

Coastal Shores Summer 2017 Menu -- Week 2

Daily Desserts for low sugar or sugar free options are a 1/2 portion of the regular dessert or sugar free pudding

	Sunday 5-20	Monday 5-21	Tuesday 5-22	Wednesday 5-23	Thursday 5-24	Friday 5-25	Saturday 5-26
B R E A K F A S T	Banana/Seasonal Fruit Cold Cereal Assorted Toast Oatmeal Scrambled Eggs Breakfast Ham	Banana/Seasonal Fruit Cold Cereal Assorted Toast Oatmeal Fried Egg Home Fries	Banana/Seasonal Fruit Cold Cereal Assorted Toast Oatmeal Pancakes Sausage	Banana/Seasonal Fruit Cold Cereal Assorted Toast Oatmeal Hard Boiled Egg Fruit Cup	Banana/Seasonal Fruit Cold Cereal Assorted Toast Oatmeal French Toast Bacon	Banana/Seasonal Fruit Cold Cereal Assorted Toast Oatmeal Breakfast Sandwich	Banana/Seasonal Fruit Cold Cereal Assorted Toast Oatmeal Pancakes
Soup	Lentil	Turkey & Veggie	Italian Bean	Red Gazpacho	Tomato & Zucchini	Turkey & Rice	Roasted Tomato Basil
L U N C H	Pork Tenderloin w/ Gravy & Applesauce Baked Potato Green Beans Lamb Roast w/ Red Wine Glaze & Mint Jelly White Rice Corn	Seafood Stuffed Sole w/ Newburg Sauce Red Garlic Potato Grilled Zucchini Veal Parmesan Pasta w/ sauce Cauliflower	Meat Loaf Mashed Potatoes Acorn Squash Beef Gyro w/ Cucumber Sauce Fresh Avocado Salad	Cheese Burger Hot Dog on a roll BBQ Chicken Breast Potato Salad Corn on the cob Cole slaw Watermelon	Liver & Onions Sweet Potato Swiss Chard Fried Shrimp French Fries Coleslaw	Marinated Bourbon Salmon Mashed Potatoes Sautéed Kale Stuffed Portobello Mushroom Corn & Red Peppers Garlic Sticks	Brown Hot Dog in a Roll Baked Beans Brown Bread Beets Pot Roast Oven Roasted Potatoes Turnip
	Hot Fudge Brownie	Vanilla Cake w/ Choc. Frosting	Fruit of the Forest Pie	Blueberry Pie	Apple Cobbler Cake	Chocolate Pecan Bar	Angel Food Cake w/ Strawberries
	Genoa Salami Sandwich	Ham Salad Sandwich	Grilled Cheese Sandwich	Roast Beef Sandwich	Turkey & Swiss Croissant	Italian Sandwich/Sub Roll	Egg Salad Sandwich
S U P P E R	Asian Chicken Salad Peas Biscuit Key Lime Pie	Cheesy Egg Casserole Bacon Sliced Melon Snickerdoodle Cookie	Chicken Milano Rice Pilaf Spinach Butterscotch Pudding	Haddock Wiggle on Toast Sliced Tomatoes & Cucumbers Raspberry Jello- w/ fruit	Chef's Salad Cheddar Scone Summer Squash Lemon Bars	Chicken Salad Plate Steamed Carrots Dinner Roll Coconut Cream Pie	Hot Turkey Sandwich w/ Gravy Cranberry Sauce Brussel Sprouts Macadamia nut COOKIE