

## Stone Crest Assisted Living Fall/Winter Menu 2021

Week 1/5

11/07/2021	11/08/2021	11/09/2021	11/10/2021	11/11/2021	11/12/2021	11/13/2021
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Choice of Hot/Cold Cereal Scrambled Eggs Sausage Patty Wheat Toast Jelly/Margarine	Choice of Hot/Cold Cereal Buttered Waffles Turkey Bacon Slice Maple Syrup Fresh Blueberries	Choice of Hot/Cold Cereal Egg & Cheese Sandwich Bacon Slice Banana	Choice of Hot/Cold Cereal Pancakes Maple Syrup Margarine Fresh Red Seedless Grapes	Choice of Hot/Cold Cereal Cheesy Scrambled Eggs Hash browns Fresh Fruit Cup	Choice of Hot/Cold Cereal Hard Boiled Eggs English Muffin Jelly/Margarine Yogurt Parfait	Choice of Hot/Cold Cereal French Toast Sausage Patty Maple Syrup Unsweetened Applesauce
<b>Lunch</b>						
Roasted Turkey Breast Baked Potato Carrot Sour Cream/Margarine Piece of Cake	Pork Chop Long Grain & Wild Rice Broccoli Dinner Roll Chocolate Brownie	Lemon Chicken Breast Roasted Potatoes Capri Vegetable Blend Dinner Roll Blueberry Crisp	Country Fried Steak Mashed Potatoes Green Beans Biscuit White Pepper Gravy Choice of Cookie	Chicken Fettuccine Alfredo Tossed Salad Garlic Bread Slice of Pie	Breaded Fish French Fries Cole Slaw Dinner Roll Ice Cream Sundae	Bourbon Roast Beef Mashed Red Skin Potatoes Green Beans Cornbread Choice of Cookie
<b>Dinner</b>						
Navy Bean Soup Saltine Crackers Chicken Salad Sandwich Fresh Fruit Cup	Beef Burgundy Egg Noodles Corn Dinner Roll Diced Pears	Tomato Soup Saltine Crackers Grilled Cheese Sandwich Pickle Spear Pudding Cup	Broccoli Cheese Soup Saltine Crackers Chef's Salad Breadstick Pineapple Chunks	Sweet & Sour Beef Fried Rice Sugar Snap Peas Dinner Roll Jell-O Cup	Vegetable Soup Saltine Crackers Egg Salad Sandwich Peaches	Glazed Baked Ham Scalloped Potatoes Green Bean Casserole Dinner Roll Pudding Cup
<b>Evening Snack</b>						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

\*Assorted hot and cold beverages (i.e. water, juices, lemonade, coffee, tea, milk, etc.) served with ALL meals and available for consumption at any time of day/night

\*Additional condiments available upon request

Modified Gordon's Food Service, Inc. Senior Living F/W Midwest 2021 Menu (Regular/NAS/Consistent CHO)

\*\*\*Patients with orders for mechanical soft and/or pureed diets will receive same meals listed on

