



THE RETREAT
 AT SUNNY VISTA
 ASSISTED LIVING AND MEMORY SUPPORT

**Menu for the Week of:
 November 29th – December 5th**

3	<u>SUNDAY</u> 11/29	<u>MONDAY</u> 11/30	<u>TUESDAY</u> 12/1	<u>WEDNESDAY</u> 12/2	<u>THURSDAY</u> 12/3	<u>FRIDAY</u> 12/4	<u>SATURDAY</u> 12/5
Breakfast	Hot or Cold Cereal Eggs to Order Fruit and Yogurt Parfaits Bacon or Sausage	Hot or Cold Cereal Eggs to Order Veggie Frittata Bacon or Sausage	Hot or Cold Cereal Eggs to Order Italian Omelets Bacon or Sausage	Hot or Cold Cereal Eggs to Order Breakfast Sandwiches Bacon or Sausage	Hot or Cold Cereal Eggs to Order Blueberry Muffins Bacon or Sausage	Hot or Cold Cereal Eggs to Order Huevos Rancheros Bacon or Sausage	Hot or Cold Cereal Eggs to Order Fried Chicken Biscuits Bacon or Sausage
Daily Soup	French Onion	Kale and Sausage Soup	Cream of Mushroom	Beef and Veggie	Butternut Squash	Chicken Vegetable	Chicken and Shrimp Gumbo
Lunch	Chicken Caesar Wraps w/Butternut Squash, Dinner Roll	Cheese or Peperoni Pizza w/Garden Salad	Steak and Veggie Kabobs Turmeric Rice	Turkey Rachel Sandwiches w/Potato Chips, Side of Fruit	Cheese Quesadillas, Mexican Rice	Herb Crusted Tilapia, w/Beets, Cous-Cous	Shrimp and Grits. Collard Greens
Dinner	Smothered Pork Chops, Buttered Noodles, Brussel Sprouts	Stuffed Bell Peppers With Garlic Whipped Potatoes	Swedish Meatballs, over Orzo, Buttered Green Beans	Buffalo Chicken Salad, or a Blue Cheese and Chicken Salad, Dinner Roll	Veggie Lasagna w/Garlic Bread, Honey Glazed Carrots	Salisbury Steak w/ Mushroom Gravy, Au gratin Potatoes, Creamed Corn	BBQ Chicken w/ Coleslaw, Quinoa Blend
Daily Dessert	Key Lime Pie Assorted Ice Cream	Berries and Cream Assorted Ice Cream	Peanut Butter Cookies Assorted Ice Cream	Yellow Cake with Chocolate Frosting Assorted Ice Cream	Brownies Assorted Ice Cream	Chocolate Chip Cookie Ice Cream Sandwiches Assorted Ice Cream	Granola Parfaits Assorted Ice Cream



Thank you for dining with us!