

ESPARANZA



SAMPLE MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Juice of Choice Cereal of Choice Egg Bacon or Sausage Pancakes Margarine / Syrup Milk, Coffee or Tea	Juice of Choice Cereal of Choice Egg Bacon or Sausage Toast Margarine/Jelly Milk, Coffee or Tea	Juice of Choice Cereal of Choice Egg Bacon or Sausage Donut / Margarine Milk, Coffee or Tea	Juice of Choice Cereal of Choice Egg Bacon or Sausage Toast Margarine / Jelly Milk, Coffee or Tea	Juice of Choice Cereal of Choice Egg Bacon or Sausage Biscuit & Gravy Margarine /Jelly Milk, Coffee or Tea	Juice of Choice Cereal of Choice Egg Bacon or Sausage Toast /Margarine Jelly Milk, Coffee or Tea	Juice of Choice Cereal of Choice Egg Bacon or Sausage Toast / Margarine Jelly Milk, Coffee or Tea
LUNCH	Roast Beef Mashed Potatoes w/Brown Gravy Winter Blend Dinner Roll Margarine Orange Mousse Beverage of Choice	Glazed Ham Black-eyed Peas Seasoned Cabbage Cornbread Margarine Cream Pie Beverage of Choice	BBQ Chicken Baked Beans Yellow Squash Texas Toast Margarine Frosted Cake Beverage of Choice	Savory Meatloaf with Gravy New Potatoes Broccoli Roll & Margarine Sugar Cookie Beverage of Choice	Smothered Pork Chop Candied Yams Cheesy Spinach Cornbread Margarine Fruit Pie Beverage of Choice	Fish Fillet & Fries Tarter Sauce/Lemon Cole Slaw Bread Margarine Fruited Gelatin Beverage of Choice	Fried Chicken Mashed Potatoes Cream Gravy Green Beans Dinner Roll Margarine Fruit Cobbler Beverage of Choice
ALTERNATE CHOICE	Chicken Parmesan Buttered Noodles Broccoli Spears	Grilled Chicken Breast Parslied Potatoes Green Beans	Country Fried Steak Cream Gravy Mashed Potatoes Stewed Tomatoes	Chicken & Rice Casserole Buttered Carrots	Swiss Steak Parslied Noodles Zucchini Squash	Beef Tips w/Gravy Steamed Rice Vegetable Blend	Cod Almandine Macaroni & Cheese Fried Okra
DINNER	Cream of Potato Soup Crackers/Margarine Grilled Cheese Sand Marinated Vegetable Salad Fruit Crisp Milk Beverage of Choice	Beef Stroganoff Served Over Noodles Seasoned Carrots Dinner Roll Margarine Blonde Brownie Milk Beverage of Choice	Egg Sausage Patty Fried Potatoes & Onions Biscuit w/ Cream Gravy Margarine & Jelly Peaches & Milk Beverage of Choice	Turkey Pot Pie Sliced Zucchini Bread Margarine Fruit Cup Milk Beverage of Choice	Vegetable Soup & Crackers Chicken Patty on Bun Mustard & Mayo Lettuce & Tomato Pickled Beet Salad Spice Cake Milk Beverage of Choice	Tamales w/Chili & Cheese Refried Beans Tossed Salad w/Dress Tortilla Pudding Parfait Milk Beverage of Choice	Pizza with Meat Topping Pasta Salad Mixed Vegetables Forest Pears Milk Beverage of Choice
ALTERNATE CHOICE	Salisbury Steak with Gravy Duchess Potatoes Wax Beans	Baked Cod Rice Pilaf Mixed Vegetables	Beef Stew Tossed Salad w/Dressing Cornbread	Hamburger & Bun Lettuce & Tomato Mustard & Mayo Potato Chips	Sausage Cuts Potato Salad Baked Beans	Broccoli Cheese Soup Ham Sandwich Mustard & Mayo Relish Plate	Breaded Pork Patty with Gravy Scalloped Potatoes Peas & Carrots
SNACK	Fruit Punch Lemonade Fresh Fruit	Fruit Punch Lemonade Smores	Fruit Punch Lemonade Fresh-Baked Cookies	Fruit Punch Lemonade Fresh Fruit	Fruit Punch Lemonade Popcorn	Fruit Punch Lemonade Fresh-Baked Cookies	Fruit Punch Lemonade Fresh Fruit

Meals are served restaurant style in well-appointed dining rooms. As you can see, we strive for a well-balanced selection & opportunity for choices in every meal.