed Chicken Breast	Mashed Potatoes <b>Tossed Salad w/Dressing</b> Sliced Carrots <b>Garlic Breadstick</b> <b>Strawberry Shortcake</b> <b>Baked Ziti w/Meatsauce</b> Parsley Pork Chop	<b>Tater Tots</b> - Ketchup Herbed Rice <b>Zucchini &amp; Onions</b> Braised Cabbage Dinner Roll/Bread - Margarine <b>Tropical Fruit Salad</b> <b>BBQ Pork on a Bun</b> Salisbury Steak - Brown Gravy	<b>Garden Pasta Salad</b> <b>Marinated Cucumber &amp; Tomato Salad</b> Tossed Salad w/Dressing Breadstick - Margarine <b>Seedless Watermelon Cubes</b> <b>Chicken Salad Sandwich on Croissant</b> - Lettuce & Tomato Thin Crust Cheese Pizza	<b>Spaghetti Noodles</b> Mashed Potatoes <b>Broccoli Florets</b> Sliced Carrots <b>Garlic Bread</b> <b>Chocolate Ice Cream</b> <b>Shrimp Scampi</b> Chicken Tenders - Honey Mustard	French Fries - Ketchup <b>Caesar Salad</b> Green Pea Salad <b>Parmesan Breadstick</b> <b>Blondie</b> <b>Chicken Pasta Primavera</b> Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear
<b>Dinner:Regular</b>						
<b>Buttered Noodles</b> Buttered Rice <b>Green Peas</b> Sliced Carrots <b>Dinner Roll/Bread</b> - Margarine <b>Deluxe Fruit Salad</b> <b>Swedish Meatballs</b> Smothered Turkey Patty	<b>Savory Summer Soup</b> - Saltine Crackers <b>Creamy Dill Macaroni Salad</b> Potato Chips <b>Broccoli Salad</b> Marinated Green Bean Salad <b>Lemon Cake w/Icing</b> <b>Turkey Sandwich</b> - Lettuce & Tomato - Mayonnaise Grilled Cheese Sandwich	<b>Rice Pilaf</b> Potato Wedges - Ketchup <b>Sauteed Asparagus Cuts</b> Country Vegetable Blend <b>Rosemary Dinner Roll</b> - Margarine <b>Summer Fresh Fruit Cup</b> <b>Honey Dijon Chicken Thigh</b> Herb & Lemon Fish Fillet	<b>Baked Potato</b> - Margarine - Sour Cream Egg Noodles <b>Peas &amp; Carrots</b> Seasoned Spinach <b>Dinner Roll/Bread</b> - Margarine <b>Tuxedo Cheesecake Bar</b> <b>Breaded Pollock Fish Fillet</b> - Tartar Sauce Sweet & Sour Meatballs	<b>Garlic Mashed Potatoes</b> Yellow Rice <b>Roasted Green Beans</b> Squash Medley <b>Dinner Roll/Bread</b> - Margarine <b>Peanut Butter Cookie</b> <b>Beef Pepper Steak w/Gravy.</b> Rancher's Pork Chop	<b>Potato Wedges</b> - Ketchup Buttered Rice <b>Confetti Coleslaw</b> Seasoned Whole Kernel Corn (veg) Dinner Roll/Bread - Margarine <b>Fruit Cocktail</b> <b>Turkey Burger on a Bun</b> - Lettuce & Tomato - Pickle Spear - Mayonnaise Hamburger Steak w/Grilled Onions - Brown Gravy	<b>Oven Browned Potatoes</b> <b>Seasoned Cabbage</b> Capri Vegetable Blend <b>Dinner Roll/Bread</b> - Margarine <b>Mandarin Oranges</b> <b>Kielbasa Sausage</b> Cheese Quiche

