

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 Banana 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 Baked Western Omelet Hot Oatmeal Turkey Sausage Link Light Brown Sugar 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Raisin Toast Butter and Assorted Jelly Baked Ham 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Sausage Gravy Biscuit Fresh Banana 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar 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 Banana Pancakes Syrup Breakfast Sausage	Assorted Cold Cereal Breakfast Casserole Orange Wedges	Chipped Beef on Toast Assorted Cold Cereal Chilled Diced Pears	Assorted Cold Cereal Waffle Cinnamon Syrup	Assorted Cold Cereal Scrambled Eggs Bacon White Toast	Assorted Cold Cereal Cheese Omelet Blueberry Muffin Banana	Assorted Cold Cereal Vanilla Greek Nonfat Yogurt Syrup Waffle
Lunch						
Chicken Balsamico Roasted Red Skin Potatoes Asparagus Spears Cookies and Cream Pudding 2% Milk Mrs. Dash Packet Pepper Packet	Sausage & Kale Soup Saltine Cracker Packet BBQ Shredded Beef on Bun Dill Pickle Spear Sweet Potato Fries Marinated Chopped Salad BW Sliced Peaches 2% Milk Mrs. Dash Packet Pepper Packet	Wonton Soup Saltine Cracker Packet Beef & Broccoli Stir Fry BW Fried Rice Oriental Vegetable Blend Brownie 2% Milk Mrs. Dash Packet Pepper Packet	Vegetable Beef Soup Saltine Cracker Packet Chicken Caesar Salad Dinner Roll Pineapple Tidbits 2% Milk Mrs. Dash Packet Pepper Packet	French Onion Soup Saltine Cracker Packet Boneless BBQ Ribs Curly Fries Coleslaw Fresh Fruit Cup 2% Milk Mrs. Dash Packet Pepper Packet	Potato Leek Soup Saltine Cracker Packet Country Tomato Salad Sliced Apples 2% Milk Mrs. Dash Packet Pepper Packet Egg Salad Sandwich Lettuce and Tomato	Chicken Corn Chowder Saltine Cracker Packet Hot Dog on Bun Ketchup Packet Waffle Fries Fresh Green Beans Mandarin Oranges 2% Milk Mrs. Dash Packet Pepper Packet
Baked Crab Cake Tartar Sauce	Cottage Cheese & Fresh Fruit	Oven Fried Chicken Chicken Gravy	Sloppy Joe Sandwich Tater Tots	Bacon Cheeseburger	Ketchup Hot Italian Hoagie Old Bay Fries	Grilled Chicken Salad BW Salad Dressing of Choice Dinner Roll
Dinner						
Tuscan Bean and Tomato Soup BW Saltine Cracker Packet Chicken Salad on Bun House-made Potato Chips Fresh Fruit Cup Applesauce Cake 2% Milk Mrs. Dash Packet	Steak Diane Buttered Noodles Steamed Carrots Ice Cream 2% Milk Mrs. Dash Packet Pepper Packet	Herb Roasted Turkey BW Cranberry Sauce Cornbread Stuffing Brussels Sprouts Fruited Gelatin Salad 2% Milk Mrs. Dash Packet Pepper Packet	Coconut Lime Tilapia Sour Cream and Chive Potatoes Green & Yellow Squash Chocolate Layer Cake 2% Milk Mrs. Dash Packet Pepper Packet	Turkey Divan Rice Pilaf Wax Beans with Pimento Vanilla Pudding Parfait 2% Milk Mrs. Dash Packet Pepper Packet	Three Cheese Lasagna Garlic Bread Italian Romano Vegetable Blend Cherry Pie 2% Milk Mrs. Dash Packet Pepper Packet	Chipotle Glazed Pork Chops Au Gratin Potatoes Sautéed Greens Oatmeal Raisin Cookies 2% Milk Mrs. Dash Packet Pepper Packet

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner						
Pepper Packet						
Ham & American on White	Citrus Roasted Pork Loin BW	Ravioli with Cream Sauce	Veal Marsala	Cheese Pizza Spinach Berry Salad	Chicken Tenders Grilled BW BBQ Sauce	Stuffed Cabbage