

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Orange Juice Hot Oatmeal Light Brown Sugar Cheesy Scrambled Eggs Assorted Toast Butter and Assorted Jelly Fresh Fruit Cup 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar French Toast Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Scrambled Eggs Hot Oatmeal Light Brown Sugar Turkey Sausage Link 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Spinach Egg Bake Assorted Toast Butter and Assorted Jelly Sliced Peaches 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Sausage Gravy Biscuit Fresh Cut Fruit 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Blueberry Pancakes Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Breakfast Sausage Fruit Cup 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet
Assorted Cold Cereal Apple Pancakes Syrup Breakfast Sausage	Assorted Cold Cereal Breakfast Casserole Sliced Strawberries	Chipped Beef on Toast Assorted Cold Cereal Mandarin Oranges	Assorted Cold Cereal Waffle Baked Ham	Assorted Cold Cereal Scrambled Eggs Bacon	Assorted Cold Cereal Cheese Omelet Banana	Assorted Cold Cereal Vegetable Frittata
Lunch						
Fish Salmon Herb Roasted BW Garden Wild Rice Broccoli and Cauliflower Blushing Pears 2% Milk Mrs. Dash Packet Pepper Packet	Tuscan Bean and Tomato Soup BW Saltine Cracker Packet Tuna Salad Plate Pasta Salad Fresh Fruit Cup Lemon Bar 2% Milk Mrs. Dash Packet Pepper Packet	Roasted Tomato Bisque Saltine Cracker Packet Baked Cod Tartar Sauce Spanish Rice Corn Blueberry Pie 2% Milk Mrs. Dash Packet Pepper Packet	Mushroom Barley Soup Saltine Cracker Packet Italian Sausage Sandwich Smothered Cabbage Peanut Butter Parfait Mousse 2% Milk Mrs. Dash Packet Pepper Packet	Black Bean Soup Saltine Cracker Packet Seafood Salad on Croissant Salad Tomato Cucumber BW Sugar Cookies 2% Milk Mrs. Dash Packet Pepper Packet	Cream of Roasted Vegetable Soup Saltine Cracker Packet Pulled Pork Sandwich Coleslaw Dessert Gelatin Cubes 2% Milk Mrs. Dash Packet Pepper Packet	Minestrone Soup Saltine Cracker Packet WW- Hot Turkey Sandwich Turkey Gravy Mashed Potatoes Fresh Sauteed Zucchini Fruit Cocktail 2% Milk Mrs. Dash Packet Pepper Packet
Boneless Breaded Pork Chop Basic Pork Gravy	Salad Dressing of Choice Cobb Salad	Hamburger on a Bun Ketchup Packet Fancy 9 gm Mustard Packet	Crispy Chicken Sandwich	BLT on White Mayonnaise Packet	Chicken Tenders Barbecue Sauce Baked Steak Fries Ketchup	Meatball Sub
Dinner						
Italian Wedding Soup Turkey Burger Mayonnaise Packet Seasoned Potato Wedges Broccoli and Cauliflower Chocolate Pudding 2% Milk	Grilled Chicken Parmesan Marinara Sauce Penne Pasta Green Beans BW Tiramisu 2% Milk Mrs. Dash Packet	Roast Turkey BW Bread Stuffing Baby Lima Beans Baked Scalloped Apples 2% Milk Mrs. Dash Packet Pepper Packet	Beef Teriyaki BW Brown Rice Pilaf Stir Fry Vegetables Banana Cake 2% Milk Mrs. Dash Packet Pepper Packet	Meat Lasagna Breadstick Tossed Salad Salad Dressing of Choice Italian Blend Veg Apple Crumb Pie 2% Milk	Chicken Piccata BW Parslied Potatoes Steamed Peas Peach Crisp 2% Milk Mrs. Dash Packet Pepper Packet	Baked Ham Slice Pineapple Raisin Sauce Mashed Sweet Potatoes Broccoli Pound Cake with Berries 2% Milk Mrs. Dash Packet

Asbury Heights**2020 Asbury Heights Menu-Cycle #2****Regular****Week 1**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner						
Mrs. Dash Packet Pepper Packet	Pepper Packet			Mrs. Dash Packet Pepper Packet		Pepper Packet
Hot Roast Beef Cheese Sandwich	Spinach Strata	Shrimp Fettuccine Alfredo	Chicken Lemon Butter Fresco	Fried Shrimp	Spinach and Cheese Quiche	Cheese Stuffed Manicotti with Sauce