Regular/NAS/Consistent CHO menu but with appropriate texture modifications\*\*\*

## Stone Crest Assisted Living Fall/Winter Menu 2021

Week 2/5

11/14/2021	11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021	11/20/2021
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Choice of Hot/Cold Cereal Egg & Cheese Sandwich Bacon Slice Banana	Choice of Hot/Cold Cereal Scrambled Eggs Biscuits & Gravy Fresh Blueberries	Choice of Hot/Cold Cereal Buttered Waffles Maple Syrup Sausage Patty	Choice of Hot/Cold Cereal Cheese Omelet Breakfast Ham Slice Wheat Toast Margarine/Jelly	Choice of Hot/Cold Cereal Hard Boiled Egg Wheat Toast Jelly/Margarine Cottage Cheese	Choice of Hot/Cold Cereal Scrambled Eggs Turkey Bacon Slice Blueberry Muffin	Choice of Hot/Cold Cereal Breakfast Casserole Wheat Toast Jelly/Margarine Fresh Red Seedless Grapes
<b>Lunch</b>						
Roasted Pork Tenderloin Rice Pilaf Carrots Dinner Roll Piece of Cake	Baked Fish Baked Potato Broccoli Margarine/Sour Cream Slice of Pie	Dijon Chicken Roasted Potatoes Carrots Biscuit Cookie of Choice	Stuffed Peppers Mashed Potatoes Cauliflower Lemon Bar	PANCAKE LUNCHEON (Pancakes made to order, sausage patties, scrambled eggs, and fresh fruit)	Fried Chicken Mashed Potatoes Vegetable Medley Dinner Roll Strawberry Shortcake	Pork Chop Sweet Potatoes Green Peas Cornbread Fruit Cobbler
<b>Dinner</b>						
Quiche Hashbrowns Wheat Toast Jelly/Margarine Fresh Fruit Cup	Italian Meatball Sub with Sauce Green Beans Parmesan Cheese Jell-O Cup	Tomato Soup Saltine Crackers Grilled Ham & Cheese Sandwich Fresh Red Seedless Grapes	BBQ Chicken Sandwich Potato Salad Cucumber & Tomato Salad Pudding Cup	Hot Dog on a Bun Tater Tots Cole Slaw Ice Cream Sundae	Vegetable Lasagna Tossed Salad Garlic Bread Jell-O Cup	Taco Dinner Spanish Rice Refried Beans Sour Cream/Salsa Chocolate Brownie
<b>Evening Snack</b>						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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## Stone Crest Assisted Living Fall/Winter Menu 2021

Week 3/5

11/21/2021	11/22/2021	11/23/2021	11/24/2021	11/25/2021	11/26/2021	11/27/2021
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Choice of Hot/Cold Cereal French Toast Sausage Link Maple Syrup/Margarine Yogurt	Choice of Hot/Cold Cereal Cheesy Scrambled Eggs Wheat Toast Jelly/Margarine Banana	Choice of Hot/Cold Cereal Pancakes Bacon Slice Maple Syrup Fresh Blueberries	Choice of Hot/Cold Cereal Scrambled Eggs Biscuits & Gravy Unsweetened Applesauce	Choice of Hot/Cold Cereal Hard Boiled Eggs English Muffin Margarine/Jelly Yogurt Parfait	Choice of Hot/Cold Cereal Egg & Sausage Sandwich Breakfast Danish Fresh Red Seedless Grapes	Choice of Hot/Cold Cereal Buttered Waffles Maple Syrup Sausage Patty Fresh Blueberries
<b>Lunch</b>						
Ranch Chicken Scalloped Potatoes Vegetable Medley Dinner Roll Slice of Pie	Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Chocolate Brownie	Braised Boneless Short Ribs Baked Beans Cole Slaw Cornbread Jell-O Cup	Beef Fajitas Spanish Rice Refried Beans Sour Cream/Salsa Choice of Cookie	THANKSGIVING DINNER (Turkey, ham, mashed potatoes & gravy, green bean casserole, stuffing, cranberry, and pie)	Philly Cheese Steak Sandwich Potato Wedges Fruit Cocktail Cup	General Tso Chicken White Rice Broccoli Egg Roll Pudding Cup
<b>Dinner</b>						
Oven Baked Fish French Fries Cole Slaw Peaches	Stuffed Shells Tossed Salad Breadstick Fruit Cup	Chicken Cordon Bleu Roasted Potatoes Vegetable Medley Piece of Cake	Tuna Patty Scalloped Potatoes Corn Dinner Roll Jell-O Cup	Pork Chop Baked Sweet Potato Half Zucchini/Squash Fruit Crisp Dessert	Baked Ziti Cauliflower Garlic Bread Lemon Bar	Sloppy Joe on Bun French Fries Pasta Salad Pineapple Chunks
<b>Evening Snack</b>						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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## Stone Crest Assisted Living Fall/Winter Menu 2021

