















# Breakfast, Lunch & Dinner Menu for MAY 2008

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