



Weekly Menu

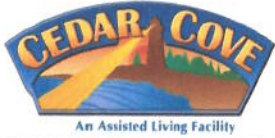
Cedar Cove Assisted Living



	Sun 06-28-2026	Mon 06-29-2026	Tue 06-30-2026	Wed 07-01-2026	Thu 07-02-2026	Fri 07-03-2026	Sat 07-04-2026
BREAKFAST	Breakfast Sausage Taquitos Hash Browns Fresh Fruit 100% Juice	Blueberry French Toast Bake Egg of Choice Fresh Fruit 100% Juice	Egg and Ham Wrap Yogurt Fresh Fruit 100% Juice	Buttermilk Pancakes Egg of Choice Fresh Fruit 100% Juice	Egg and Tomato Scramble Fresh Fruit 100% Juice Whole Grain Toast	Strawberry Belgian Waffle Bacon Fresh Fruit 100% Juice	English Muffin Breakfast Sandwich Yogurt Fresh Fruit 100% Juice
LUNCH	Green Salad Mississippi Beef Mashed Red Potatoes Baby Carrots Baked Roll Banana Cream Pie	Green Salad Honey Dijon Roasted Chicken Penne Pasta Capri Blend Cinnamon Coffee Cake	Green Salad Pork Chop with Onions Roasted Rosemary Potatoes Herbed Corn Baked Roll Apple Cobbler	Green Salad Seasoned Salisbury Steak Buttered Noodles Green Bean Mushroom Medley Baked Roll Bread Pudding	Green Salad California Chicken Glazed Sweet Potatoes Grilled Zucchini Chocolate Cream Pie	Green Salad Seasoned Baked Fish Lemon Rice Sautéed Spinach Baked Roll Peach Angel Food Cake	Green Salad Balsamic Tomato Glazed Meatloaf Parmesan Roasted Potatoes Chef's Steamed Vegetable Cheesecake
DINNER	Vegetable Medley Soup Ham and Cheese Macaroni Bake Select Apple Salad Steamed Broccoli Peanut Butter Cookie	Classic Minestrone Soup Vegetable Quiche Honeydew Grilled Tomatoes Chocolate Caramel Bars	Cream of Broccoli Soup Chicken Pilaf Casserole Pears Light Caesar Salad Strawberry Ice Cream	Fresh Tomato Soup Grilled Tuna Sandwich Cantaloupe Creamy Cucumber Salad Soft Oatmeal Raisin Cookie	Garden Vegetable Soup Skillet Beef and Potatoes Fresh Cooked Carrots Cornbread Muffin Jello Salad	French Lentil Soup Chicken Salad on Croissant Fresh Fruit Cup Vegetable Sticks Ice Cream Sandwich	Homestyle Vegetable Soup Southwest Shredded Pork Tacos Mexicali Corn Five Fruit Salad
	Milk offered at every meal						Week 2

Dietitian's Signature:

Xia Walsh
4-1-26 # 997564



Weekly Menu

Cedar Cove Assisted Living



	Sun 06-21-2026	Mon 06-22-2026	Tue 06-23-2026	Wed 06-24-2026	Thu 06-25-2026	Fri 06-26-2026	Sat 06-27-2026
BREAKFAST	Maple Oatmeal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Sausage Scramble Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Egg of Choice Fresh Fruit 100% Juice	Skillet Eggs with Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Baked Cinnamon French Toast Fresh Fruit Egg of Choice 100% Juice	Baked Omelet Fresh Fruit 100% Juice Whole Grain Toast	Deluxe Waffle Breakfast Ham Fresh Fruit 100% Juice
LUNCH	Green Salad Baked Spiral Ham Fresh Cooked Yams Skillet Cabbage Baked Roll Pecan Pie	Green Salad Oven Fried Chicken Hot Potato Salad Honey Roasted Carrots Fresh Biscuit Texas Sheet Cake	Green Salad BBQ Glazed Meatballs Herb Mashed Potatoes Sauteed Summer Squash Baked Roll Cherry Cobbler	Green Salad Roasted Pork Baked Sweet Potato Grilled Asparagus Baked Roll Sherbet Dessert	Green Salad Braised Beef and Broccoli Fried Brown Rice Snow Peas and Carrots Fresh Coconut Cream Pie	Green Salad Crispy Garlic Panko Fish Scalloped Potatoes Parmesan Green Beans Baked Roll Peach Crisp	Green Salad Herb Roasted Turkey Homestyle Stuffing Brussels Sprouts Baked Roll Homemade Carrot Cake
DINNER	Potato Spinach Soup Ground Turkey Stroganoff Sunny Fruit Salad California Blend Garlic Breadsticks Fresh Lemon Bars	Vegetable Rice Soup Bean and Cheese Burrito Guacamole Tortilla Chips and Salsa Pineapple Fruit Cup	Garden Tomato Soup Country Club Chicken Salad Vegetables with Ranch Dip Mini Croissant Roll Vanilla Pudding	Mushroom Barley Soup Three Cheese Potato Beef Bake Chef's Steamed Vegetable Fresh Cornbread Orange Cottage Salad	Cream of Vegetable Soup Grilled Turkey Cheddar Sandwich Mixed Fruit Medley Glazed Carrots Chocolate Chip Cookie	Vegetable Ratatouille Soup Spaghetti with Marinara Meat Sauce Pears Light Summer Salad Chocolate Eclair Dessert	Bean and Bacon Soup Breadcrumb Chicken Tenders Strawberries Sweet Slaw Snickerdoodle Brownie
	Milk offered at every meal						Week 1