Week 4/5

11/28/2021	11/29/2021	11/30/2021	12/01/2021	12/02/2021	12/03/2021	12/04/2021
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Choice of Hot/Cold Cereal Hard Boiled Egg Breakfast Ham Slice Wheat Toast Jelly/Margarine	Choice of Hot/Cold Cereal Cheesy Scrambled Eggs Blueberry Muffin Margarine	Choice of Hot/Cold Cereal Pancakes Sausage Patty Maple Syrup Margarine	Choice of Hot/Cold Cereal Cheese Omelet Wheat Toast Yogurt Jelly/Margarine	Choice of Hot/Cold Cereal Buttered Waffles Sausage Patty Maple Syrup Fresh Blueberries	Choice of Hot/Cold Cereal Scrambled Eggs Turkey Bacon Slice Wheat Toast Jelly/Margarine	Choice of Hot/Cold Cereal Ham & Cheese Omelet Wheat Toast Jelly/Margarine Banana
<b>Lunch</b>						
Beef Stew Peas & Carrots Biscuit Red Velvet Cake	Herb Baked Tilapia Mashed Red Skin Potatoes Roasted Cauliflower Dinner Roll Peach Crisp	Chicken Pot Pie Dinner Roll Piece of Cake	Meat & Cheese Ravioli Tossed Salad Garlic Bread Slice of Pie	Baked Fish French Fries Cole Slaw Cookie	Bean & Cheese Quesadilla Spanish Rice Corn, Tomato, and Avocado Salad	Baked Glazed Ham Scalloped Potatoes Green Beans Dinner Roll Fruit Cobbler
<b>Dinner</b>						
Grilled Ham & Cheese Sandwich on Wheat Bread Chicken Noodle Soup Fresh Red Seedless Grapes Lemon Bar	Beef with Broccoli Brown Rice Carrots Dinner Roll Fruit Cup	Baked Pork Chop Baked Sweet Potato Half Capri Vegetable Blend Peaches Oatmeal Raisin Cookie	BBQ Chicken Thighs Baked Beans Cucumber & Tomato Salad Combread	Meatloaf w/ Tomato Sauce Mashed Potatoes Carrots Dinner Roll Fruit Cup	Vegetable Soup Saltine Crackers Deli Sandwich of Choice Fresh Red Seedless Grapes Cookie	Lasagna Tossed Salad Breadstick Fresh Fruit Cup
<b>Evening Snack</b>						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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## Stone Crest Assisted Living Fall/Winter Menu 2021

Week 5/5

10/31/2021	11/01/2021	11/02/2021	11/03/2021	11/04/2021	11/05/2021	11/06/2021
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
Choice of Hot/Cold Cereal French Toast Sausage Link Maple Syrup Margarine	Choice of Hot/Cold Cereal Cheesy Scrambled Eggs Wheat Toast Jelly/Margarine Fresh Blueberries	Choice of Hot/Cold Cereal Egg of Choice Toasted English Muffin Jelly/Margarine Breakfast Ham Slice	Choice of Hot/Cold Cereal Hard Boiled Eggs Blueberry Muffin Banana	Choice of Hot/Cold Cereal Sausage & Egg Breakfast Sandwich Yogurt Parfait	Choice of Hot/Cold Cereal Pancakes Turkey Bacon Slice Maple Syrup Margarine	Choice of Hot/Cold Cereal Cheese Omelet Sausage Patty Wheat Toast Jelly/Margarine Fresh Red Seedless Grapes
<b>Lunch</b>						
Roasted Turkey Breast Mashed Potatoes & Gravy Green Bean Casserole Bread Stuffing Slice of Pie	Salisbury Steak Boiled Parsley Potatoes Peas Dinner Roll Jell-O Cup	Baked Dijon Chicken Roasted Potatoes Corn Biscuit Cookie of Choice	Swedish Meatballs Buttered Noodles Carrots Dinner Roll Piece of Cake	Chicken & Dumplings Tossed Salad Dinner Roll Blueberry Crisp	Beef Shepherd's Pie Mashed Potatoes Dinner Roll Chocolate Brownie	Hamburger on Bun Sweet Potato Fries Baked Beans Cookie of Choice
<b>Dinner</b>						
Baked Cod Potato Wedges Cole Slaw Dinner Roll Jell-O Cup	Baked Potato Soup Saltine Cracker Grilled Ham & Cheese Sandwich Unsweetened Applesauce	Beef Fajitas Spanish Rice Refried Beans Salsa & Sour Cream Fruit Cocktail Cup	Stuffed Green Pepper Soup Saltine Crackers Grilled Roast Beef & Cheese Sandwich Pudding Cup	Sweet & Sour Pork White Rice Broccoli Dinner Roll Fresh Red Seedless Grapes	Baked Ziti Roasted Cauliflower Garlic Bread Parmesan Cheese Peaches	Beef Chili Tossed Salad Green Beans Dinner Roll Pineapple Chunks
<b>Evening Snack</b>						
Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages	Assorted Snacks Assorted Beverages

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