

Pearlena's Adult Activity Center

Week#4

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
8 oz. Beef Stew (4 oz. Beef) ½ c. Veggies Celery/Carrot/Peas/ squash/Red Pimentos and Diced Tomatoes-Potato) ½ Creamy Garlic Potato (red) 1 c. =½ c. Spinach/Lettuce/ Carrots Salad with Tomatoes & Pimentos (lite Dressing) DESSERT: ½ c. large Banana (fresh) 1 each. Dinner Rolls 1 each (5g)Margarine 8 oz. 1% Milk	4oz. Chicken Oven Roasted Mojo-with Rose-Mary ½ c. Yellow Rice with corn ½ c. Pinto Beans ½ c. Cole Slaw DESSERT: ½ c. Applesauce 1 each. Dinner Rolls 1 each (5g)Margarine 8 oz. 1% Milk	4 oz. Meatballs (3 Meatball 1 oz. each/1 oz. cheese) Parmesan Style- (Cheese & Parsley) ½ c. Spaghetti With Marinara Sauce ½ c. Broccoli florets ½ c. Sliced Cucumber Salad DESSERT: ½ c. Lime Gelatin with Pineapple 1 each. WW Bread 1 each (5g)Margarine 8 oz. 1% Milk	4 oz. Chicken Cutlet 2 oz. Country Style gravy ½ c. Wild Rice (Steamed) ½ c. Fiesta Corn 1 c. = ½ c. Romaine Salad Lite creamy Italian dressing) DESSERT: ½ c. Fruit Salad 1 each. Dinner Rolls 1 each (5g)Margarine 8 oz. 1% Milk	8 oz. Manicotti or Ravioli Primavera Laced with Cheese & parsley 2 oz. Primavera Sauce (marinara/cream) 1 c. Green Beans Medley 1 c. = ½ c. Tossed Mixed Salad with Fresh Vegetables DESSERT: ½ c. Sliced Peaches 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.