

Breakfast, Lunch & Dinner Menu for JULY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Royal Plaza Retirement Center</i> 2870 Juniper Drive • Lewiston, ID 746-2800</p> <p><i>Mark Newman, ADG</i> Activity Director Certified</p>		<p>1 Poached Eggs Ham Slices Bagels/Cream Cheese </p> <p>Meatloaf/Gravy Baked Potatoes</p> <p>Chicken Rice Soup Egg Salad Sandwich</p> <p>Alternative: Fish Fillet Rice Pilaf</p>	<p>2 Scrambled Eggs Variety Muffins Sausage Patties</p> <p>BIG BARBECUE Chicken or Costco Sausages </p> <p>Spaghetti Marinated Cucumbers</p>	<p>3 Pancakes Bacon Slices </p> <p>Chicken Enchiladas Spanish Rice Refried Beans</p> <p>Bean with Bacon Soup Ham Salad Sandwich</p> <p>Alternative: Pork Chop Dressing</p>	<p>4 Omelets German Sausage</p> <p>Fish Portions Tator Tots</p> <p>Macaroni & Cheese Asparagus</p> <p>Alternative: Chix Trips Parsley Noodles</p>	<p>5 Poached Eggs Ham Slices</p> <p>Meatballs Mushroom Gravy Whipped Potatoes</p> <p>Lentil Vegetable Soup Turkey Sandwich</p> <p>Alternative: Fish Nuggets Baked Fries</p>
<p>6 Scrambled Eggs Cinnamon Rolls Sausage Patties </p> <p>Pork Chops/ Gravy</p> <p>Chicken Rice Casserole Oriental Vegetables</p> <p>Alternative: Baked Chicken Dressing</p>	<p>7 Pancakes Bacon Slices Fried Eggs</p> <p>French Dips Steak Fries</p> <p>Cream Mushroom Soup Chicken Salad Sandwich</p> <p>Alternative: Kielbasa Sauerkraut</p>	<p>8 Scrambled Eggs Hashbrowns Little Smokies</p> <p>Baked Ham Scalloped Potatoes</p> <p>Vegetable Beef Soup Grilled Tuna Sandwich</p> <p>Alternative: Roast Turkey Whipped Potatoes</p>	<p>9 Omelet Crisp Bacon Slices</p> <p>Salisbury Steak Gravy Mashed Potatoes</p> <p>Beef Pasta Casserole Green Beans</p> <p>Alternative: Fish Nuggets Peas</p>	<p>10 Sausage Links French Toast/Margarine/ Syrup</p> <p>Chicken & Noodles California Veggies</p> <p>Bean w/Bacon Soup Roast Beef Sandwich</p> <p>Alternative: Pork Roast Dressing Spinach</p>	<p>11 Scrambled Eggs German Sausage Bagels/Cream Cheese</p> <p>Baked Fish Parslied Potatoes</p> <p>Clam Chowder Club Sandwich</p> <p>Alternative: Veal Cutlets Noodles</p>	<p>12 Poached Eggs Ham Slices</p> <p>Beef Pot Roast Gravy Potatoes, Onions</p> <p>Sausage Gravy on Biscuits</p> <p>Alternative: Chicken Strips Mac and Cheese</p>
<p>13 Scrambled Eggs Bacon Strips Danish Rolls</p> <p>Fried Chicken Dressing/Gravy</p> <p>Cheeseburgers/ Steak Fries</p> <p>Alternative: Salisbury Steak Mashed Potato</p>	<p>14 Hot Cakes Little Smokies </p> <p>Meatloaf/Catsup Creamed Peas/ Potatoes</p> <p>Chicken Enchilada Casserole</p> <p>Alternative: Fish Fillet/tartar Noodles Alfredo</p>	<p>15 Fried Eggs Bacon Slices Bagels/Cream Cheese</p> <p>Roast Pork/Gravy Mashed Potatoes</p> <p>Golden Potato Soup BBQ Beef Sandwich</p> <p>Alternative: Chicken Breast Rice</p>	<p>16 Omelet Coffee Cake Sausage Patties</p> <p>Lasagna Oriental Vegetables</p> <p>Belgian Waffles