

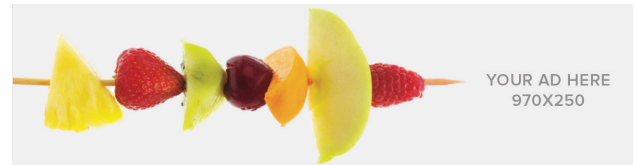
Ashland House Menu

1/15-1/21

MON 1/15	TUE 1/16	WED 1/17	THU 1/18	FRI 1/19	SAT 1/20	SUN 1/21
☀ Breakfast						
Waffles, from frozen Low cal syrup Skim milk Whole milk for DK 2% milk for LS Apple juice	Oatmeal Whole wheat bread Jelly, grape Apple juice	Egg Skim milk Whole wheat bread Margarine Apple juice	Raisin Bran Cereal Skim milk Whole wheat bread Margarine Orange juice	Yellow Corn Grits Skim milk Whole wheat bread Margarine Orange juice	Huevos Rancheros Skim milk Orange juice	Pancakes (from mix) Low cal syrup Turkey sausage Skim milk Orange juice
☀ Lunch						
BLT Sandwich Celery sticks Fig bar cookie Low or 0 cal drink	Roast Beef Sandwich Carrots, raw Applesauce Low or 0 cal drink	Peanut Butter & Sugar-Free Jam Sandwich Graham crackers Banana Bottled water	Ham Sandwich Peaches, canned Pudding cup Bottled water	Turkey Sandwich Granola bar, soft and low-sugar Orange Fruit of choice for VT Bottled water	Chef's Salad Lo-cal dressing Garlic bread Pear Low or 0 cal drink	Tuna Melt Green beans Veg of choice for VT Wheat crackers Banana Low or 0 cal drink
Snack Beverage: very low or zero calories 100 cal. snack pack	Snack Hot Chocolate	Snack Beverage: very low or zero calories 100 cal. snack pack	Snack Hot Chocolate	Snack Beverage: very low or zero calories 100 cal. snack pack	Snack Hot Chocolate	Snack Hot Chocolate
🌙 Dinner						
Cheesy Meatball & Veg sandwich Baked beans Spinach Mandarin oranges Low or 0 cal drink	Teriyaki Chix Kabobs Brown rice Green beans Veg of choice for VT Fruit cocktail Low or 0 cal drink	Baked Pollock Parmesan Mixed veggies Mashed potatoes Pineapple, canned Low or 0 cal drink	Tukey Enchiladas Corn bread Romaine & tomato salad Cantaloupe Low or 0 cal drink	Pizza, Cheese Sautéed herb zucchini Grapes, finely diced, no seeds Low or 0 cal drink	Sweet & Sour Pork Spinach Whole wheat pasta Honey dew melon Low or 0 cal drink	Bavarian Chix With Apples Red-skin mashed potatoes Watermelon Low or 0 cal drink
Snack Hot Chocolate	Snack Beverage: very low or zero calories 100 cal. snack pack	Snack Hot Chocolate	Snack Beverage: very low or zero calories 100 cal. snack pack	Snack Hot Chocolate	Snack Beverage: very low or zero calories 100 cal. snack pack	Snack Beverage: very low or zero calories 100 cal. snack pack

We include custom Notes here that you want to highlight, such as specific reminders regarding dietary/prep needs, day program lunch pack up, etc. Additionally . . .

- No two menus between settings are the same. Request menu changes at any time, no add'l charge.
- Menus reflect household food likes/dislikes/dietary needs (diabetes, GERD, lactose intolerance, dysphagia, allergies, etc.) and routines of the setting, such as pizza night out on Fridays, leftover nights, etc.
- Menus cycle new every 35 days to reflect evolving health needs and the season and to instill variety & freshness.
- Menus & recipes are created by our full-time chef and nutrition experts.



Briar Court Shopping List

9/8-9/14

Category	Ingredient	Quantity	Cost
Produce	Apples	15 ea.	\$ 5.22
	Bananas	2 ea.	\$.45
	Canaloupe melon	2 - ½ ea.	\$ 2.98
	Inexpensive fruit of choice	38 ea.	\$10.37
	Cabbage	2 - ½ lb.	\$ 3.52
	Cucumber	1 ea	\$.72
	Garlic, minced, 4.5 oz jar	½ jar	\$ 2.58
	Onions, yellow	11 ea.	\$ 2.46
	Red skin potatoes	3.00 lb.	\$ 1.50
Canned Fruit	Applesauce, single serve 4 oz. containers	12 ea.	\$ 3.97
	Mandarin oranges, 11 oz. can	13 ea.	\$ 8.46
	Pineapple, 20 oz. can	1 ea.	\$.78
Refrigerated, Dairy	American cheese, 16 oz. pkg	½ pkg.	\$ 1.84
	Biscuits, plain or buttermilk in tube	12 ea biscuits	\$ 0.81
	Eggs, large	5 dozen	\$ 8.42
	Milk, 2%	3 gallons	\$ 8.52
	Milk, skim	6 - ½ gallons	\$18.35
Refrigerated, Deli	American cheese, 16 oz. pkg	¾ pkg.	\$ 2.31
	Turkey, sliced, 16 oz. pkg	2 pkg.	\$ 7.29
Refrigerated, Meat	Chicken breast, boneless, skinless	5 - ¼ lbs	\$14.12

Estimated Total:

\$180.18

(this sample total reflects the entire grocery list, not just this page)