

Lunch Menu Manor

Summer 3

Monday

BBQ Ribs with Coleslaw and Baked Beans

♥ Greek Salad with Turkey 260mg

Banana Cream Pie

Tuesday

Biscuits and Gravy with Scrambled Eggs and a Fresh Berry Medley

♥ Mandarin Orange Salad with Chicken Breast 238mg

Oreo Icebox Cake

Wednesday

Grilled Pork Tenderloin with Roasted Potatoes and Watermelon

♥ Baked Cod in White Wine Cream Sauce 382mg with White Rice 0mg and
California Blend Vegetables 30mg

Pudding Parfait

Thursday

Pot Roast with Mashed Potatoes and Baby Carrots

♥ Baked Flounder 43mg with Prince Charles (Mixed Green Beans) Vegetables 30mg

Chocolate Lasagna

Friday

BBQ Chicken Legs with Corn Bread and Baked Beans

Crab Salad 304mg with Crackers 125mg and Grapes 0mg

Texas Sheet Cake

Saturday

Baked Mostaccioli with Garlic Bread and a Side Salad

♥ Turkey Shepherd Pie 342mg with Dinner Rolls 125mg Roasted Brussel Sprouts
25mg

Tapioca Pudding

Sunday

Beef Stroganoff with Roasted Asparagus and Garlic Toast

♥ Baked Lemon Cod with Tomatoes & Peas over White Rice

Chocolate Cake

Dinner Menu Manor

Summer 3

Monday

Big Mac Salad

- ♥ Braised Chicken Breast with a Creamy Mushroom Thyme Sauce 259mg and
Roasted Sweet Potatoes 59mg with Peas 30mg

Blueberry Cobbler

Tuesday

BLT with Fries and Coleslaw

- ♥ Italian Chopped Salad 69mg and Cantaloupe 0mg

Cherry Cheesecake

Wednesday

Marry Me Chicken with Mashed Potatoes and California Blend Vegetables 30mg

- ♥ Goulash 135mg with Dinner Rolls 125mg and Green Beans 30mg

Brownies

Thursday

Steak Alfredo with Broccoli and Garlic Toast

- ♥ Egg Salad Platter 38mg with Fresh Vegetables 0mg and Crackers 135mg

Banana Split Dessert

Friday

Ham & Bean Soup with Corn Bread and Grapes

- ♥ Baked Tilapia with a Lemon Sauce over Orzo and Broccoli 389mg

Chocolate Cream Pie

Saturday

Loaded Beef Nachos

- ♥ Chicken Ranch Platter 200mg with Crackers 135mg with Cheese Cubes 152mg
and a Fruit Cup 0mg

Tres Leches Cake

Sunday

Oven Fried Chicken with Baked Potato and Corn on the Cobb

- ♥ Sautéed Shrimp over Vegetable Rice 158mg

Tiramisu