

Pearlena's Adult Activity Center

Week#3

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. Sliced Beef Steak, laced with ¼ c. Sautéed Onions/Red Sweet Bell Peppers 2 oz. Low Sodium Gravy</p> <p>½ c. Creamy Scalloped Potatoes</p> <p>½ c. Fiesta Corn</p> <p>½ c. = ¼ c. Green Salad with fresh veggies.</p> <p>Dessert: ½ c. Sliced Pear</p> <p>1 each. Dinner Rolls 1 each (5g)Margarine</p> <p>8 oz. 1% Milk</p>	<p>4 oz. Double Marinated Roast Loin of Pork 2 oz. Low sodium gravy</p> <p>½ c. Black Beans Medley- (onion-pepper)</p> <p>½ c. Yellow Rice-Steamed-with Corn</p> <p>½ c. Plantains</p> <p>½ c. Fresh Fruit Large Banana</p> <p>1 each. Whole wheat Bread 1 each (5g)Margarine</p> <p>8 oz. 1% Milk</p>	<p>4 oz. Chicken Parmesan 1 oz. laced with Mozzarella Cheese/fresh Parsley/Basil</p> <p>½ c. Buttered Mini Penne with fresh herbs</p> <p>½ c. California Vegetables</p> <p>½ c. Cucumber Pimentos Salad</p> <p>Dessert: ½ c. Sliced Apples</p> <p>1 each. Garlic Bread</p> <p>8 oz. 1% Milk</p>	<p>4 oz. All Beef POT ROASTED ¼ c. Laced with Stew Vegetable gravy (celery-pearl onion-peas)</p> <p>½ c. Creamy-Parsley Potato</p> <p>½ c. Steamed Glazed Carrots Coins</p> <p>½ c. = ¼ c. Romaine Salad with Tomatoes</p> <p>Dessert: ½ c. Pineapple Tidbit</p> <p>1 each. Dinner Rolls 1 each (5g)Margarine 8 oz. 1% Milk</p>	<p>4 oz. Mexican Chicken Fajita</p> <p>½ c. Mexican Rice</p> <p>½ c. Refried Beans</p> <p>½ c. Onion/Red-Yellow-Green Peppers-from fajitas</p> <p>Dessert: ½ c. diced Peaches in light Syrup</p> <p>2 oz. Nacho Chips</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>