**Summit Ridge Center**  
**Week-At-A-Glance**  
**hcs1northern2021 Week 2**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<b>Bacon French Toast</b> - Margarine - Syrup	<b>Glazed Cinnamon Roll Scrambled Eggs</b>	<b>Hashbrown Biscuit</b> - Sausage Gravy	<b>English Muffin</b> - Margarine - Jelly <b>Breakfast Ham Scrambled Eggs</b>	<b>Toast</b> - Margarine - Jelly <b>Baked Cheese Omelet</b>	<b>Toast</b> - Margarine - Jelly <b>Western Scrambled Eggs</b>	<b>Sausage Patty Buttermilk Pancakes</b> - Margarine - Syrup
<b>Lunch:Regular</b>						
<b>Garlic &amp; Rosemary Roasted Red Skin Potatoes</b> Buttered Rice <b>Sauteed Spinach</b> Seasoned Zucchini <b>Dinner Roll/Bread</b> - Margarine <b>Apple Crisp</b> <b>Roast Beef Au Jus</b> Rotisserie Chicken Thigh	Tater Tots - Ketchup <b>Tossed Salad w/Dressing</b> Green Peas <b>Garlic Breadstick</b> <b>Chocolate Chip Cake w/White Frosting</b> <b>Chicken Parmesan w/ Spaghetti Noodles</b> Breaded Pollock Fish Fillet - Tartar Sauce	<b>Oven Brownd Potatoes</b> Parmesan Noodles <b>Broccoli Florets</b> Seasoned Spinach <b>Dinner Roll/Bread</b> - Margarine <b>Peach Shortcake</b> <b>Garlic Herbed Pork Loin</b> Rosemary Chicken Breast	<b>Au Gratin Potatoes</b> Rice Pilaf <b>Buttered Green Peas</b> Sliced Carrots <b>Poppy Seed Dinner Roll</b> - Margarine <b>Orange Sherbet</b> <b>Homestyle Meatloaf w/Ketchup Glaze</b> Garlic Baked Pork Chop	French Fries - Ketchup <b>Confetti Coleslaw</b> Broccoli Salad <b>Strawberries &amp; Banana</b> <b>Hot Dog on a Bun</b> - Baked Beans - Mustard Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear	<b>Rice Pilaf</b> Tater Tots - Ketchup <b>Sauteed Asparagus Cuts</b> Squash Medley <b>Dinner Roll/Bread</b> - Margarine <b>Summer Fresh Fruit Cup</b> <b>Mediterranean Baked Fish Fillet</b> Grilled Cheese Sandwich	<b>Stir Fried Noodles</b> Mashed Potatoes <b>Sugar Snap Peas</b> Sliced Carrots <b>Dinner Roll/Bread</b> - Margarine <b>Sugar Cookie</b> <b>Sweet Garlic Chicken Breast</b> Glazed Baked Pork Chop
<b>Dinner:Regular</b>						
<b>Garden Pasta Salad</b> Potato Chips <b>Calico Coleslaw</b> Creamy Cucumber & Onion Salad <b>S'more Pudding Parfait</b> <b>Tuna Salad Sandwich on Croissant</b> - Lettuce & Tomato Ham Sandwich - Lettuce & Tomato - Mayonnaise	<b>Herbed Mashed Potatoes</b> <b>Seasoned Whole Kernel Corn (veg)</b> Baked Tomato Halves <b>Dinner Roll/Bread</b> - Margarine <b>Seedless Watermelon Cubes</b> <b>Swiss Steak w/Gravy</b> Baked Macaroni & Cheese	Mashed Potatoes <b>Parmesan Baked Zucchini</b> Country Vegetable Blend <b>Italian Herbed Dinner Roll</b> - Margarine <b>Chilled Pears</b> <b>Thin Crust Cheese Pizza</b> Smothered Turkey Patty	<b>Baked Sweet Potatoes</b> Buttered Noodles <b>Herbed Green Beans</b> Whole Kernel Corn (veg) <b>Dinner Roll/Bread</b> - Margarine <b>Fruit Cocktail</b> <b>Honey Glazed Turkey.