Dietitian's Signature:

Gisa Walsh
4-1-26 # 997564



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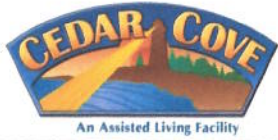
Cedar Cove Assisted Living



	Sun 06-14-2026	Mon 06-15-2026	Tue 06-16-2026	Wed 06-17-2026	Thu 06-18-2026	Fri 06-19-2026	Sat 06-20-2026
BREAKFAST	Sausage Potato Bake Fresh Fruit 100% Juice Whole Grain Toast	Creme Brulee French Toast Egg of Choice Fresh Fruit 100% Juice	Bacon Cheese Omelet Fresh Fruit 100% Juice Whole Grain Toast	Poppy Seed Muffin Egg of Choice Fresh Fruit 100% Juice	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Biscuit Breakfast Sandwich Yogurt Fresh Fruit 100% Juice	Belgian Waffle Egg of Choice Fresh Fruit 100% Juice
LUNCH	Green Salad Brown Sugar Meatloaf Steamed Red Potatoes Seasoned Cauliflower Baked Roll Dutch Apple Pie	Green Salad Fiesta Lime Chicken Best Black Beans Pico De Gallo Baked Roll White Almond Cake	Green Salad Creamy Herbed Pork Chop Roasted Sweet Potatoes Normandy Blend Baked Roll Cinnamon Bread Pudding	Green Salad Hamburger Steak and Onions Parsley Seasoned Potatoes Glazed Baby Carrots Baked Roll Pear Cobbler	Green Salad Hawaiian Baked Chicken Classic Macaroni Salad Whole Green Beans Baked Roll Banana Sheet Cake	Green Salad Lemon Baked Fish Garlic Herb Mashed Potatoes Oven Roasted Broccoli Baked Roll Fresh Blueberry Pie	Green Salad Steak Fajita Spanish Rice Sauteed Zucchini Baked Roll Sopapillas
DINNER	Cream of Mushroom Soup Classic Turkey Sandwich Fruit Cocktail Three Bean Salad Whipped Jello	Vegetable Macaroni Soup Classic Stuffed Bell Peppers Spring Fruit Cup Cookies and Cream Ice Cream	Tomato Basil Parmesan Soup Greek Chicken Pasta Chef's Steamed Vegetable Garlic Breadsticks Creamy Grape Salad	Cream of Broccoli Soup Tuna Salad Sandwich Strawberries Cucumber Dill Salad Popsicle Bar	Fresh Vegetable Soup Hamburger Casserole Fresh Fruit Salad Mixed Vegetables Chocolate Chip Brownie	Spinach Tortellini Soup Pepperoni Pizza Melon Salad Balsamic Roasted Mushrooms Monster Cookie	Homestyle Vegetable Soup Grilled Chicken Sandwich Apple Slices Romaine Orange Salad Peaches and Cream Dessert
	Milk offered at every meal						Week 5

Dietitian's Signature:

Gina Walsh
4-1-26 # 997564



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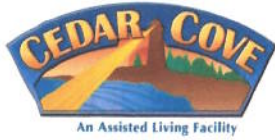
Cedar Cove Assisted Living



