

Lunch 12: 00 NOON	Supper 5:00-6:00pm
Monday 17th Hand Breaded Baked Chicken Breast Winter Squash Brussels Sprouts Cranberry Sauce – Sliced Pears	Vegetable Barley Soup Wheat Rolls Cottage Cheese and Pears
Tuesday 18th Meatloaf Baked Potato Mixed Steamed Greens Coleslaw	Veggie or Ham Quiche Jell-O Salad with Carrots and Celery Croissants
Wednesday 19th Spaghetti with Red or Meat Sauce Steamed Spinach French Bread	Spinach Salad with Grilled Chicken Breast Baked Potato Fruit Salad
Thursday 20th Whole Wheat Pizza Loaf Mixed Vegetable Medley Tossed Salad with Fruit	French Onion Soup Egg Salad or Tuna Salad Chips
Friday 21st Baked Cod Wild Rice Green Beans and Beets	Turkey Burgers Roasted Root Vegetables Cottage Cheese and Chives Fruit Smoothie
Saturday 22nd Sliced Hot Dogs Macaroni and Cheese Stewed Tomatoes	Open Face Turkey Sandwich Cranberry Sauce Carrot Salad
Sunday 23rd Pork Loin Apple Sauce Baked Sweet Potato Peas and Carrots	Broccoli Soup Chicken Salad Plate Whole Grain roll

West River Valley Assisted Living Dining Room

Menu for the week of January 17th-23rd, 2011

*Menu substitutions available upon request (24 hrs. notice appreciated)

Breakfast 6-9:30 Lunch 12 noon Supper 5 pm

Garden greens with red cabbage, shredded carrots, green peppers and tomatoes available for lunch and supper – you add red onions, mushrooms, cucumbers and dressing of your choice.

Whole wheat or white bread available with each meal – low fat milk and fruit juice served.

Homemade desserts are served with each meal, and snacks are available between meals.

Apples, Bananas, Citrus Fruit, yogurt always available – if you don't see something – just ask!