

















# Breakfast, Lunch & Dinner Menu for SEPTEMBER 2008

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