

Cycle II, 2006-2007		Cedar Lake Nursing and Rehab					Week 4
Meal	Sunday Oct-15, Nov-12, Dec-10, Jan-7 Feb-4, Mar-4, Apr-1, Apr-29	Monday Oct-16, Nov-13, Dec-11, Jan-8 Feb-5, Mar-5, Apr-2, Apr-30	Tuesday Oct-17, Nov-14, Dec-12, Jan-9 Feb-6, Mar-6, Apr-3, May-1	Wednesday Oct-18, Nov-15, Dec-13, Jan-10 Feb-7, Mar-7, Apr-4, May-2	Thursday Oct-19, Nov-16, Dec-14, Jan-11 Feb-8, Mar-8, Apr-5, May-3	Friday Oct-20, Nov-17, Dec-15, Jan-12 Feb-9, Mar-9, Apr-6, May-4	Saturday Oct-21, Nov-18, Dec-16, Jan-13 Feb-10, Mar-10, Apr-7, May-5
B R E A K F A S T	Juice of Choice Cold Cereal of Choice or Hot Cereal Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Cold Cereal of Choice or Hot Cereal Egg Biscuit with Sausage Gravy Milk Coffee or Hot Tea	Juice of Choice Cold Cereal of Choice or Hot Cereal Egg Bacon Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Cold Cereal of Choice or Hot Cereal Egg Sausage Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Cold Cereal of Choice or Hot Cereal Breakfast Burrito Milk Coffee or Hot Tea	Juice of Choice Cold Cereal of Choice or Hot Cereal Sausage French Toast Margarine Syrup Milk Coffee or Hot Tea	Juice of Choice Cold Cereal of Choice or Hot Cereal Egg Bacon Toast Margarine Jelly Milk Coffee or Hot Tea
L U N C H	Pot Roast of Beef with Potatoes and Carrots Dinner Roll or Bread Margarine Fruit Pie Milk Beverage of Choice	Dixie Pork Chop Chuckwagon Corn Cabbage with Pimientos Dinner Roll or Bread Margarine Ice Cream Milk Beverage of Choice	BBQ Chicken Au Gratin Potatoes Seasoned Greens Dinner Roll or Bread Margarine Italian Cream Cake Milk Beverage of Choice	Country Fried Steak with Gravy Mashed Potatoes Vegetable Blend Dinner Roll or Bread Margarine Mint Chocolate Square Milk Beverage of Choice	Liver and Onions Fried Potatoes Stewed Tomatoes Dinner Roll or Bread Margarine Berry Cup Milk Beverage of Choice	Breaded Fish Fillet with Tartar Sauce Blackeyed Peas Confetti Coleslaw Dinner Roll or Bread Margarine Lemon Pudding Milk Beverage of Choice	Mesquite Roasted Turkey Ranch Style Beans Squash Medley Dinner Roll or Bread Margarine Black Forest Cake Milk Beverage of Choice
D I N N E R	Chicken Tenders Dipping Sauce Macaroni and Cheese Zucchini Dinner Roll or Bread Margarine Spiced Pears Milk Beverage of Choice	Cheese Enchilada Spanish Rice Guacamole Salad Tortilla Chips Lime Pineapple Gelatin Milk Beverage of Choice	Beef Stew Green Beans Biscuit Margarine Fresh Fruit Milk Beverage of Choice	Turkey Rice Casserole Steamed Vegetable Sticks Dinner Roll or Bread Margarine Peaches Milk Beverage of Choice	Pork Cutlet with Gravy Dressing Scandinavian Vegetables Dinner Roll or Bread Margarine Cookie Milk Beverage of Choice	Hamburger on a Bun Tator Tots Lettuce, Tomato, Onion, and Pickle Fruit Fling Milk Beverage of Choice	Swedish Meatballs with Sauce Noodles Broccoli Dinner Roll or Bread Margarine Mandarin Oranges Milk Beverage of Choice
S N A C	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers