

# Pearlena's Adult Activity Center

## Week#2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk: 8 oz. 1%</p> <p>Hand Fruit Fresh Pear ½ c.</p> <p>Whole Wheat Bagel 2oz. Cream Cheese 1 oz.</p>	<p>Milk: 8 oz. 1%</p> <p>Orange Juice 100% ½ c.</p> <p>Blueberry Muffing 2.9 oz.</p>	<p>Milk: 8 oz. 1%</p> <p>Sliced Pear- ½ c.</p> <p>Cereal: 1 oz.</p>	<p>Milk: 8 oz. 1%</p> <p>Fruit Cup-Sliced Apples ½ c.</p> <p>Maple/Blueberry/Cinnamon- Waffle 2.2 oz.</p>	<p>Milk: 8 oz. 1%</p> <p>Hand Fruit –Banana ½ c.</p> <p>Apple Cinnamon Loaf 2 oz. Whole Wheat</p>
<p>4 oz. Chicken Cutlet Oven Baked</p> <p>½ c. Red Mashed Creamy Potato</p> <p>½ c. Carrot Coins with Butter</p> <p>½ c. Fresh-Zucchini &amp; Tomato Salad–Pimentos-Fresh Parsley</p> <p>Dessert: ½ c. Sliced Peaches in light syrup</p> <p>1 sl. Whole Wheat Bread 1 each 5 g. Margarine</p> <p>8 oz. 1% Milk</p>	<p>4 oz. B.B.Q. Marinated Pork Garnish with Sautéed Onions</p> <p>½ c. Rice Pilaf (Steamed)</p> <p>½ c. Glazed Peas &amp; Carrots</p> <p>½ c. Black Eye Pea Medley</p> <p>Dessert: ½ c. Fruit Salad-Tropical</p> <p>1 each Dinner Roll 1 each 5 g. Margarine</p> <p>8 oz. 1% Milk</p>	<p>8 oz. Chili con Carne Topped with Beans Stew</p> <p>½ c. Creamy Macaroni &amp; Cheese</p> <p>½ c. Steamed Green Beans</p> <p>½ c. Cucumber Coins Salad (Italian dressing )</p> <p>Dessert: ½ c. Apple Sauce</p> <p>1 sl. Whole Wheat Bread 1 each 5 g. Margarine</p> <p>8 oz. 1% Milk</p>	<p>4 oz. Stuffed Chicken Oven Baked (ham/Cheese/) 2 oz. low sodium Gravy with Broccoli</p> <p>½ c. Special Rice Olives &amp; Fresh Parsley</p> <p>½ c. Steamed Italian Veggies</p> <p>½ c. Tomato/Spinach Salad</p> <p>Dessert: ½ c. Pineapple Tidbits</p> <p>1 each Dinner Roll 1 each 5 g. Margarine</p> <p>8 oz. 1% Milk</p>	<p>4 oz. Oven Fried Fish (Haddock) Garnish with fresh Parsley &amp; Pimentos)</p> <p>½ c. Sweet Mashed Potato</p> <p>½ c. Spring Vegetables</p> <p>1 c. Green salad with Carrots</p> <p>Dessert: ½ c. Cinnamon Pears</p> <p>1 sl. Whole Wheat Bread 1 each 5 g. Margarine</p> <p>8 oz. 1% Milk</p>
<p>Sliced Peaches ½ c. Sun Chips Cheddar 1 oz.</p>	<p>Fresh Apple ½ c. Whole Wheat Grain Gold fish 1 oz.</p>	<p>Fresh Fruit (Lg. Banana) 1 piece ½ c. Multigrain Sun-chip 1 oz.</p>	<p>100% Juice (Orange) ½ c. Granola Bar 1 oz.</p>	<p>100% Juice (Apple) ½ c. Cinnamon Cracker 1 oz.</p>