

Villa St. Francis

Week One

General / NAS/ Consistent Carbohydrate

Villa St. Francis

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12	Saturday 4/13	Sunday 4/14
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Hot or Cold Cereal	Assorted Hot or Cold Cereal	Assorted Hot or Cold Cereal	Assorted Hot or Cold Cereal	Assorted Hot or Cold Cereal	Assorted Hot or Cold Cereal	Assorted Hot or Cold Cereal
Texas French Toast	Cheesy Scrambled Eggs	Spinach Cheese Omelet	Fried Egg	Scrambled Eggs	Pancake	Biscuits and Gravy
Sausage Links	Hashbrowns Bacon	Apple Muffin	Sausage Banana Bread	Blueberry Muffin Yogurt	Sausage	Scrambled Eggs
Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Turkey Pasta Marinara	Chicken Pineapple Terivaki	Baked Cod with Garlic Sauce	Grilled Honey Glazed Chicken	Dilled Pollock	Cheeseburger Pie	Oven Fried Chicken
Penne Pasta	White Rice	Roasted Potato Wedges	Whipped Potatoes	Whipped Potatoes	Spinach	Baked Sweet Potatoes
Green Peas	Sesame Carrots	Lemon Broccoli	Sauteed Zucchini	Steamed Broccoli		Green beans
Raspberry Brownie	Jello Cake	Lemon Bar	Chocolate Chip Cookies	Pineapple Upsidedown Cake	Chocolate Cake	Apple Crisp
Entree Two	Entree Two	Entree Two	Entree Two	Entree Two	Entree Two	Entree Two
Beef Pepper Steak	Honey Glazed Pork	Turkey Dijonaise	BBQ Beef on a Bun	Pasta Mushroom Spinach Alfredo	Sweet and Sour Pork	Roast beef
Penne Pasta	White Rice	Roasted Potato Wedges	Whipped Potatoes	Whipped Potatoes	White Rice	Roasted Sweet Potatoes
Green Peas	Sesame Carrots	Lemon Broccoli	Sauteed Zucchini	Steamed Broccoli		Green Beans
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Baked Ham	Egg Salad Sandwich	Broccoli and Cheese Quiche	Chicken and Cheese Quesadilla	Seafood Salad Croissant	Turkey and Ham Club	Grilled Boneless pork Chop
Steamed Corn Fruit	Potato Salad	Wheat Roll	Spanish Rice	Baked Beans	Corn Salad	Rice Pilaf
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Entree Two	Entree Two	Entree Two	Entree Two	Entree Two	Entree Two	Entree Two
French Dip	Veggie Chef Salad	Pepperoni Pizza	Ham Salad Sandwich	Fruit and Cottage Cheese	Cobb Salad	Two Grilled Cheese on Wheat
Onion rings	Wheat roll	Creamy Cucumber	Chins	Wheat Roll	Parmesean Bread	Rice Pilaf