

ElderHouse Adult Day Care Norwalk

SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swedish Meatballs Bowtie Noodles Green Beans Wheat Dinner Roll Peaches	Escarole and Bean Soup LS Crackers Crab Cake / Tartar Sauce Confetti Brown Rice California Blend Rye Bread Fresh Fruit	Herb Roasted Chicken Qtr. Spanish Rice Spinach Salad with Shredded Carrot, Raspberry Vinaigrette Wheat Bread chocolate chip cookie	Pot Roast / LS Gravy Smashed Potato Broccoli Pumpnickel Dinner Roll Margarine Birthday Cake *	Spinach Grandioli with LS Sauce Parmesan Cheese Tossed Salad with Cucumber and Italian Dressing Garlic Breadstick	Hot Dog on a roll with sauerkraut Tossed Salad mustard and relish Tossed Salad dressing french fries fresh fruit
Mandarin Chicken Vegetable Fried Rice Oriental Blend Wheat Bread Margarine Mandarin Oranges	Hamburger Au Jus Wheat Bun Ketchup Steak Fries Coleslaw Watermelon	Broccoli Quiche Beets Green Beans Wheat Dinner Roll Fresh Fruit	Chicken Noodle Soup LS Crackers Turkey / LS Gravy Stuffing Spinach Rye Bread Baked Apple Wedges	Seafood Salad Lettuce and Tomato Three Bean Salad Portuguese Roll Cranberry Juice	Meatloaf w/ls gravy Baked potato glazed carrots dinner roll Cranberry Juice Iced Yellow Cake *
Cream of Carrot Soup LS Crackers Light Crunch Fish Tartar Sauce/Lemon Tossed Salad with Tomato and Italian dressing Family Grain Bread fresh fruit	Chicken Cacciatore Bowtie Pasta Cauliflower with Parsley Italian Bread Pineapple Juice Ice Cream Cup	Meatloaf / LS Gravy Baked Potato Sour Cream Glazed Carrots Multigrain Bread Tropical Fruit	Veal Roulade with Gravy Baked Potato with Sour Cream Herbed Peas and Onions Garlic Dinner Roll Holiday cake	Eggplant Rolatini w Cheese Spinach Salad w/vignarette Garlic Bread Spinach salad fresh fruit	Tomato soup w ls crackers Turkey sandwich on Grinder Tossed salad w/tomato french bread Melon
Spaghetti with meat sauce Parmesan cheese Spinach Salad with Shredded Carrot and Raspberry Vinaigrette Garlic Bread Mixed Fruit Juice Italian Ice	Shrimp Bisque LS Crackers Chef Salad with Turkey, Ham and Cheese Lettuce, Tomato, Cucumber French Dressing Wheat Breadstick Fresh Fruit	Stuffed Salmon with Rosemary Cream Sauce Brown Rice Pilaf Roasted Fresh Zucchini and Yellow Squash Marble Rye Bread Pears	Roast Beef /LS Gravy Baked Potato Sour Cream Tuscan Blend Multigrain Bread Margarine Peaches	Vegetable Omelet Sweet Potato Fries Coleslaw Vinaigrette Pumpnickel Bread Margarine Apple Juice M & M Cookie *	Swedish meatballs Bowtie noodles Green beans Wheat dinner roll Peaches
Stir Fry Chicken and Broccoli Brown Rice Rye Bread Pineapple	Salisbury Steak / LS Mushroom Gravy Roasted Potato Scandinavian Blend Pumpnickel Dinner Roll Cranapple Juice Marble Cake		AM Snacks Coffee, tea, juice Bagel, toast, muffin or donut	All meals served with 1% milk and a choice of coffee or tea.	