

## La Rosa Gardens Menu

Sample Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Fruit Salad Oatmeal Porridge Assorted cold Cereals Chef's Choice Omelette Whole Wheat Toast Assorted Jams and Peanut Butter	Fruit Salad Oatmeal Porridge Assorted Cold Cereals Poached Eggs and Bacon Whole Wheat Toast Assorted Jams and Peanut Butter	Fruit Salad Oatmeal Porridge Assorted Cold Cereals Pancake or French Toast & Sausage Assorted Jams and Peanut Butter	Fruit Salad Oatmeal Porridge Assorted Cold Cereals Muffin with Cheese Slice Whole Wheat Toast Assorted Jams and Peanut Butter	Fruit Salad Oatmeal Porridge Assorted Cold Cereals Fried Eggs and Bacon Whole Wheat Toast Assorted Jams and Peanut Butter	Fruit Salad Oatmeal Porridge Assorted Cold Cereals Waffles and Sausage Whole Wheat Toast Assorted Jams and Peanut Butter	Fruit Salad Oatmeal Porridge Assorted Cold Cereals Scrambled Egg & Bacon Whole Wheat Toast Assorted Jams and Peanut Butter
	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>
	Tea or Coffee Milk 2% Orange Juice or Cranberry Juice	Tea or Coffee Milk 2% Orange Juice or Cranberry Juice	Tea or Coffee Milk 2% Orange Juice or Cranberry Juice	Tea or Coffee Milk 2% Orange Juice or Cranberry Juice	Tea or Coffee Milk 2% Orange Juice or Cranberry Juice	Tea or Coffee Milk 2% Orange Juice or Cranberry Juice	Tea or Coffee Milk 2% Orange Juice or Cranberry Juice
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Cream of Celery Soup Ham Cheese Quiche Tossed Salad  Banana and Orange	Beef Barley Soup Shrimp Caesar Salad Melon Wedge  and Honeydew	Borscht Soup Turkey Sandwich Potato Salad  Kiwi and apple	Tomato Pasta Soup Chicken Fingers Fries, coleslaw  Orange and Banana	Chicken Rice Soup Beef Tomato Sandwich Bean Salad Cucumber Slice and Tomato	Cream of Potato Soup Cheese Omelette Spinach Salad  Orange and apple	Vegetable Soup Turkey Clod Plate Pasta Salad  Watermelon and Kiwi
	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>
	Tea or Coffee Milk 2%	Tea or Coffee Milk 2%	Tea or Coffee Milk 2%	Tea or Coffee Milk 2%	Tea or Coffee Milk 2%	Tea or Coffee Milk 2%	Tea or Coffee Milk 2%
<b>2:30 Snack</b>	<b>Tea, Coffee, or Hot Chocolate</b>						
	<b>Assorted Cookies, Loafs, Crackers and Cheese, and Fruit</b>						
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Baked Cod Yukon potato Steamed Broccoli with Diced Squash	Jerk Chicken Rice Carrot Green Beans	Spaghetti & Meat Sauce Cesar Salad Garlic Toast	Grilled Pork Chop Rice Pilaf Yams Asparagus	Veal Cutlet and gravy red potato Garden Peas Cauliflower	Stuffed Sole Whipped Potato Wax Beans Fried Cabbage	BBQ Whole Chicken Baked Potato Corn Parsnips
	<b>Dessert</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Dessert</b>
	Ice Cream	Back Forest Cake	Lemon Pudding	Pear Cake	Ice Cream	Banana Cream Cake	Blueberry Pie
	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>	<b>Beverages</b>
	Tea or Coffee  Milk 2%	Tea or Coffee  Milk 2%	Tea or Coffee  Milk 2%	Tea or Coffee  Milk 2%	Tea or Coffee  Milk 2%	Tea or Coffee  Milk 2%	Tea or Coffee  Milk 2%
<b>7:00 Snack</b>	<b>Tea, Coffee, and Water</b>						
	<b>Assorted Cookies Loafs, Crackers and Cheese, and Fruit</b>						