

Dom Lipa Menu Plan

Week 1 (Main Meal Dinner)

| | Monday (Day 1) | Tuesday (Day 2) | Wednesday (Day 3) | Thursday (Day 4) | Friday (Day 5) | Saturday (Day 6) | Sunday (Day 7) | |
|--|--|--|--|--|---|--|---|---|
| B R E A K F A S T | Assorted Juice Polenta Cheddar Cheese Slice Toast w/Jams & Spreads Assorted Cold Cereal Breakfast Ham | Assorted Juice Cream of Wheat Scrambled Eggs Toast w/Jams & Spreads Assorted Cold Cereal Cottage Cheese | Assorted Juice Oatmeal Yogurt & mini croissant Toast w/Jams & Spreads Assorted Cold Cereal Boiled Egg | Assorted Juice Polenta Sausage Toast w/Jams & Spreads Assorted Cold Cereal Cottage Cheese | Assorted Juice Oatmeal French Toast Toast w/Jams & Spreads Assorted Cold Cereal Cottage Cheese | Assorted Juice Cream of Wheat Boiled Egg / Carrot Muffin Toast w/Jams & Spreads Assorted Cold Cereal Cottage Cheese | Assorted Juice Oatmeal Crispy Bacon Toast w/Jams & Spreads Assorted Cold Cereal Cottage Cheese | |
| | L U N C H | Meatballs with Gravy Oven Rice Home-style Veggies Lemon Streusel Cake | Stuffed Peppers Boiled Potato Iced Banana | Breaded Chicken Mashed Potatoes Sunrise Vegetables Mandarins | Beef Cutlet Potato Dumpling Cabbage German Chocolate Cake | Grilled Fish w/ Tarter Sauce Boiled Potato w/ Dill Peas & Carrots Lemon Pudding | Segadin Goulash Polenta Peaches | Chicken Dumpling Soup Pot Roast Beef w/ Gravy Mashed Potato Creamed Spianch Apple Pie |
| | | Herbed Fish Green Beans Plums | Omelet with Toast Steamed Montgo Veg Apple sauce | Veal Weiner Bun Mixed Green Salad Butterscotch Pudding | Chicken Salad Plate Tomato & Cucumber Salad Raspberry Jell-O | Beef and Veg Stew Rye bread Tossed Salad Blueberry Cake | Lemon Fish Fillets Diced Potato Broccoli Assorted Cake | Veggie Burger Bun Turnip Pears |
| | D I N N E R | Barley Soup Egg Salad Bean Salad Fruit Cocktail | Potato Leek Soup Meat Dumplings Garden Salad Pound Cake | Prezganka Soup Pizza Tossed Salad Orange Cake | Cr. Of Cauliflower Soup Cheese/Meat Burek Garden Blend Salad Cantaloupe Slices | Vegetable Soup Crepes w/Cheese Berries Baked Oatmeal Cookie | Beef Noodle Soup Macaroni & Cheese Stewed Zucchini & Tomato Crushed Pineapple | Chicken Obara Dinner Roll Garden Salad Fresh Bananas |
| Chicken Leek Pie Brussel Sprouts Chocolate Pudding | | Sliced Turkey S/W w/ Cheese Beet with Onion Salad Vanilla Ice Cream/Choc.sauce | Chicken Nuggets w/Plum Sce Mashed Potatoes Mixed Vegetables Frozen Yogurt | Salisbury Steak Mashed Potato Florentine Vegetable Vanilla Pudding | Assorted Sandwich on Kasier Beet Salad Mixed Fruit | Salami Cheese Sandwich on Rye Vinaigrette Coleslaw Maple Cake | Quiche Sweet Peas Strawberry Ice Cream | |

**Whole Wheat Bread, Margarine or Butter, Milk, Water & Coffee or Tea served with every meal.

**All leaf salads to be served with salad dressing.

**Gravy to be served with meals at appropriate hot meals at lunch and dinner at resident's request. Serving size = 2 fl oz.

Dom Lipa's Dietitian Signature: _____ Date: _____

Subject to change