

CLEMENT MANOR		Clement Manor F/W Midwest Alts 2025			Regular/NAS/Consistent CHO		Week 5
Sunday Dec 7	Monday Dec 8	Tuesday Dec 9	Wednesday Dec 10	Thursday Dec 11	Friday Dec 12	Saturday Dec 13	
Breakfast							
Choice of Cereal Scrambled Eggs Biscuits & Sausage Gravy	Choice of Cereal Cheesy Scrambled Eggs Wheat Toast Fruit	Choice of Cereal Cinnamon French Toast Sausage Patty	Choice of Cereal Eggs English Muffin Fruit	Choice of Cereal Buttermilk Pancakes Eggs	Choice of Cereal Eggs Bacon Wheat Toast Fruit	Choice of Cereal Cheesy Scrambled Eggs Wheat Toast	
Lunch							
Roast Turkey Mashed Potatoes Green Beans Wheat Bread Apple Cobbler	Beef Stew Buttered Noodles Capri Vegetable Blend Dinner Roll Blueberry Muffins	<u>Resident Choice Meal</u> Ham Scalloped Potatoes Green Beans Ice Cream Drumstick	Salisbury Steak Baked Potato Winter Blend Vegetables Wheat Bread Chef's Choice Dessert	Chicken & Dumplings Dilled Carrots Wheat Bread Brownie	Bourbon Chicken Thighs Cheesy Mashed Potatoes Seasoned Broccoli Lemon Bars	Lasagna Tossed Salad Buttered Breadstick Pumpkin/Choc. Chip Cookie	
Meatloaf	Cracker Crumb Chicken	Savory Baked Chicken Thigh	Pork w/Kraut	Italian Beef Casserole	Tuna Noodle Casserole	Oven Roasted Tilapia	
Dinner							
Soup of the Day Fish Sandwich Corn Fries Fresh Fruit Cup	Soup of the Day Polish Sausage Onion Roasted Potatoes Sauteed Peppers & Onions Dinner Roll Cantaloupe	Soup of the Day Philly Provolone Steak Sandwich French Fries Italian Blend Vegetables Mixed Melon Salad	Soup of the Day Cheeseburger w/Lettuce & Tomato Coleslaw Dinner Roll Cinnamon Apples	Soup of the Day Ham & Swiss Cheese Sandwich Stewed Tomatoes Tropical Fruit Salad	Soup of the Day Margherita Cheese Pizza Green Beans Apple Slices	Soup of the Day Turkey & Cheese Sandwich Whole Baby Carrots Red Grapes Chips	
Beef Quesadilla	Roast Beef & Cheddar Sandwich	Cheese Pizza	Fried Fish	Macaroni & Cheese	Pork Chop Supreme	Roasted Pork Tenderloin	

