

WEEK 1 • FALL/WINTER • SAGEPOINT GARDENS MENUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Continental Breakfast	Choice of juice Choice of cereal Veggie omelet Crispy Bacon Bran Muffin Milk Beverage of Choice	Choice of juice Choice of cereal Scrambled Eggs Eggs to Order Home Fries English Muffin Milk Beverage of Choice	Choice of juice Choice of cereal French Toast/syrup Sausage Patty Fruit cup Milk Beverage of Choice	Choice of juice Choice of cereal Breakfast casserole Crispy Bacon Bagel or Toast Milk Beverage of Choice	Choice of juice Choice of cereal Creamed Chip Beef on Biscuit Fruit cup Milk Beverage of Choice	Continental Breakfast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Vegetable soup Hamburger with bun French Fries Sliced tomatoes Warm Scalloped apples Beverage of Choice	Seafood Newburg on rice Side salad Pudding Milk Choice of Beverage D-sugar free pudding	Vegetable quiche Side Salad Choice of dressing Jello Choice of Beverage	Hotdog/bun Baked beans Cole slaw Frosted spice cake Choice of Beverage D-diet fruit	Shepherd's Pie Tossed Salad Cherry cobbler Choice of Beverage D- sugar free gelatin	Pizza Dinner salad Fruited Gelatin Choice of Beverage D- diet fruit	Beef Tenderloin tip/gravy Seasoned noodles Ford hook lima beans Apple Pie Beverage of Choice D – sugar free cookie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Pork Chops Baked Potato Peas Tropical Fruit Beverage of Choice D-angel food cake	Chicken Cordon Bleu Egg noodles Kale Brownie Choice of Beverage D- sugar free applesauce	Ham Steamed cabbage/carrots Boiled potatoes Fruit Pie Choice of Beverage D-diet canned peaches	Spaghetti with Meat Sauce Tossed Salad Garlic Bread Ice Cream Beverage of Choice	Baked Chicken Scalloped potatoes Collard Greens Biscuit Cookie Beverage of Choice D – sugar free cookie	Baked Fish Oven Fried Potatoes Stewed Tomatoes Chilled Peaches Beverage of Choice D-diet canned peaches	Breakfast for dinner Ice cream Beverage of Choice D- diet canned pears

Continental Breakfast: boiled eggs, bagels, English muffins, toast, cereal and milk, donuts, bananas and other fresh fruit, muffins, assorted juices, yogurt, milk, coffee, tea.

WEEK 2 • FALL/WINTER • SAGEPOINT GARDENS MENUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Continental Breakfast	Choice of juice Choice of cereal Pancakes Sausage Patty Bagel Fruit cup Milk Beverage of Choice	Choice of juice Choice of cereal Eggs to Order Grilled Scrapple Coffee Cake Milk Beverage of Choice D-toast not coffeecake	Choice of juice Choice of cereal Sausage gravy on Biscuit Fruit Cup Milk Beverage of Choice	Choice of juice Choice of cereal Eggs to Order Crispy Bacon Hash Browns Milk Beverage of Choice	Choice of juice Choice of cereal Pancakes/Syrup Sausage Patty Banana Milk Beverage of Choice	Continental Breakfast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sloppy Joe sandwich Potato wedges Cole slaw Gelatin /whipped topping Beverage of Choice	Vegetable soup Homemade Macaroni and cheese Fruit Cocktail Cookie Choice of Beverage	Corn Chowder Turkey Club sand. Assorted Chips Pudding Beverage of Choice	Veg soup/crackers Grilled Ham and Cheese sandwich Brownie Choice of Beverage	Chicken vegetable soup Tuna salad sandwich Pasta salad Ice cream Choice of Beverage	Homemade Tomato soup/crackers Grilled cheese sand. Side salad Gingerbread-Pumpkin custard Choice of Beverage	Pot pie casserole Tomato/cucumber salad Fruited gelatin with whipped topping Beverage of Choice
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Gravy smothered Chicken Wild Rice Carrots Hot Roll Gingerbread with Whipped Topping Beverage of Choice	Meatloaf Baked Potatoes/Sour Cream Vegetable Blend Lemon Tart Beverage of Choice	Beef Pot Roast/Gravy Mashed rutabaga Peas Chocolate cake Choice of Beverage	Chicken Parmesan Broccoli Small salad Rolls Chilled pears Beverage of Choice	Pork Loin/Gravy Bread dressing Green beans Cranberry/applesauce Banana cream pie Choice of Beverage	Broiled fish Rice pilaf Asparagus spears Bread pudding Beverage of Choice	Beef Stew with veg. and potatoes Corn bread/biscuits Peach cobbler Beverage of Choice

Continental Breakfast: boiled eggs, bagels, English muffins, toast, cereal and milk, donuts, bananas and other fresh fruit, muffins, assorted juices, yogurt, milk, coffee, tea.