	Sun 06-07-2026	Mon 06-08-2026	Tue 06-09-2026	Wed 06-10-2026	Thu 06-11-2026	Fri 06-12-2026	Sat 06-13-2026
BREAKFAST	Scrambled Egg and Bacon Fresh Fruit 100% Juice Whole Grain Toast	Perfect Pancakes Sausage Link Fresh Fruit 100% Juice	Chef's Choice Omelet Fresh Fruit 100% Juice Whole Grain Toast	French Breakfast Casserole Fresh Fruit 100% Juice	Sausage Biscuit Egg of Choice Fresh Fruit 100% Juice	Apple Cinnamon Muffin Egg of Choice Fresh Fruit 100% Juice	Ham Egg and Cheese Casserole Fresh Fruit 100% Juice Whole Grain Toast
LUNCH	Green Salad Apricot Glazed Pork Roast Seasoned Brown Rice Capri Blend Baked Roll Chocolate Peanut Butter Pie	Green Salad Southwest Pepper Cube Steak Baked Potato Chef's Steamed Vegetable Baked Roll Raspberry Crumb Cake	Green Salad BBQ Chicken Thigh Veggie Pasta Salad Green Beans Baked Roll Peach Cobbler	Green Salad Oven Fried Cod Garlic Mashed Potatoes Fresh Asparagus Baked Roll Strawberry Cheesecake	Green Salad Skillet Beef Patty with Gravy Parsley Noodles Sauteed Carrots Baked Roll Key Lime Trifle	Green Salad Monterey Chicken with Mushrooms Rice Pilaf Steamed Broccoli Baked Roll Caramel Cake	Green Salad Baby Back Pork Ribs Southern Baked Beans Corn on the Cob Baked Roll Fruit Crisp
DINNER	Garden Vegetable Soup Chicken Enchiladas Roasted Zucchini Pinto Beans Fruit Medley	Minestrone Soup Roasted Shrimp and Vegetables Easy Fruit Salad Spinach and Tomatoes Coconut Cookie	Navy Bean Soup Hawaiian Burger Watermelon Fresh Mixed Vegetable Salad Creamy Cake Bar	Vegetable Medley Soup Sweet and Sour Pork Stir-Fry Vegetables Rice Whipped Pineapple Salad	Basil Tomato Soup Scalloped Ham and Potatoes Jello Fruit Salad Roasted Parmesan Brussels Sprouts Fudge Bar	Cream of Green Chile Soup Taco Salad Tortilla Chips and Salsa Citrus Banana Salad	Italian Vegetable Soup Chicken Alfredo Bake Honeydew Chopped Salad with Garlic Dressing Soft Snickerdoodle
	Milk offered at every meal						Week 4

Dietitian's Signature:

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4-1-26 # 997564



Weekly Menu

Cedar Cove Assisted Living



	Sun 05-31-2026	Mon 06-01-2026	Tue 06-02-2026	Wed 06-03-2026	Thu 06-04-2026	Fri 06-05-2026	Sat 06-06-2026
B R E A K F A S T	Peaches and Cream Baked Oatmeal Egg of Choice Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Hash Browns Fresh Fruit 100% Juice	Fluffy Pancakes Egg of Choice Fresh Fruit 100% Juice	Denver Omelet Fresh Fruit 100% Juice Whole Grain Toast	Brown Sugar French Toast Egg of Choice Fresh Fruit 100% Juice	Bagel and Cream Cheese Egg of Choice Fresh Fruit 100% Juice	Egg and Cheese Biscuit Yogurt Fresh Fruit 100% Juice
L U N C H	Green Salad Ranch Chicken Classic Mashed Potatoes Country Trio Medley Fruit Cobbler	Green Salad Garlic Herb Pork Roast Angel Hair Pasta Italian Peas Baked Roll Chocolate Buttermilk Cake	Green Salad Braised Beef Tips Seasoned Rice Yellow Squash and Onions Baked Roll Lemon Cream Pie	Green Salad Homestyle Turkey Cornbread Dressing Roasted Cauliflower and Carrots Baked Roll Mixed Berry Crisp	Green Salad Slow Cooked Ham AuGratin Potatoes Broccoli Almondine Baked Roll Ice Cream Sundae	Green Salad Hawaiian Meatballs Aloha Sweet Potatoes Stir-Fry Vegetables Baked Roll Pineapple Shortcake	Green Salad Grilled Lemon Chicken Greek Potatoes Herb Roasted Tomatoes Mint Brownie
D I N N E R	Portuguese Chickpea Soup Egg Salad Sandwich Pineapple Chunks Marinated Tomatoes Peanut Butter Rice Krispies Bars	Corn Chowder Shrimp and Cilantro Lime Rice Honey Glazed Carrots Best Black Beans Watermelon Salad	Vegetable Macaroni Soup Grilled Chicken Strawberry Salad Orange Slices Farm Fresh Vegetables Crusty Garlic Bread Sherbet	Creamed Spinach Soup Baked Tomato Beef Pasta Pear Fruit Medley Green Beans Magic Cookie Bar	Mushroom Barley Soup Turkey Pot Pie Chef's Steamed Vegetable Oven Fried Potatoes Peach Spring Salad	Fresh Vegetable Soup Ham and Swiss Slider Cantaloupe Apple Coleslaw French Fries Frosted Sugar Cookie	Cream of Cauliflower Soup Meat Supreme Pizza Grapes House Green Salad Pan Breadsticks Butterscotch Pudding
	Milk offered at every meal						Week 3

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4-1-26 # 997564