



Weekly Menu

Union Court Assisted Living



	Sun 09-24-2023	Mon 09-25-2023	Tue 09-26-2023	Wed 09-27-2023	Thu 09-28-2023	Fri 09-29-2023	Sat 09-30-2023
B R E A K F A S T	Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Eggs 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	Beef Pot Roast Fresh Mashed Potatoes and Gravy Corn	Cube Steak and Gravy LS Mushroom Rice Buttered Squash Baked Roll	Melt In Your Mouth Chicken Cheesy Scalloped Potatoes Brussels Sprouts	Baked Ham Candied Yams California Blend	LS Spaghetti with Marinara Meat Sauce Garden Green Salad Baked Roll	Baked Cod Fillet <i>or</i> Salmon Patty Cracker Crusted Mac and Cheese Fresh Cooked Carrots	Chicken Alfredo Pasta Broccoli with Cheese Sauce Baked Roll
D I N N E R	Turkey Vegetable Soup Fruit Green Salad	Chicken Salad and Crackers Fruit Pudding Salad Caesar Salad	Beef Chili Mac Grilled Cheese Sandwich Peach Cottage Salad	Egg Salad Tangy Pear Salad Green Salad	Ham and Northern Bean Soup Fruit Toss Cornbread Muffin	Homestyle Sloppy Joes Tater Tot Casserole Berry Jello	BLT Wrap Ambrosia Jello Salad Chips
	Milk offered at every meal						
	Week 2						



Weekly Menu

Union Court Assisted Living



	Sun 09-03-2023	Mon 09-04-2023	Tue 09-05-2023	Wed 09-06-2023	Thu 09-07-2023	Fri 09-08-2023	Sat 09-09-2023
B R E A K F A S T	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Bacon Fresh Fruit 100% Juice Toast	Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Egg of Choice Sausage Fresh Fruit 100% Juice Whole Grain Toast	Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Egg of Choice Bacon Fresh Fruit 100% Juice Toast	Egg of Choice Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Classic Meatloaf Fresh Mashed Potatoes and Gravy Mixed Vegetables	Baked Ham Fresh Mashed Potatoes and Gravy Oven Roasted Broccoli Baked Roll	Creamy Herbed Pork Chops Fresh Mashed Potatoes and Gravy Roasted Cauliflower	Classic Lasagna Garden Green Salad Garlic Bread	All Beef Hot Dog Summer Pasta Salad Pickle Spear	Baked Cod Fillet or Baked Salmon Potato Salad Coleslaw	Slow Roasted Carved Turkey Fresh Mashed Potatoes and Gravy Cranberry Sauce Corn
D I N N E R	Grilled Cheese Sandwich Peaches Tomato Soup	Chicken Tenders Peach Salad French Fries	Chef Salad Strawberries	Tuna Noodle Casserole Jello Salad Parmesan Breadsticks	Cottage Cheese Hamburger Macaroni Soup Spring Fruit Cup	Honey Mustard Deli Sandwich Mixed Melons Green Salad	Tuna Salad and Crackers Layered Fruit Salad Pickle Spear Chips
	Milk offered at every meal						
	Week 4						



Weekly Menu

Union Court Assisted Living



	Sun 09-10-2023	Mon 09-11-2023	Tue 09-12-2023	Wed 09-13-2023	Thu 09-14-2023	Fri 09-15-2023	Sat 09-16-2023
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 Pickle Spear Baked Beans	Salmon Cakes Baked Cod Fillet Mashed Yams Garden Green Salad	Turkey Roast Fresh Mashed Potatoes and Gravy Corn Baked Roll
D I N E R	Turkey Salad Sandwich Assorted Fruit Green Salad Crackers	Grilled Cheese Sandwich Pears Tomato Soup Crackers	Assorted Fruit Chef Salad Crackers	Sloppy Joes 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						



Weekly Menu

Union Court Assisted Living



	Sun 09-17-2023	Mon 09-18-2023	Tue 09-19-2023	Wed 09-20-2023	Thu 09-21-2023	Fri 09-22-2023	Sat 09-23-2023	
B	Fried Egg	Egg of Choice	Egg of Choice	Egg of Choice	Egg of Choice	Sausage Biscuit	Cheesy Scrambled Eggs	
R	Sausage Link	Fresh Fruit	Bacon	Fresh Fruit	Fresh Fruit	Hash Browns	Breakfast Ham	
E	Fresh Fruit	100% Juice	Fresh Fruit	100% Juice	100% Juice	Fresh Fruit	Fresh Fruit	
A	100% Juice		100% Juice			100% Juice	100% Juice	
K	Whole Grain Toast						Whole Grain Toast	
F								
A								
S								
T								
L	Beef Roast with Gravy	Lemon Pepper Chicken	Pork Chop with Onions	Baked Ham	BBQ Chicken Breast	Baked Fish Fillet	Classic Meatloaf	
U	Classic Mashed Potatoes	Rice	Baked Yams	Baked Macaroni Cheese	Potato Salad	Baked Beans	Fresh Mashed Potatoes and Gravy	
N	Glazed Baby Carrots	Green Beans	Herbed Corn	Cream Peas	Three Bean Salad	Coleslaw	Steamed Broccoli	
C	Baked Roll			Baked Roll			Baked Roll	
H								
D	Tuna Salad Sandwich	Cheese Ravioli with Pasta Sauce	Crazy Crust Pizza	Egg Salad Sandwich	Classic Turkey Sandwich	Fried Bologna Sandwich	Chef Salad	
I	Watermelon Salad	Assorted Fruit	Mixed Fruit Medley	Cantaloupe	Select Orange Salad	Honeydew	Assorted Fruit	
N	Pickled Beets	Garlic Bread	Green Salad	Zesty Cucumber Salad	French Fries	Garden Pasta Salad		
N								
E								
R								
	Milk offered at every meal							Week 1