WEEK 3 • FALL/WINTER • SAGEPOINT GARDENS MENUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Continental Breakfast	Choice of juice Choice of cereal Eggs to Order Crispy Bacon Bagel/Cream Cheese Applesauce Milk Beverage of Choice	Choice of juice Choice of cereal Eggs to Order Danish Milk Beverage of Choice	Choice of juice Choice of cereal Waffles/syrup Sausage Links Fruit cup Milk Beverage of Choice	Choice of juice Choice of cereal Ham & Cheese Omelet English Muffin Banana Milk Beverage of Choice	Choice of juice Choice of cereal Eggs to Order Crispy Bacon Coffee cake Milk Beverage of Choice	Continental Breakfast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Vegetable beef soup Reuben sandwich Potato wedges Angel food cake Beverage of Choice	Cream of potato soup Egg salad sandwich Lettuce and tomato Pickled beets Fruit pie with ice cream Choice of Beverage	Cheeseburger on bun Steak fries Sliced tomatoes Pickles Gelatin with whipped topping Beverage of Choice	Chicken noodle soup Roast beef sandwich Chips/veggie tray Chilled peaches Milk Beverage of Choice	BBQ pork sandwich Cole slaw Pound cake with sliced pears Milk Choice of Beverage	Clam chowder BLT Tapioca pudding Milk Choice of Beverage	Fish filet on bun Potato wedges Cole slaw Pickled beets Ice Cream Sundae Milk Beverage of Choice
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Hamburger Steak with Onion Gravy Mashed Potatoes Spinach Tropical Fruit Salad Beverage of Choice	Salmon Red potatoes Vegetable blend Rolls Pineapple chunks Beverage of Choice	Fried Chicken Potato salad Green beans Ice Cream Sundae Choice of Beverage	Spaghetti and meatballs Tossed salad Garlic bread Apple cobbler Beverage of Choice	Roast Turkey Stuffing Broccoli salad Cranberry sauce Pudding Pie Beverage of Choice	Braised Pork Loin Parsley Potatoes Cabbage Cornbread Chilled Fruit Beverage of Choice	Chicken Cacciatore Peas Cauliflower Cheesecake Beverage of Choice

Continental Breakfast: boiled eggs, bagels, English muffins, toast, cereal and milk, donuts, bananas and other fresh fruit, muffins, assorted juices, yogurt, milk, coffee, tea.

WEEK 4 • FALL/WINTER • SAGEPOINT GARDENS MENUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Continental Breakfast	Choice of juice Choice of cereal Eggs to Order Sausage patty Doughnut Milk Beverage of Choice	Choice of juice Choice of cereal Ham, Egg & Cheese Biscuit Banana Milk Beverage of Choice	Choice of juice Choice of cereal Eggs to order Cinnamon Toast Milk Beverage of Choice	Choice of juice Choice of cereal Apple cinnamon or Blueberry muffins Crispy Bacon Bagel Milk Beverage of Choice	Choice of juice Choice of cereal Waffles/Syrup Sausage Patty Fruit cup Milk Beverage of Choice	Continental Breakfast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Bean soup Corn bread Ice Cream bar Beverage of Choice	Homemade Beefaroni Tossed salad French bread Cookie Beverage of Choice	Vegetable Soup/crackers Tuna salad on Whole Grain Bread, tomato and lettuce Chips Ice cream Beverage of Choice	Roast Beef sandwich Pasta Salad with tomatoes & cucumber Cheesecake Beverage of Choice	Chili Cole slaw Corn Muffin Chilled peaches Beverage of Choice	Potato soup Egg Salad Sandwich Banana pudding and vanilla wafer Beverage of Choice	Corn Chowder BLT sandwich Chips Jello with whipped topping Beverage of Choice
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Baked Pork Chop Savory Rice Mixed Veg Hot roll Pudding Parfait Beverage of Choice	Roast Beef Mashed potato Ford hook lima beans Frosted cupcake Beverage of Choice	BBQ Chicken Cauliflower casserole Spinach Cornbread Brownie Choice of Beverage	Pepper Steak Rice Broccoli Bread of Choice Carrot cake Beverage of Choice	BBQ Spareribs Potato salad Succotash Homemade cookie Beverage of Choice	Meat Lasagna Tossed Salad Italian bread Chilled pears Beverage of Choice	Baked Chicken Breast Sweet potato Green beans Lemon pie Beverage of Choice

Continental Breakfast: boiled eggs, bagels, English muffins, toast, cereal and milk, donuts, bananas and other fresh fruit, muffins, assorted juices, yogurt, milk, coffee, tea.