## Prairie Bluffs Senior Living

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast: <br> Continental Breakfast Noon Honey Glazed Ham Scalloped Potato Green Beans Evening Box Dinner | Breakfast: Pancakes \& Bacon Noon Beef Burgundy Egg Noodles Mixed Vegetables Evening Cheesy Chicken Fajita Bake Spanish Rice | Breakfast: <br> French Toast \& Sausage Noon <br> Burbon Glazed Chicken Fingerling Potatoes Prince Edward Vegetables Evening Cheese Tortellini Rosa Caesar Salad | Breakfast: Omelet \& Toast Noon Pot Roast Garlic Mashed Potatoes Peas \& Carrots Evening Spaghetti w/Meat Sauce Italian Vegetables Garlic Toast | Breakfast: Fried Eggs, Sausage \& Toast Noon Shrimp Scampi Angel Hair Pasta Asparagus Evening Sesame Meatballs White Rice Cream Cheese Wonton | Breakfast: Oatmeal Noon Turkey Burger Sweet Potato Fries Evening All American Hot Dog Potato Salad | Breakfast: Continental Breakfast Noon <br> Coconut Shrimp <br> Au Gratin Potato Asparagus Evening <br> Mushroom \& Swiss Burger Tater Tots |
| Breakfast: 7 $\square$ <br> Continental Breakfast Noon Stuffed Bell Pepper Casserole Warm Dinner Roll Evening Beef Goulash Garlic Toast | Breakfast: <br> Pancakes \& Bacon Noon Pork Ragu Stuffed Dumplings California Normandy Evening <br> Almond Poppyseed Chicken Salad Croissant Curly Fries | Breakfast: <br> Sausage Egg Bake \& Hashbrowns Noon <br> Sweet \& Sour Chicken Fried Rice <br> Stir Fry Vegetables Evening Meatloaf <br> Mashed Potatoes \& Gravy Peas \& Carrots | Breakfast: 10 <br> Omelet \& Toast  <br> Noon  <br> Roast Beef  <br> Buttered Dumplings  <br> Red Cabbage  <br> Evening  <br> Beef Lasagna  <br> Italian Vegetables  <br> Garlic Toast  | Breakfast: $11$ <br> Fried Eggs, Sausage \& Toast <br> Noon <br> Beef Enchiladas Spanish Rice Refried Beans Evening Fish \& Chips Tartar Sauce | Breakfast: 12 <br> Oatmeal  <br> Noon  <br> Chicken \& Dumplings  <br> Mixed Vegetables  <br> Evening  <br> BBQ Ham Steak  <br> Scalloped Potato  <br> Asparagus  | Breakfast: Continental Breakfast Noon Biscuits \& Gravy Scrambled Eggs Evening <br> Chicken Wild Rice Hot Dish Warm Croissant Fruit Salad |
| Breakfast: <br> Continental Breakfast Noon <br> Sausage \& Mixed Vegetables Roasted Potatoes Evening <br> Chicken Fingers Curly Fries | Breakfast: 15 Pancakes \& Bacon Noon Beef Stew Dinner Roll Evening Beef Tacos Mexican Rice Guacamole \& Sour Cream | Breakfast: <br> French Toast \& Sausage Noon <br> Italian Sausage Gnocchi w/ Creamy Rosa Sauce Buttered Broccoli Evening Shepards Pie Dinner Roll | Breakfast: <br> Omelet \& Toast Noon <br> Swiss Steak <br> Egg Noodles <br> Mixed Vegetables <br> Evening <br> Stuffed Chicken Rolls <br> Mixed Green \& Strawberry Salad | Breakfast: 18 Fried Eggs, Sausage \& Toast Noon Raspberry Pork Medallions Au Gratin Potato Corn Pudding Evening Chicken Swiss Stuffing Bake Garlic Breadstick | Breakfast: 19 Oatmeal Noon Roasted Chicken Quarters Parmesan Potato Wedges Sauteed Green Beans Evening Italian Pasta Bake Garlic Bread | Breakfast <br> Continental Breakfast <br> Noon <br> Salisbury Steak Mashed Potatoes Mixed Vegetables Evening Sloppy Joes <br> Seasoned French Fries |
| Breakfast: Continental Breakfast Noon Creamy Garlic Chicken Penne Pasta Garlic Breadstick Evening Individual Pizza Mandarin Oranges | Breakfast: 22 <br> Pancakes \& Bacon  <br> Noon  <br> Turkey Pot Pie  <br> Warm Dinner Roll  <br> Evening  <br> Breaded Pork Chop  <br> Zucchini  <br> Mashed Potatoes  | Breakfast:Sausage Egg Bake \&HashbrownsNoonBeef Stir FryWhite RiceAsian VegetablesEveningFrenchOnon Beef Casserole <br> Broccoli | Breakfast: <br> Omelet \& Toast Noon <br> Swedish Meatballs <br> Egg Noodles <br> Roasted Carrots Evening <br> Chicken Parmesan Linguini Italian Vegetables | Breakfast: 25 <br> Fried Eggs, Sausage \& Toast <br> Noon <br> Teriyaki Pork Wings Korean Fried Rice Oriental Vegetables Evening White Lasagna Mixed Vegetables Garlic Toast | Breakfast: Oatmeal Noon Roast Turkey Stuffing | Breakfast: Continental Breakfast Noon BBQ Ribs Baked Beans Buttered Broccoli Evening <br> Chicken Club Casserole Warm Dinner Roll |
| Breakfast: <br> Continental Breakfast <br> Noon <br> Honey Glazed Ham Scalloped Potato Green Beans Evening Box Dinner | Breakfast: Pancakes \& Bacon Noon Beef Burgundy Egg Noodles Mixed Vegetables Evening Cheesy Chicken Fajita Bake Spanish Rice | Breakfast: <br> French Toast \& Sausage Noon <br> Burbon Glazed Chicken Fingerling Potatoes <br> Prince Edward Vegetables Evening Cheese Tortellini Rosa Caesar Salad | All meals are subject to change with proper notice. | *Alternate Menu is available upon request during mealtimes | Noon and Evening meals are accompanied with a choice of Homemade Soup, Fresh Fruit Garden Salad, Dinner Roll and Dessert |  |

