



Weekly Menu

Clatsop Care Memory Community



	Sun 05-01-2022	Mon 05-02-2022	Tue 05-03-2022	Wed 05-04-2022	Thu 05-05-2022	Fri 05-06-2022	Sat 05-07-2022
B R K	2/3 c Grits 1/2 c Cheesy Scrambled Eggs 1 oz Breakfast Ham 1/2 c 100% Juice 1 slice Whole Grain Toast 1 c Beverage Choice	2/3 c Cream of Wheat 1/2 c Cheesy Scrambled Eggs 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 c Beverage Choice	2/3 c Oatmeal 1 c Baked Pancakes 1 - Scrambled Egg 1 oz Bacon 1/2 c 100% Juice 1 c Beverage Choice	2/3 c 10 Grain Hot Cereal 1/2 c Cheesy Scrambled Eggs 1/2 c Corned Beef Hash 1/2 c 100% Juice 1 c Beverage Choice	2/3 c Polenta 1/2 c Cheesy Scrambled Eggs 1 - Breakfast Sausage Patty 1/2 c Country Potatoes 1/2 c 100% Juice 1 c Beverage Choice	2/3 c Cream of Rice 1 c Sausage Country Gravy and Biscuits 1 - Scrambled Egg 1/2 c 100% Juice 1 c Beverage Choice	3/4 c Hot Cereal 1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1 oz Fried Spam 1/2 - Banana 1/2 c 100% Juice 1 c Beverage Choice
L U N	1 c Chicken Bacon Rice Bake 1/2 c Steamed Broccoli 1 - Baked Roll 1 c Beverage Choice	1 c Green Salad 3 oz Ale House Beef 1/2 c Seasoned Mushroom Rice 1/2 c Sauteed Zucchini 1 c Beverage Choice	3 oz Fish and Chips 3 oz French Fries 1/2 c Vegetable Medley 1 - Parmesan Breadsticks 1 c Beverage Choice	1 c Green Salad 3 oz Classic Salisbury Steak and Gravy 1/2 c Herb Mashed Potatoes 1/2 c Chef's Steamed Vegetable 1 c Beverage Choice	1 c Fresh Chicken Pot Pie 1/2 c Onion Roasted Potatoes 1/2 c Mixed Vegetables 1 c Beverage Choice	1 c Green Salad 3 oz Crunchy Baked Fish 1/2 c Parmesan Orzo 1/2 c Country Trio Medley 1 - Breadsticks 1 c Beverage Choice	3 oz Burgundy Pork 1/2 c Baked Beans 1/2 c Peas and Carrots 1 - Cornbread Muffin 1 c Beverage Choice
D I N	2/3 c Soup Du Jour 3 oz Fish Sticks with Tartar Sauce 10 - Tater Tots 1/2 c Green Beans with Bacon 1 c Beverage Choice 3"x 2" pc Chocolate Cake	2/3 c French Onion Soup 3 oz Smothered Pork Chops 1/2 c Candied Yams 1/2 c Corn O'Brien 1 c Beverage Choice 1/2 c Sherbet	2/3 c Garden Tomato Soup 1 c Ground Beef Casserole 1/2 c Fresh Cooked Carrots 1 c Beverage Choice 1/2 c Ice Cream	2/3 c Navy Bean Soup 1/2 c Ham Salad with Crackers 1/2 c Dill New Potatoes 1/2 c Fruit Toss 1/2 c Peas and Mushrooms 1 c Beverage Choice 1/2 c Egg Custard Pudding	2/3 c Cream of Broccoli Soup 1 - BBQ Sloppy Joe on a Bun 3 oz French Fries 1/2 c Coleslaw 1 c Beverage Choice 1/2 c Assorted Desserts	2/3 c Pork and Hominy Soup 1 c Burrito Casserole 1/2 c Refried Beans 1 c Caesar Salad 1/2 c Spanish Rice 1 c Beverage Choice 1/2 c Banana Bread Pudding	2/3 c Soup Du Jour 3 oz Teriyaki Chicken 1/2 c Cheesy Rice 1/2 c Fresh Vegetable Stir Fry 1 c Beverage Choice 1 - Strawberry Oatmeal Bars
	Milk offered at every meal						Week 4

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