



Weekly Menu

Union Court Assisted Living



	Sun 12-03-2023	Mon 12-04-2023	Tue 12-05-2023	Wed 12-06-2023	Thu 12-07-2023	Fri 12-08-2023	Sat 12-09-2023
B R E A K F A S T	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Sausage Link 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	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice
L U N C H	Baked Ham Fresh Mashed Potatoes and Gravy Country Trio Medley	Roasted Pork with Apples Candied Yams Baby Carrots Spice Cake	LS LF Baked Spaghetti Cottage Cheese Garden Green Salad Baked Roll Apple Crumble	Turkey Roast with Stuffing Cranberry Jello Green Bean Casserole Fudge Bar	Hot Dog <i>and</i> Kielbasa Baked Bean Dish Macaroni Salad Coconut Cake	Baked Cod Fillet Cowboy Baked Beans Coleslaw	Bacon Ranch Chicken Garlic Mashed Potatoes Peas and Mushrooms Caramel Cake
D I N N E R	Pinwheel Sandwiches Orange Slices Green Salad Soft Oatmeal Cookie	Beef Rice Soup Fruit Toss Coleslaw Peanut Butter Fingers	Chicken Caesar Salad Assorted Fruit Mozzarella Garlic Bread Tapioca Pudding	Creamy Potato and Beef Soup Peach Fruit Cup Crackers Ice Cream	Egg Salad Sandwich Creamy Cocktail Salad Green Salad Homemade Cookie	Autumn Ham Soup Fruit Green Salad	Bratwurst and Sauerkraut Grapes Breadstick Ice Cream
	Milk offered at every meal						Week 4



Weekly Menu

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	Sun 12-10-2023	Mon 12-11-2023	Tue 12-12-2023	Wed 12-13-2023	Thu 12-14-2023	Fri 12-15-2023	Sat 12-16-2023
B R E A K F A S T	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Sausage Link 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 Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Classic Lasagna Garden Green Salad Baked Roll Fresh Banana Cream Pie	Cranberry Glazed Turkey Roast Fresh Mashed Potatoes and Gravy Parmesan Green Beans Baked Roll Chocolate Oreo Poke Cake	Louisiana Chicken Corn Pudding Stewed Tomatoes Berry Cobbler	Ham with Pineapple Sauce Fresh Mashed Potatoes and Gravy Mixed Vegetables Baked Roll Maple Bread Pudding	Salisbury Steak Fresh Mashed Potatoes and Gravy Creamy Peas Baked Roll Ice Cream	Baked Cod Fillet Candied Yams Coleslaw Fruit Crisp	Seasoned Meatballs with Gravy Classic Mashed Potatoes Corn Baked Roll Whipped Yogurt Pie
D I N N E R	Chicken Tenders Orange Pineapple Salad Potato Salad	Ground Beef Stroganoff Four Fruit Medley Garlic Bread	Beef Shell Soup Pears Sweet Slaw Crackers Homemade Cookie	Egg Salad Plate Fresh Fruit Salad Green Salad Crackers Pumpkin Cookie	Ham and Potato Casserole Peach Jello Salad Beets Herb Pull Apart Roll Ice Cream	Classic Taco Salad Cottage Cheese Grapes Homemade Cookie	Chicken and Noodles Egg Salad Sandwich Fall Fruit Salad Sherbet
Milk offered at every meal							Week 5



Weekly Menu

Union Court Assisted Living



	Sun 12-17-2023	Mon 12-18-2023	Tue 12-19-2023	Wed 12-20-2023	Thu 12-21-2023	Fri 12-22-2023	Sat 12-23-2023
B R E A K F A S T	Hot Cereal Bacon Fresh Fruit 100% Juice	Hot Cereal 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 Sausage Link 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	Meatloaf and Gravy Baked Potato Normandy Blend Baked Roll Texas Sheet Cake	Herb Grilled Chicken Seasoned Rice Lemon Pepper Green Beans Baked Roll Blueberry Cobbler	Bread Crumb Pork Chop Homestyle Stuffing Seasoned Broccoli Baked Roll Ice Cream	Salisbury Steak Herb Mashed Potatoes Buttery Carrots Chocolate Peanut Butter Bars	BBQ Chicken Breast Classic Mashed Potatoes Yellow Squash and Onions Baked Roll Peach Crisp	Baked Cod Fillet Cheesy Scalloped Potatoes Coleslaw Orange Sherbet Dish	Liver and Onions Fresh Mashed Potatoes and Gravy Garlic Bread Eclair Pudding Dessert
D I N N E R	Shredded Pork on a Bun Whipped Pineapple Salad	Baked Spaghetti Peach Salad Garlic Bread Homemade Cookie	Hot Chicken and Biscuits Fruit Cocktail Salad Mixed Vegetables Lemon Bars	Next Day Turkey Soup Lemon Cream Salad Green Salad Crackers Ice Cream	Sour Cream Beef Potato Dish Grapes Green Salad Crackers Chocolate Chip Brownie	Pepperoni Pizza Assorted Fruit Caesar Salad Parmesan Breadsticks Orange Fluff Salad	Chicken Vegetable Soup Pear Fruit Medley Crackers Ice Cream
Milk offered at every meal							Week 1