</b> - Poultry Gravy Herb Baked Fish Fillet	<b>Herbed Noodles</b> <b>Honey Roasted Carrots</b> Creamy Cucumber & Onion Salad <b>Dinner Roll/Bread</b> - Margarine <b>Black Forest Cake</b> <b>Marinated Chicken Thigh</b> Cheese Quiche	Herbed Potato Wedges <b>Caesar Salad</b> Sauteed Spinach w/Garlic <b>Garlic Bread</b> <b>Butterscotch Pudding</b> <b>Baked Ziti w/Cheese</b> Italian Sausage	<b>French Fries</b> - Ketchup Macaroni Salad <b>Tossed Salad w/Dressing</b> Marinated Cucumber & Tomato Salad <b>Chilled Peach Parfait</b> <b>Philly Cheesesteak Sandwich</b> - Sauteed Peppers & Onions. Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato

**Summit Ridge Center**  
**Week-At-A-Glance**  
**hcsq1northern2021 Week 3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<b>Blueberry Muffin</b> - Margarine <b>Scrambled Eggs</b>	<b>Sausage Patty</b> <b>French Toast</b> - Margarine - Syrup	<b>Biscuit</b> - Margarine - Jelly <b>Scrambled Eggs w/Cheese</b>	<b>Bacon</b> <b>Buttermilk Pancakes</b> - Margarine - Syrup	<b>Toast</b> - Margarine - Jelly <b>Egg &amp; Hashbrown Bake</b>	<b>Peach Streusel Coffee</b> <b>Cake</b> - Margarine <b>Scrambled Eggs</b>	<b>Toast</b> - Margarine - Jelly <b>Sausage Patty</b> <b>Baked Cheese Omelet</b>
<b>Lunch:Regular</b>						
Buttered Rice <b>Caesar Salad</b> Roasted Green Beans <b>Garlic Breadstick</b> <b>Vanilla Ice Cream</b> <b>Cheese Ravioli w/Marinara</b> <b>Sauce</b> Thyme Baked Chicken Thigh	<b>Mashed Potatoes</b> - Poultry Gravy Parsley Noodles <b>Sliced Glazed Carrots</b> Green Peas <b>Dinner Roll/Bread</b> - Margarine <b>Marble Cake w/White</b> <b>Frosting</b> <b>Roast Turkey</b> - Poultry Gravy Rancher's Pork Chop	<b>Baked Sweet Potatoes</b> Parmesan Noodles <b>Spinach Au Gratin</b> Whole Kernel Corn (veg) <b>Dinner Roll/Bread</b> - Margarine <b>Summer Fresh Fruit Cup</b> <b>Honey Glazed Sliced Ham</b> Salisbury Steak - Brown Gravy	<b>Creamy Dill Macaroni</b> <b>Salad</b> Potato Chips <b>Tomato Basil Salad</b> Marinated Cucumber & Onion Salad <b>Snickerdoodle Cookie</b> <b>Egg Salad Sandwich on</b> <b>Croissant</b> - Lettuce & Tomato Turkey Salad Sandwich - Lettuce & Tomato	<b>Mashed Potatoes</b> Buttered Noodles <b>Buttered Green Peas</b> Seasoned Spinach <b>Dinner Roll/Bread</b> - Margarine <b>Chilled Pear Parfait</b> <b>Beef Pepper Steak</b> <b>w/Gravy</b> Lemon Pepper Chicken Breast	Roasted Red Skin Potatoes <b>Steamed Asparagus Cuts</b> Sliced Parsley Carrots <b>Garlic Bread</b> <b>Cherry Crisp</b> <b>Shrimp Alfredo w/</b> - Spaghetti Noodles Parsley Pork Chop	<b>Garlic Potato Wedges</b> Egg Noodles <b>Buttered Whole Kernel</b> <b>Corn (veg)</b> Broccoli Florets <b>Dinner Roll/Bread</b> - Margarine <b>Pineapple Tidbits</b> <b>Fried Chicken</b> Smothered Turkey Patty
