



UNION COURT
Assisted Living

Weekly Menu

Union Court Assisted Living



	Sun 08-06-2023	Mon 08-07-2023	Tue 08-08-2023	Wed 08-09-2023	Thu 08-10-2023	Fri 08-11-2023	Sat 08-12-2023
B R E A K F A S T	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Egg of Choice Sausage Link Fresh Fruit 100% Juice	Egg of Choice Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice
L U N C H	Seasoned Pot Roast Fresh Mashed Potatoes and Gravy Buttery Carrots Baked Roll	Baked Ham Fresh Mashed Potatoes and Gravy Cream Peas Baked Roll	Seasoned Meatballs with Gravy Noodles Italian Seasoned Green Beans Baked Roll	Garlic Herb Pork Roast Fresh Mashed Potatoes and Gravy Baked Seasoned Squash Baked Roll	Seasoned Burgers Dill Pickle Pasta Salad Baked Beans	Baked Cod Fillet Baked Macaroni Cheese Garden Green Salad	Turkey Roast Fresh Mashed Potatoes and Gravy Corn Baked Roll
D I N N E R	Turkey Salad Sandwich Assorted Fruit Green Salad Crackers	Grilled Cheese Sandwich Pears Tomato Soup Crackers	Chicken Salad Sandwich Assorted Fruit Garden Pasta Salad Crackers	Sloppy Joe Dish Mandarin Oranges French Fries	Bratwurst and Sauerkraut Fruit Cocktail Baked Roll	Beef Potato Stew Cottage Cheese and Fruit Fresh Cornbread	Chicken Tenders Assorted Fruit Tater Tots
	Milk offered at every meal						

Week 5



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	Sun 08-13-2023	Mon 08-14-2023	Tue 08-15-2023	Wed 08-16-2023	Thu 08-17-2023	Fri 08-18-2023	Sat 08-19-2023
B R E A K F A S T	Fried Egg Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Egg of Choice Fresh Fruit 100% Juice	Egg of Choice Bacon Fresh Fruit 100% Juice	Egg of Choice Fresh Fruit 100% Juice	Egg of Choice Fresh Fruit 100% Juice	Sausage Biscuit Hash Browns Fresh Fruit 100% Juice	Cheesy Scrambled Eggs Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Beef Roast with Gravy Classic Mashed Potatoes Glazed Baby Carrots Baked Roll	Lemon Pepper Chicken Rice Green Beans	Pork Chop with Onions Baked Yams Herbed Corn	Baked Ham Baked Macaroni Cheese Cream Peas Baked Roll	BBQ Chicken Breast Potato Salad Three Bean Salad	Baked Fish Fillet Baked Beans Coleslaw	Classic Meatloaf Fresh Mashed Potatoes and Gravy Steamed Broccoli Baked Roll
D I N N E R	LS LF Tuna Salad Watermelon Salad Pickled Beets	Cheese Ravioli with Pasta Sauce Assorted Fruit Garlic Bread	Crazy Crust Pizza Mixed Fruit Medley Green Salad	Egg Salad Sandwich Cantaloupe Zesty Cucumber Salad	Classic Turkey Sandwich Select Orange Salad French Fries	Fried Bologna Sandwich Honeydew Garden Pasta Salad	Chef Salad Assorted Fruit Black Bean Corn Salad
Milk offered at every meal							

Week 1



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	Sun 08-20-2023	Mon 08-21-2023	Tue 08-22-2023	Wed 08-23-2023	Thu 08-24-2023	Fri 08-25-2023	Sat 08-26-2023
B R E A K F A S T	Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice
L U N C H	Parmesan Chicken Breast Sour Cream Potatoes Broccoli and Cauliflower Baked Roll	Pork Roast with Gravy Homestyle Stuffing Harvard Beets	Beef Tips Buttered Noodles Garden Green Salad	Seasoned Chicken Legs AuGratin Potatoes California Blend Baked Roll	BBQ Chicken Breast Bacon Ranch Pasta Salad Pickle Chips Chips	Breaded Cod Baked Macaroni Cheese Coleslaw	Rosemary Ranch Chicken Baked Potato Parmesan Green Beans Baked Roll
D I N N E R	Grilled Cheese Sandwich Grapes Tomato Soup Crackers	Zesty Hot Beef Sandwich Mandarin Oranges Classic Mashed Potatoes	Classic Chicken Salad Assorted Fruit Pasta Salad	Beef Enchilada Casserole Assorted Fruit Spanish Rice	Turkey Potato Casserole Fruit Toss Green Salad	Cold Italian Chicken Pasta Vanilla Fruit Salad Pickled Beets Chips	Pepperoni Pizza Honeydew Light Caesar Salad Breadsticks
	Milk offered at every meal						
	Week 2						



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	Sun 08-27-2023	Mon 08-28-2023	Tue 08-29-2023	Wed 08-30-2023	Thu 08-31-2023	Fri 09-01-2023	Sat 09-02-2023
B R E A K F A S T	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Egg of Choice Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Egg of Choice Bacon Fresh Fruit 100% Juice	Egg of Choice Fresh Fruit 100% Juice	Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Perfect Pancakes Sausage Link Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast
L U N C H	Roast Beef au Jus Fresh Cooked Yams Capri Blend Baked Roll	Pork Steak Herb Mashed Potatoes Baby Carrots Baked Roll	Monterey Chicken Penne Pasta Yellow Squash Baked Roll	Baked Ham Delicious Rice Broccoli and Cauliflower Baked Roll	Bratwurst on a Bun Potato Salad Fresh Vegetable and Lettuce Salad	Baked Cod Fillet Herb Roasted Red Potatoes Coleslaw Baked Roll	Hawaiian Meatballs Favorite Baked Beans Baked Roll
D I N N E R	Macaroni Tuna Dish Fruit Cocktail Salad Cucumber Tomato Salad	Classic Chicken Noodle Soup Egg Salad Sandwich Pear Berry Salad	Turkey Summer Pasta Salad Pineapple Fruit Cup Beet Salad	Pinwheel Sandwiches Melon Salad Mixed Vegetables	Ham and Macaroni Dish Peach Jello Salad Parsley Carrots	Taco Salad Grapes Salsa Verde Baked Tortilla Chips	Pigs in a Blanket Citrus Fruit Salad Pan Breadsticks
	Milk offered at every meal						
	Week 3						