

**Wilson/ Kindley WEEK AT A GLANCE MENU WEEK 4 SPRING-SUMMER 2022** Red menu Items are Brain Health Foods

Saturday July 2	Sunday July 3	Monday July 4	Tuesday July 5	Wednesday July 6	Thursday July 7	Friday July 8
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Assorted Juices</b>	<b>Assorted Juices</b>	<b>Assorted Juices</b>	<b>Assorted Juices</b>	<b>Assorted Juice</b>	<b>Assorted Juices</b>	<b>Assorted Juices</b>
<b>Banana</b>	<b>Fresh Fruit Cup</b>	<b>Banana</b>	<b>Fresh Fruit Cup</b>	<b>Banana</b>	<b>Fresh Fruit Cup</b>	<b>Banana</b>
<b>Assorted Cold Cereals</b>	<b>Assorted Cold Cereals</b>	<b>Assorted Cold Cereals</b>	<b>Assorted Cold Cereals</b>	<b>Assorted Cold Cereals</b>	<b>Assorted Cold Cereals</b>	<b>Assorted Cold Cereals</b>
<b>Oatmeal</b>	<b>Oatmeal</b>	<b>Cream of Rice /Cranberries</b>	<b>Oatmeal</b>	<b>Oatmeal</b>	<b>Oatmeal</b>	<b>Oatmeal</b>
<b>Wheat or White Toast</b>	<b>Wheat or White Toast</b>	<b>Wheat or White Toast</b>	<b>Wheat or White Toast</b>	<b>Wheat or White Toast</b>	<b>Wheat or White Toast</b>	<b>Wheat or White Toast</b>
<b>Omelet Bacon Breakfast Potatoes</b>	<b>Buttermilk Pancakes Sausage Scrambled Eggs</b>	<b>Corned Beef Hash /Fried Egg Fried Egg Bacon</b>	<b>Waffle Scrambled Eggs Sausage</b>	<b>French Toast Scrambled Eggs Bacon</b>	<b>Western Omelet Sausage</b>	<b>Baked Ham Slice Scrambled Eggs Breakfast Potato</b>
<b>Muffin</b>	<b>Bagel &amp; Lox</b>	<b>Cook Out</b>			<b>Breakfast Pastries</b>	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Cream of <span style="color: red;">Broccoli</span></b>	<b>Spring Vegetable Chicken</b>	<b>Cold Peach Soup</b>	<b><span style="color: red;">Beef Barley</span></b>	<b>New England Clam Chowder</b>	<b><span style="color: red;">Split Pea w/Bacon</span></b>	<b>Corn Chowder</b>
		<b>Potato Salad</b>				
<b>Meatloaf w/Gravy Baked Chicken <span style="color: red;">Lentil Samosa</span>  Baked Sweet Potato Green Beans Yellow Squash</b>	<b>Brazilian Pork with Chimichurri Tuna Salad Sandwich Tortellini w/Pesto  Parmesan Roasted Potato Baby Carrots Peas</b>	<b>All Beef Hot Dogs w/ Toppings Grilled Hamburgers/ Cheeseburgers Grilled Impossible Burgers  Buttered Corn Oven Baked Beans</b>	<b>Roast Turkey w/ Gravy Eggplant Parmesan  Au Gratin Potatoes <span style="color: red;">Brussel Sprouts</span> Zucchini  Dinner Roll</b>	<b>BBQ Pulled Pork Sandwich Chef's Salad Plate Grilled Cheese  Tater Tots Buttered Corn Roasted Cauliflower</b>	<b>Cranberry Dijon Chicken Tuna Noodle Casserole <span style="color: red;">Chickpea Stew</span>  Smashed Red Potatoes Capri Mixed Vegetables Buttered Beets</b>	<b>Meat Lasagna Grilled Shrimp Caesar Salad Plate Vegetable Lasagna  Roasted Yellow Squash Carrots  Dinner Roll</b>
<b>Fruit Pie</b>	<b>Lemon Pudding Cake</b>	<b>Watermelon</b>	<b>Assorted Desserts</b>	<b>S'Mores Cake</b>	<b>Chefs Choice Cookie</b>	<b>Ice Cream</b>
<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>
<b><span style="color: red;">Lentil Soup</span></b>	<b>Minestrone</b>	<b>Green Pea and Mint</b>	<b>Cream of Mushroom</b>	<b>Red Pepper &amp; Basil Soup</b>	<b>Tuscan Seven Vegetable Soup</b>	<b>Tomato Soup</b>
<b>Mixed Green Salad</b>		<b>Coleslaw</b>	<b>Potato Salad</b>	<b>Mixed Green Salad</b>	<b>Garden Salad</b>	
<b>Vegetable Lasagna Roast Beef &amp; Cheddar Sandwich  Succotash <span style="color: red;">Broccoli</span>  Dinner Roll</b>	<b>Sloppy Joe on a Roll Egg Salad Plate  Tater Tots Asparagus Italian Cut Green Beans</b>	<b>Baked Catch of the Day Ravioli w/ Marinara  Rice Pilaf Peas &amp; Carrots Okra and Tomatoes  Dinner Roll</b>	<b>Bacon Cheeseburger on Roll Tuna Salad Plate Black Bean Burger  Baked Potato Wedges Mixed Vegetables <span style="color: red;">Lima Beans</span></b>	<b>Chicken Fettuccini Alfredo Turkey Sandwich <span style="color: red;">Lentil Penne Parmesan</span>  <span style="color: red;">Broccoli</span> Italian Blend  Dinner Roll</b>	<b>Beef Macaroni &amp; Tomato Trio Salad Cold Plate with Croissant Egg Salad on Croissant  Peas and Carrots <span style="color: red;">Succotash</span></b>	<b>Glazed Ham Chicken Salad Sandwich Vegetarian Paella  Baked Sweet Potato Green Beans Asparagus</b>
<b>Butterscotch Pudding</b>	<b>Fresh Fruit Cup</b>	<b>Vanilla Cake</b>	<b>Banana Bread Pudding w/ Chocolate sauce</b>	<b>Fresh Fruit</b>	<b>Fruit Cobbler</b>	<b>Carrot Cake</b>

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