



# BIRCHWOOD February 4 – February 10, 2019

SENIOR LIVING

	BREAKFAST	LUNCH	DINNER/SUPPER
<b>Monday</b> 2/4/19	Choice of Juice Hot/Cold Cereal OR Scrambled Eggs w/Cheese Toast	Swiss Steak w/Brown Gravy Mashed Potatoes Green Beans/Wheat Bread <i>Rice Krispy Bar</i> <b>Alt:</b> Pub Battered Fish Mash Pot, Cuke/Tom. Salad	Skinless Kielbasa Link Oven Roasted Potatoes Veggie of the Day Choc Chip Cookie <b>Alt:</b> Cordon Bleu Roasted Potato/Veggie
<b>Tuesday</b> 2/5/19	Choice of Juice Hot/Cold Cereal OR Pancakes With Warm Apple Topping&Syrup Bacon	BBQ Chicken Thigh Macaroni & Cheese Mixed Vegetables <i>Pudding Parfait</i> <b>Alt:</b> Beef Ravioli w/Garlic Bread & Broccoli	Sausage or Pepperoni Personal Pizza Lettuce Salad <i>Fruit of the Day</i> <b>Alt:</b> Tuna Melt Sandwich Potato Chips
<b>Wednesday</b> 2/6/19	Choice of Juice Hot/Cold Cereal OR Egg & Cheese Bake Toast/Marg/Jelly	Beef Stroganoff over Egg Noodles Corn Dinner Roll <i>Lemon Surprise</i> <b>Alt:</b> Chef Salad Plate w/Dressing & Bread Stick	Open Faced Pork Sandwich Seasoned Fries Coleslaw <i>Chilled Peaches</i> <b>Alt:</b> Bacon Tomato Grilled Cheese w/ Chips
<b>Thursday</b> 2/7/19	Choice of Juice Hot/Cold Cereal OR Breakfast Sandwich Hash brown	Orange Chicken Fluffy Rice/Egg Roll Stir Fry Vegetables <i>Fresh Baked Cookie</i> <b>Alt:</b> Creamy Ham & Asparagus over Mashed	Pancakes Sausage Links Syrup/Marg <i>Rosy Applesauce</i> <b>Alt:</b> Chef's Lasagna Tossed Salad/Dressing
<b>Friday</b> 2/8/19	Choice of Juice Hot/Cold Cereal OR Scrambled Eggs Toast/Marg/Jelly	Yankee Beef Slice Mashed Potatoes w/Gravy Peas & Carrots <i>Banana Pudding/Topping</i> <b>Alt:</b> Fish/ Fries/ Corn	Tuna Pasta Casserole Diced Beets/Wheat Bread <i>Ice Cream</i> <b>Alt:</b> Bratwurst Patty on Bun w/Cucumber Salad
<b>Saturday</b> 2/9/19	Choice of Juice Hot/Cold Cereal OR French Toast Casserole w/Sausage & Syrup	Hamburger Tomato Goulash Lettuce Layer Salad Wheat Bread <i>Mandarin Oranges</i> <b>Alt:</b> Chicken Patty on Bun & Layer Salad	BBQ Pork Rib let Au Gratin Potatoes 4-way Veggie Mix <i>Frosted Brownie</i> <b>Alt:</b> Corn Dog w/Baked Beans
<b>Sunday</b> 2/11/19	Choice of Juice Hot/Cold Cereal OR Egg & Ham Bake Donut Holes	Hawaiian Chicken Rice/Orzo Pilaf/Wheat Bread Seasoned Baby Carrots <i>Frosted White Cake</i> <b>Alt:</b> Ham & Scalloped Potato Casserole	Beef Noodle Casserole Italian Veggie Blend <i>Sugar Cookie</i> <b>Alt:</b> Soup of the Day w/Egg Salad Sandwich