<b>Dinner:Regular</b>						
<b>Garlic Roasted Red Skin</b> <b>Potatoes</b> Herbed Noodles <b>Braised Cabbage</b> Whole Kernel Corn (veg) <b>Dinner Roll/Bread</b> - Margarine <b>Apple Crisp</b> <b>Kielbasa Sausage</b> Chicken Tenders - Honey Mustard	<b>Tater Tots</b> - Ketchup Buttered Noodles <b>Confetti Coleslaw</b> Squash Medley <b>Tropical Fruit Salad</b> <b>Cheeseburger on a Bun</b> - Lettuce & Tomato - Ketchup - Pickle Spear Breaded Pollock Fish Fillet on a Bun - Tartar Sauce	<b>Rice Pilaf</b> <b>Capri Vegetable Blend</b> Tossed Salad w/Dressing <b>Parsley Dinner Roll</b> - Margarine <b>Double Chocolate Brownie</b> <b>Cornflake Chicken Breast</b> Thin Crust Cheese Pizza	<b>Baked Beans</b> Seasoned Rice <b>Zucchini &amp; Onions</b> Green Beans <b>Cornbread</b> - Margarine <b>Mandarin Oranges</b> <b>BBQ Pork Platter</b> Marinated Chicken Thigh	<b>Cheesy Rice</b> <b>Broccoli Florets</b> Capri Vegetable Blend <b>Dinner Roll/Bread</b> - Margarine <b>Lemon Cake w/Icing</b> <b>Butter Crumb Fish Fillet</b> Cheese Ravioli w/Marinara Sauce	<b>Corn Chowder Soup</b> - Saltine Crackers <b>French Fries</b> - Ketchup Buttered Rice <b>Creamy Cucumber &amp;</b> <b>Onion Salad</b> Country Vegetable Blend <b>Seedless Watermelon</b> <b>Cubes</b> <b>Grilled Turkey &amp; Cheese</b> <b>Sandwich</b> Hamburger Steak w/Grilled Onions - Brown Gravy	<b>Parmesan Baked Zucchini</b> Seasoned Green Beans <b>Breadstick</b> - Margarine <b>Chocolate Cream Pie</b> <b>Meatballs w/Marinara</b> <b>Sauce</b> - Marinara Sauce (oz) - Spaghetti Noodles Cheese Quiche

**Summit Ridge Center**  
**Week-At-A-Glance**  
**hcs1northern2021 Week 4**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast:Regular</b>						
<b>Glazed Cinnamon Roll</b> <b>Scrambled Eggs</b>	<b>Bacon</b> <b>French Toast</b> - Margarine - Syrup	<b>Hashbrown</b> <b>Biscuit</b> - Sausage Gravy	<b>Toast</b> - Margarine - Jelly <b>Baked Cheese Omelet</b>	<b>English Muffin</b> - Margarine - Jelly <b>Breakfast Ham</b> <b>Scrambled Eggs</b>	<b>Toast</b> - Margarine - Jelly <b>Western Scrambled Eggs</b>	<b>Sausage Patty</b> <b>Buttermilk Pancakes</b> - Margarine - Syrup
<b>Lunch:Regular</b>						
