

# Breakfast, Lunch & Dinner Menu for JANUARY 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Breakfasts include:</b> Cooked cereal Choices of Juice Hot/cold drinks</p> <p><b>*Menu is subject to change</b></p>	<p><i>Royal Plaza Retirement Center</i> 2870 Juniper Drive • Lewiston, ID 746-2800 <i>Mark Newman, ADG</i> Activity Director Certified</p>		<p><b>Lunches include:</b> Salad Bar Choice of vegetables Dessert</p> <p><b>Dinners include:</b> Cookies and Fruit</p>	<p><b>1</b> Farina Blueberry Pancake Little Smokies Fried Eggs</p> <p>Roast Pork Sage Dressing Broccoli Normandy Fruit Pie</p> <p>Turkey Pot Pie Baked Apples </p>	<p><b>2</b> Cream of Rice French Toast Fried Eggs Bacon Strips </p> <p>Fish Portions Scalloped Potatoes Asparagus Butterscotch Pudding</p> <p>Clam Chowder Egg Salad Sandwich Apricots</p>	<p><b>3</b> Oatmeal Scrambled Eggs German Sausage</p> <p>Swedish Meatballs w/Gravy Parslied Noodles Harvard Beets</p> <p>Beef Vegetable Soup Hog Dogs Apple Crisp </p>
<p><b>4</b> Cornflakes Omelets </p> <p>Pork Chops Mashed Potato/Gravy Green Beans Cherry Cheesecake</p> <p>Belgian Waffles/Strawberry Sausage Links Fruit </p>	<p><b>5</b> Biscuits/Gravy Scrambled Eggs Zoom Sausage Patties</p> <p>Chicken Fried Steak Mashed Potato/Gravy Spinach Home Baked Bread </p> <p>Macaroni &amp; Cheese Mixed Veggies Peaches</p>	<p><b>6</b> Oatmeal Pancakes </p> <p>Link Sausage Fried Eggs</p> <p>Meatloaf Baked Potato/Sour Cream Paprika Cauliflower Ice cream</p> <p>Split Pea Soup Grilled Ham/Cheese Sand. Fruit &amp; Cookies</p>	<p><b>7</b> Maltomeal Fried Eggs Corn Beef Hash</p> <p>Lasagna Broccoli Custard</p> <p>Potato Soup Cold Beef Sandwich Butterscotch Chip Cookies</p>	<p><b>8</b> Wheat Hearts Poached Eggs Raisin Toast German Sausage</p> <p>Turkey Roast Sage Dressing Carrots Pumpkin Pie</p> <p>Chili Con Carne w/ Grated Cheese &amp; Onions Baked Apples</p>	<p><b>9</b> Cream of Rice French Toast Ham Slices Fried Eggs</p> <p>Salmon Loaf Tator Tots Harvard Beets Fruit Cocktail Cake</p> <p>Clam Chowder Grilled Tuna Sandwich Pears/Oreos</p>	<p><b>10</b> Cream of Wheat Chive Scrambled Eggs Bacon Strips Variety Muffins</p> <p>Sloppy Joes Potato Chips Broccoli Normandy Ice Cream</p> <p>Hot Turkey Sandwich Whipped Potatoes/Gravy Whipped Gelatin</p>
<p><b>11</b> Wheat Hearts Scrambled Eggs Applie Turnovers German Sausage</p> <p>Oven Baked Chicken Mashed Potatoes Paprika Cauliflower Angel Cake </p> <p>Fishwich French Fries Cookies</p>	<p><b>12</b> Farina Poached Eggs Ham Slices</p> <p>Beef Stroganoff on Egg Noodles Seasoned Carrots Berry Cobbler </p> <p>Chicken Rice Soup Beef Salad Sandwich Lime Gelatin w/Pears</p>	<p><b>13</b> Zoom Fried Eggs Raisin Toast Little Smokies</p> <p>Pork Chops Spanish Rice Spinach Ice Cream </p> <p>BBQ Beef on Bun Baked Fries Cookies</p>	<p><b>14</b> Cream of Wheat Poached Eggs Hashbrowns Sausage Patties</p> <p>Hot Beef Sandwich w/Whipped Potatoes/Gravy Stewed Tomato/Zucchini Bread Pudding</p> <p>Ham &amp; Beans Seasoned Carrots Baked Apples</p>	<p><b>15</b> Wheat Hearts Fried Eggs Ham