Strawberries Sausage Links </p> <p>Alternative: Turkey Mashed Potatoes</p>	<p>17 Ham Slices Biscuits and Gravy</p> <p>Roast Beef/Gravy Red Potatoes</p> <p>Chickenwiches Oven Browned Potatoes</p> <p>Alternative: Chicken Strips Spanish Rice</p>	<p>18 French Toast Bacon Slices Fried Eggs </p> <p>Baked Salmon Au Gratin Potatoes</p> <p>Hot Turkey Sandwich Asparagus or Broccoli</p> <p>Alternative: Cubed Steak Noodles</p>	<p>19 Scrambled Eggs Sausage Patties Toast/Marg/Jelly</p> <p>Beef Stew Cornbread</p> <p>Chicken Noodle Soup Grilled Cheese Sandwich</p> <p>Alternative: Veal Cutlets Mashed Potatoes</p>
<p>20 Cinnamon Rolls Sausage Links Western Omelet </p> <p>Baked Ham Creamed Potatoes and Peas</p> <p>Corn Chowder Egg Salad Sandwich </p>	<p>21 Scrambled Eggs Raisin Toast Little Smokies </p> <p>Fish Nuggets Tator Tots</p> <p>Scalloped Turkey Oriental Vegetables</p> <p>Alternative: Salisbury Steak Noodles</p>	<p>22 Poached Eggs Ham Slices Bagels/Cream Cheese </p> <p>Swissed Steak Mushroom Gravy</p> <p>Split Pea Soup Cold Cheese Sandwich</p> <p>Alternative: Chicken Strips</p>	<p>23 Bacon Slices French Toast</p> <p>Chicken and Dumplings Coleslaw</p> <p>Bean with Bacon Soup Tuna Sandwich</p>	<p>24 Hashed Browns Scrambled Eggs German Sausages</p> <p>Homemade Pizza Green Beans </p> <p>Cream of Celery Soup Fishwiches</p> <p>Alternative: Veal Cutlets Baked Potato</p>	<p>25 Pancakes Sausage Patties</p> <p>Hot Beef Sandwiches Mashed Potatoes Gravy</p> <p>Clam Chowder BLT Sandwiches</p> <p>Alternative: Rice Pilaf</p>	<p>26 Cheese Omelet Bacon Slices</p> <p>Kielbasa/Mustard Scalloped Potatoes Sauerkraut Bread Sticks/Marg Ice Cream</p> <p>Navy Bean Soup Chicken Salad Sandwich</p> <p>Alternative: Pork Chop Noodles</p>
<p>27 Scrambled Eggs Maple Bars Little Smokies</p> <p>Roast Turkey Dressing/Gravy</p> <p>Cream of Broccoli Soup/Crackers Cold Roast Beef Sandwiches</p> <p>Alternative: Sliced Ham Mashed Potatoes Gravy</p>	<p>28 Sausage Links French Toast Fried Eggs</p> <p>Breaded Veal Country Gravy Mashed Potatoes</p> <p>Hot Dogs on Buns Macaroni Salad </p> <p>Alternative: Chicken Breasts Noodles Au Gratin</p>	<p>29 Poached Eggs Ham Slices Bagels/Cream Cheese </p> <p>Meatloaf/Gravy Baked Potatoes</p> <p>Chicken Rice Soup Egg Salad Sandwiches</p> <p>Alternative: Fish Fillet Rice Pilaf</p>	<p>30 Scrambled Eggs Variety Muffins Sausage Patties</p> <p>Oven Fried Chicken Mashed Potatoes/ Gravy</p> <p>Spaghetti Marinated Cucumbers </p> <p>Alternative: Salisbury Steak Noodles</p>	<p>31 Pancakes Bacon Slices </p> <p>Chicken Enchiladas Spanish Rice Refried Beans</p> <p>Bean with Bacon Soup Ham Salad Sandwich </p> <p>Alternative: Pork Chop Dressing</p>	<p>Breakfasts include: Cooked cereal Choices of Juice Hot/cold drinks</p> <p>Lunches include: Salad Bar Choice of vegetables Dessert</p> <p>Dinners include: Cookies and Fruit</p> <p>*Menu is subject to change</p>	