

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 Turkey Sausage Link Light Brown Sugar Banana 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Waffle Sliced Peaches 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet Baked Ham	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 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 Fresh Fruit Cup BW 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet
Assorted Cold Cereal Pancakes Syrup Breakfast Sausage	Assorted Cold Cereal Breakfast Casserole Raisin Toast Butter and Assorted Jelly Sliced Strawberries	Chipped Beef on Toast Assorted Cold Cereal Mandarin Oranges	Assorted Cold Cereal Scrambled Eggs Assorted Toast Butter and Assorted Jelly	Assorted Cold Cereal Scrambled Eggs Bacon White Toast	Assorted Cold Cereal Cheese Omelet Blueberry Muffin Banana	Assorted Cold Cereal Vanilla Greek Nonfat Yogurt Hashbrowns Breakfast Croissant Butter and Assorted Jelly
Lunch						
Cranberry Brie Stuffed Chicken Parslied Potatoes Peas & Mushrooms Confetti Cake 2% Milk Mrs. Dash Packet Pepper Packet	Cauliflower and Cheddar Soup Saltine Cracker Packet Waldorf Chicken Salad Sandwich Sliced Pickled Beets Snicker Doodles Cookie 2% Milk Mrs. Dash Packet Pepper Packet	Chicken Tortilla Soup Saltine Cracker Packet Beef Burrito Cheese Sauce Sour Cream Mexican Corn Rice Pudding 2% Milk Mrs. Dash Packet Pepper Packet	Cabbage Soup Saltine Cracker Packet WW- Hot Turkey Sandwich Turkey Gravy French Fries Capri Blend Vegetables Tropical Fruit 2% Milk Mrs. Dash Packet Pepper Packet	Italian Wedding Soup Saltine Cracker Packet Cheese Ravioli Meat Sauce Green & Yellow Squash Assorted Rolls Cherry Poke Cake 2% Milk Mrs. Dash Packet Pepper Packet	Cream of Spinach Soup Saltine Cracker Packet Chicken Tenders Honey Mustard Dressing Tater Tots Peanut Butter Cookie 2% Milk Mrs. Dash Packet Pepper Packet Garden Salad Salad Dressing of Choice	Red Pepper Soup Saltine Cracker Packet BBQ Ham Sandwich Waffle Fries Grilled Asparagus Coffee Crumb Cake 2% Milk Mrs. Dash Packet Pepper Packet
Cheese Tortellini with Marinara Garden Salad	Cuban Sandwich Beer Battered Onion Rings	Grilled Cheese House-made Potato Chips	Asiago Pasta Garlic Roll	Salmon Burger Lettuce and Tomato	Cheese Pizza	Grilled Chicken Sandwich
Dinner						
Country Vegetable Soup Saltine Cracker Packet Roast Beef on Wheat Mayonnaise Packet Macaroni Salad Strawberry Shortcake 2% Milk	Nantucket Cod Twice Baked Potato French Cut Green Beans Sherbet 2% Milk Mrs. Dash Packet Pepper Packet	Orange Pork Medallions BW Parmesan Polenta Baby Lima Beans Chilled Apricot Halves 2% Milk Mrs. Dash Packet Pepper Packet	Roast Beef Beef Gravy Baked Potato Butter Sour Cream Peas & Pearl Onions Lemon Mousse	Apricot Chicken BW Parslied Noodles Fresh Broccoli Chocolate Ice Cream Cup 2% Milk Mrs. Dash Packet Pepper Packet	Roast Pork Loin Steamed Sauerkraut Mashed Potatoes Baby Carrots Fresh Fruit Cup 2% Milk Mrs. Dash Packet	Roast Beef Tenderloin Au Jus Lyonnais Potatoes Scandinavian Mixed Vegetable Blushing Pears 2% Milk Mrs. Dash Packet

Asbury Heights

2020 Asbury Heights Menu-Cycle #2

Regular

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner						
Mrs. Dash Packet Pepper Packet			2% Milk Mrs. Dash Packet Pepper Packet		Pepper Packet	Pepper Packet
Tuna Salad Sandwich on White	Corned Beef & Cabbage	Liver & Onions	Baked Flounder BW	Spinach Strata	Stuffed Pepper	Panko Crusted Turkey Cutlet Turkey Gravy