Slices</p> <p>Spaghetti Green Beans French Bread Chocolate Pudding </p> <p>Beef Noodle Soup Turkey Salad Crossant Sand. Cobbler</p>	<p><b>16</b> Total Scrambled Eggs Bacon Slices</p> <p>Baked Fish Fillet Tator Tots Broccoli/Cheese Sauce Gingerbread </p> <p>Clam Chowder Egg Salad Sandwich Peanut Butter Cookies</p>	<p><b>17</b> Oatmeal Waffles Sausage Links Scrambled Eggs</p> <p>Chicken &amp; Dumplings Noodles Carrots Ice Cream</p> <p>Hamburgers or Chili Burgers  Potato Chips Vanilla Creme Cookies</p>
<p><b>18</b> Zoom Scrambled Eggs Coffee Cake Ham Slices</p> <p>Pork Roast Dressing/Gravy Oriental Veggies Cobbler</p> <p>Mushroom Soup Chickenwiches Peaches</p>	<p><b>19</b> Cream of Wheat Poached Eggs Bacon Slices</p> <p>Cubed Steak Mashed Potatoes/Brown Gravy Beets Fruit Pie</p> <p>Individual Pizzas Green Beans w/Bacon Pears Cookies</p>	<p><b>20</b> Oatmeal Sausage Links Apple Muffins Cookis Choice Eggs </p> <p>Turkey Noodles Seasoned Pears Ice Cream</p> <p>Cream of Broccoli Soup Cold Beef Sandwich Cupcakes &amp; Fruit</p>	<p><b>21</b> Zoom Omelets Little Smokies</p> <p>Parmesan Chicken Au Gratin Potatoes Seasoned Corn Banana Cream Pudding</p> <p>Tator Tot Casserole Seasoned Carrots Strawberry Fruit Cup </p>	<p><b>22</b> Wheat Hearts Fried Eggs Raisin Toast Ham Slices</p> <p>Ham &amp; Turkey with all the Christmas Meal Trimmings </p> <p>Bean Bacon Soup Turkey Salad Sandwich Cherry or Apple Crisp</p>	<p><b>23</b> Cream of Wheat Pancakes Sausage Patties</p> <p>Baked Fish Parslied Potatoes Broccoli Normandy Lemon Pie</p> <p>Clam Chowder Taco Burgers Applesauce Cake</p>	<p><b>24</b> Maltomeal Boiled Eggs Bacon Strips Biscuits/Gravy</p> <p>Baked Meatloaf Baked Potatoes with Sour Cream Creamed Corn Ice Cream</p> <p>Chiken Enchilada Casserole Capri Veggies Sugar Cookies</p>
<p><b>25</b> Maltomeal Scrambled Eggs Apple Turnovers Ham Slices</p> <p>Roast Beef Whipped Potato/Gravy Mixed Veggie Brownies</p> <p>Tomato Soup Toasted Cheese Sandwich Pears</p>	<p><b>26</b> Cream of Wheat Poached Eggs Toast Link Sausage</p> <p>BBQ Ribs Baked Beans Green Beans</p> <p>Chicken Broc. Casserole Sour Cream Chive Potatoes Mandarin Oranges</p>	<p><b>27</b> Oatmeal Sausage on Biscuits Sausage Patties Scrambled Eggs</p> <p>Ovenfried Chicken Mashed Potatoes/Gravy Corn Ice Cream </p> <p>Lentil Soup Roast Beef Croissant Sand. Sweet Pickle Chip</p>	<p><b>28</b> Zoom Fried Eggs Hashbrowns Bacon Slices</p> <p>Liver/Onions Au Gratin Potatoes Paprika Cauliflower Cherry Cobbler</p> <p>Beef Stew Gelatin &amp; Fruit Salad</p>	<p><b>29</b> Farina Blueberry Panrnake Little Smokies Fried Eggs</p> <p>Roast Pork Sage Dressing Broccoli Normandy Fruit Pie Green Beans</p> <p>Turkey Pot Pie Baked Apples </p>	<p><b>30</b> Cream of Rice French Toast Fried Eggs Bacon Strips</p> <p>Fish Portions Scalloped Potatoes Asparagus Butterscotch Pudding</p> <p>Clam Chowder Egg Salad Sandwich Apricots</p>	<p><b>31</b> Oatmeal Scrambled Eggs German Sausage</p> <p>Swedish Meatballs w/Gravy Parslied Noodles Harvard Beets</p> <p>Beef Vegetable Soup Hog Dogs Apple Crisp </p>