



Weekly Menu

Bel Aire Senior Living



	Sun 03-30-2025	Mon 03-31-2025	Tue 04-01-2025	Wed 04-02-2025	Thu 04-03-2025	Fri 04-04-2025	Sat 04-05-2025
BREAKFAST	Cheesy Scrambled Eggs Oatmeal 100% Juice Fresh Biscuit Beverage Choice	Cinnamon French Toast Oatmeal 100% Juice Beverage Choice	Oatmeal Cheesy Scrambled Eggs 100% Juice Beverage Choice	Baked Oatmeal with Cinnamon Apples Yogurt 100% Juice Fresh Biscuit Beverage Choice	Bananas Foster Oatmeal 100% Juice Muffin Beverage Choice	Butterscotch Oatmeal Sausage Link 100% Juice Beverage Choice	Maple Oatmeal Cheesy Scrambled Eggs 100% Juice Beverage Choice
LUNCH	Baked Chicken Thigh with Chicken Gravy Classic Mashed Potatoes Roasted Brussels Sprouts Beverage Choice Pie	Pork Cutlet with Gravy Seasoned Rice Garlic Green Beans Beverage Choice Devil's Food Cake	Pork Roast with Gravy Creamy Alfredo Pasta Harvard Beets Beverage Choice Cookie	Roasted Turkey Cheesy Scalloped Potatoes Seasoned Peas Beverage Choice Easy Fruit Salad	Salisbury Steak and Gravy Fresh Mashed Potatoes and Gravy Seasoned Broccoli Beverage Choice White Poke Cake	Baked Fish Fillet Rice Pilaf Seasoned Zucchini Beverage Choice Butterscotch Pudding	Classic Meatloaf Roasted Red Potatoes Maple Dill Carrots Beverage Choice Chocolate Pudding
DINNER	Homestyle Sloppy Joes Creamed Cheese Spinach Beverage Choice	Beef Taco Lettuce Tomato Plate Refried Beans Beverage Choice	Cheeseburger Lettuce Tomato Plate French Fries Beverage Choice	Egg Salad Sandwich Cucumber Onion Salad Beverage Choice	Ham and Cheese Sandwich Fresh Vegetable Soup Beverage Choice	BBQ Pulled Pork on a Bun Creamy Coleslaw Beverage Choice	All Beef Hot Dog Sauerkraut Macaroni Salad Beverage Choice
Milk offered at every meal							Week 2

Dietitian's Signature: *Quinn Ingu* 10-14-2024
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