<b>Scalloped Potatoes</b> Parsley Rice <b>Sauteed Spinach w/Garlic</b> Capri Vegetable Blend <b>Dinner Roll/Bread</b> - Margarine <b>Pear Crisp</b> <b>Rosemary Pork Loin</b> Lemon Pepper Fish Fillet	<b>Duchess Mashed Potatoes</b> Herbed Noodles <b>Honey Roasted Carrots</b> Sauteed Green Beans <b>Herbed Dinner Roll</b> - Margarine <b>Spiced Apple</b> <b>Homestyle Meatloaf</b> <b>w/Ketchup Glaze</b> Thyme Chicken Breast	<b>Parmesan Noodles</b> Mashed Potatoes <b>Squash Medley</b> Capri Vegetable Blend <b>Dinner Roll/Bread</b> - Margarine <b>Butterscotch Pudding</b> <b>Parfait</b> <b>Marinated Chicken Thigh</b> Meatballs w/Gravy	<b>Garlic &amp; Rosemary</b> <b>Roasted Red Skin</b> <b>Potatoes</b> Buttered Noodles <b>Broccoli Florets</b> Buttered Whole Kernel Corn (veg) <b>Parsley Dinner Roll</b> - Margarine <b>Lemon Bar</b> <b>Italian Sausage</b> Smothered Turkey Patty	Potato Chips <b>Caesar Salad</b> Creamy Cucumber & Onion Salad <b>Garlic Breadstick</b> <b>Double Chocolate Brownie</b> <b>Lasagna w/Meatsauce</b> Egg Salad Sandwich - Lettuce & Tomato	<b>Au Gratin Potatoes</b> Yellow Rice <b>Country Vegetable Blend</b> Seasoned Spinach <b>Dinner Roll/Bread</b> - Margarine <b>Sour Cream Orange Cake</b> <b>Breaded Pollock Fish Fillet</b> - Tartar Sauce BBQ Chicken Thigh	<b>Steamed Rice</b> <b>Seasoned Green Beans</b> Tomato Basil Salad <b>Poppy Seed Dinner Roll</b> - Margarine <b>Seedless Watermelon</b> <b>Cubes</b> <b>Turkey Divan w/Broccoli</b> Cheese Quiche
<b>Dinner:Regular</b>						
<b>French Fries</b> - Ketchup Buttered Noodles <b>Tossed Salad w/Dressing</b> Whole Kernel Corn (veg) <b>Dinner Roll/Bread</b> - Margarine <b>Vanilla Ice Cream</b> <b>Chicken Tenders</b> - Honey Mustard Hamburger Steak w/Grilled Onions - Brown Gravy	<b>Rice Pilaf</b> Baked Sweet Potatoes <b>Steamed Broccoli Florets</b> <b>w/Lemon</b> Country Vegetable Blend <b>Dinner Roll/Bread</b> - Margarine <b>Cherry Cheesecake Bar</b> <b>Citrus Glazed Turkey.</b> - Poultry Gravy BBQ Pork Chop	<b>Potato Chips</b> Macaroni Salad <b>Green Pea Salad</b> Marinated Tomato & Onion Salad <b>Summer Fresh Fruit Cup</b> <b>Ham &amp; Swiss Sandwich on</b> <b>Wheat</b> - Lettuce & Tomato - Mayonnaise Tuna Salad Sandwich - Lettuce & Tomato	<b>Macaroni &amp; Cheese</b> <b>Baked Tomato Halves</b> Roasted Zucchini <b>Dinner Roll/Bread</b> - Margarine <b>Chilled Peach Parfait</b> <b>Cornflake Crusted Fish</b> <b>Fillet</b> Thin Crust Cheese Pizza	<b>Baked Potato</b> - Margarine - Sour Cream Egg Noodles <b>Sugar Snap Peas</b> Capri Vegetable Blend <b>Dinner Roll/Bread</b> - Margarine <b>Tropical Fruit Salad</b> <b>Rancher's Chicken Breast</b> Garlic Baked Pork Chop	<b>Confetti Coleslaw</b> Tossed Salad w/Dressing <b>Chilled Pears</b> <b>Hot Dog on a Bun</b> - Baked Beans - Mustard Baked Macaroni & Cheese	<b>Tater Tots</b> - Ketchup Garden Pasta Salad <b>Marinated Cucumber &amp;</b> <b>Tomato Salad</b> Sauteed Zucchini <b>Chocolate Chip Cookie</b> <b>Cheeseburger on a Bun</b> - Lettuce & Tomato - Ketchup - Pickle Spear Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato