

Pearlena's Adult Activity Center

Week#1

Monday	Tuesday	Wednesday	Thursday	Friday
Milk: 8 oz. 1% Hand Fruit Fresh Pear ½ c. Whole Wheat Bagel 2oz. Cream Cheese 1 oz.	Milk: 8 oz. 1% Orange Juice 100% ½ c. Blueberry Muffing 2.9 oz.	Milk: 8 oz. 1% Sliced Pear- ½ c. Cereal: 1 oz.	Milk: 8 oz. 1% Fruit Cup-Sliced Apples ½ c. Maple/Blueberry/Cinnamon-Waffle 2.2 oz.	Milk: 8 oz. 1% Hand Fruit –Banana ½ c. Apple Cinnamon Loaf 2 oz. Whole Wheat
4 oz. Chicken Marsala 2 oz. Low sodium gravy ½ c. Buttered Fettuccini with Parsley ½ c. Broccoli Florets (steamed & buttered) ½ c. Fiesta Corn Salad (Pimentos/Parsley/Tomato) Dessert: ½ c. Orange-Mandarin 1 sl. Whole Wheat Bread 1 each 5 g. Margarine 8 oz. 1% Milk	4 oz. Meat Loaf 2 oz. Low-Sodium Gravy- ½ c. Scalloped Creamy Potato ½ c. Glazed Carrot Coins 1/2 c. Tomato Salad with fresh Basil Dessert: ½ c. Sliced Pear 1 each Dinner Rolls 1 each 5 g. Margarine 8 oz. 1% Milk	4 oz. Marinated Chicken Breast ½ c. Sautéed Green-Red Peppers & Zucchini ½ c. Steamed Wild Rice ½ c. Mediterranean Chick Peas Dessert: ½ c. Tropical Fruit Salad 1 sl. Whole Wheat Bread 1 each 5 g. Margarine 8 oz. 1% Milk	4 oz. Sliced Roast Pork Caribbean Style ½ c. Yellow Rice (steamed) ½ c. Pinto Beans-Medley ½ c. Green Beans Dessert: ½ c. Orange Gelatin with Mandarins 1 each Dinner Rolls 1 each 5 g. Margarine 8 oz. 1% Milk	8 oz. Stuffed Shell Parmesan (2 per) ¼ c. Marinara Sauce ½ c. Creamy Spinach ½ c. Carrots Coins with Margarine Dessert: ½ c. Sliced Spicy-Cinnamon-Apple 1 each Garlic Bread 8 oz. 1% Milk
Sliced Peaches ½ c. Sun Chips Cheddar 1 oz.	Fresh Apple ½ c. Whole Wheat Grain Gold fish 1 oz.	Fresh Fruit (Lg. Banana) 1 piece ½ c. Multigrain Sun-chip 1 oz.	100% Juice (Orange) ½ c. Granola Bar 1 oz.	100% Juice (Apple) ½ c. Cinnamon Cracker 1 oz.