

# WEEK #1

# QUAKER'S LANDING

Peregrine's Landing Senior Community  
 Quakers Landing Memory Care Community  
 Crimson Ridge Gardens  
 Crimson Ridge Meadows

SUNDAY 10/16	MONDAY 10/17	TUESDAY 10/18	WED. 10/19	THUR. 10/20	FRIDAY 10/21	SAT. 10/22
<b>BREAKFAST</b> Chilled Juice Banana Cold/Hot Cereal Eggs your choice Donuts Milk 2% or Skim Coffee/Tea	<b>BREAKFAST</b> Chilled Juice Fruit Cup Cold/Hot Cereal French Toast Bacon Strips(2sl) Milk 2% or Skim Coffee/Tea	<b>BREAKFAST</b> Chilled Juice Orange sections Cold/Hot Cereal Scrambled Eggs White Toast(2 sl) Milk 2% or Skim Coffee/Tea	<b>BREAKFAST</b> Chilled Juice Banana Cold/Hot Cereal Asparagus Omelet egg(1 asparagus (2 oz)cheese (1 oz) whole wheat Toast (2 sl) Milk 2% or Skim Coffee/Tea	<b>BREAKFAST</b> Chilled Juice Grapefruit Cold/Hot Cereal Pancakes(2) served Sausage (2 oz) Milk 2% or Skim Coffee/Tea	<b>BREAKFAST</b> Chilled Juice Banana Cold/Hot Cereal Scrambled Egg Bacon (2 sl) Rye Toast (2 sl) Milk 2% or Skim Coffee/Tea	<b>BREAKFAST</b> Chilled Juice Fruit Cup Cold/Hot Cereal Waffles (2) Fruit Sauce or Syrup Milk 2% or Skim Coffee/Tea
<b>LUNCH</b> Sunday Dinner Chef Salad/Dressing BBQ Chicken Or: Roast Pork Tenderloin/gravy Rad Potatoes (w/parmesan butter cauliflower Applesauce or Slices Milk 2% or Skim Coffee/Tea <b>DESSERT</b> Pie (SF Available) or pudding (SF)	<b>LUNCH</b> Tomato Soup or: Vegetable Soup Cobb Salad served with Bread Stick or: Mini Sub/TK(HAM,CH) lettuce, tomato Milk 2% or Skim Coffee/Tea <b>DESSERT</b> Peaches or Blueberry Muffin	<b>LUNCH</b> Beet Barley Soup or: Cream of Asparagus Cottage Cheese & Fruit Plate served with Croissant or: Philly Steak & Cheese/roll served with Yellow Beans Milk 2% or Skim Coffee/Tea <b>DESSERT</b> Apricots Pudding (SF Avail)	<b>LUNCH</b> Chicken Noodle Soup or: Beef Vegetable Juliette Salad served with toasted roll or: Sliced Turkey on roll served with lettuce,tomato Milk 2% or Skim Coffee/Tea <b>DESSERT</b> Fruited Jell-O or Peas	<b>LUNCH</b> Cream of Turkey Vegetable or: Vegetable Open Face Roast Beef gravy/ served with green beans or: Chicken Salad Cold Plate served with Roll/bunler Milk 2% or Skim Coffee/Tea <b>DESSERT</b> Fruit Cocktail or: Peach Cobbler	<b>LUNCH</b> New England Clam or: Split Pea Soup Fish Sandwich lettuce/tomato/pickle served with romatike salad or: Grilled Cheese served with tomato/cuke salad Milk 2% or Skim Coffee/Tea <b>DESSERT</b> Orange Cream Jello or Applesauce	<b>LUNCH</b> Vegetarian Veggie Soup or: Cream of Tomato Meatball Bomber served with chrl salad Or: Hot Dog/roll served macaroni salad Or: Juliette Salad Milk 2% or Skim Coffee/Tea <b>DESSERT</b> Chilled Apricots or melon
<b>DINNER:</b> Sunday Supper Beef Noodle Soup or Tomato Soup Cheese/Bacon/Tomato Meat or: Tuna Sandwich	<b>DINNER:</b> Dinner Salad/dressing Turkey Divan served over rice Peas & Carrots or: Lemon/PepperBaked Fish Rice Peas & Carrots	<b>DINNER:</b> Dinner Salad/dressing Ham Scalloped Potatoes Green Beans or: Curry/Chicken Scalloped Potatoes Green Beans	<b>DINNER:</b> Dinner Salad/dressing Meatloaf & Gravy Mashed Potatoes mixed/Vegetables or: Shrimp Scampi Served with pasta Capri Vegetables	<b>DINNER:</b> Dinner Salad/dressing Spaghetti & Meatballs Broccoli Garlic Bread or:Oven Fried Chicken Sweet Potatoes Broccoli	<b>DINNER:</b> Dinner Salad/dressing Fish Fry French Fries ColeSlaw or: Salisbury Steak French Fries Asparagus Roll & Butter	<b>DINNER:</b> Dinner Salad/dressing Roasted Turkey/gravy Mashed Potatoes Peas & Carrots or: Stuffed Peppers Mashed Potatoes Peas & Carrots
<b>DESSERT</b> Creamy Peach Dessert or Peas Milk 2% or Skim Coffee/Tea	<b>DESSERT</b> Mini Tart/ Sugarf Avail or Fruited Jello(SF Avail) Milk 2% or Skim Coffee/Tea	<b>DESSERT</b> Lemon Cake (SF Avail) or Fresh Banana Milk 2% or Skim Coffee/Tea	<b>DESSERT</b> Turnover (SF Avail) or Fresh Fruit Milk 2% or Skim Coffee/Tea	<b>DESSERT</b> Cheese Cake (SF Avail) or fruit cocktail Milk 2% or Skim Coffee/Tea	<b>DESSERT</b> Strawberry Mousse or Peaches Milk 2% or Skim Coffee/Tea	<b>DESSERT</b> Angel Food Cake or Peaches Milk 2% or Skim Coffee/Tea



SNACKS AVAILABLE:  
 CRACKERS, CHEESE, COOKIES,  
 FRUIT, MILK, JUICE, SODA

Peregrine Health Management Company

WATER SERVED AT EVERY MEAL