Jan 14th to Jan 20th

CARE ADVOCATES INC.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal or Cold Cereal Pastry, Waffle or Toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Self Serve	Oatmeal or Cold Cereal Pastry, Waffle or Toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry, Waffle or Toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry, Waffle or Toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry, Waffle or Toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry, Waffle or Toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry, Waffle or Toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Homemade Vegetable Soup with Vegetable Tray Dinner Roll Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Self Serve	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Shirley	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Grilled Cheese Sandwich Tomato Soup Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Tuna Sandwiches Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	**10 am** Breakfast Brunch- Today a delicious brunch will be served. Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Garden Salad Roasted Heirloom Tomato Mozzarella & Basil Ravioli Side Vegetable Dinner Roll Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Self Serve	Bacon Blue Salad Chicken Pot Pie Green Peas Dinner Roll Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Shirley	Garden Salad Baked Chicken Drumsticks Little Savory Herb Potatoes Dinner Roll Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen	Farmhouse Bacon Salad Seasoned Cod Steamed Mixed Vegetables Dinner Roll Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen	Garden Salad Roasted Turkey Breast Mashed Potatoes Dinner Roll Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen	Sweet Kale Salad Hots Dogs on Hawaiian Roll Buns Sweet Corn Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Garden Salad Asparagus and Cheddar Wrapped Chicken Breast Green Beans Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen

CARE ADVOCATES INC.

Dec 24th to Dec 30th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Self Serve	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Self Serve
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Coconut Chicken Noodle Bowl Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Mercedez (Help as needed)	Lunch will be prepared and located in each resident's refrigerator section for each resident to warm. Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Shirley	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Grilled Cheese Sandwich Tomato Soup Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Tuna Sandwiches Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	**10 am** Breakfast Brunch- Today a delicious brunch will be served. Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Garden Salad Lasagna Garlic Bread Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Mercedez	Dinner will be prepared and located in each resident's refrigerator section for each resident to warm. Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Shirley	Garden Salad Asparagus & Cheddar Stuffed Chicken Breasts Mashed Sweet Potatoes Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen	Garden Salad Cheese Pizza with Sweet Italian Sausage Steamed Broccoli and Cauliflower Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen	Garden Salad Roasted Sliced Turkey Breast Green Beans Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen	Garden Salad Chuck Tender Steaks with Mushrooms Baked Potatoes Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By:Ms. Helen	Garden Salad Chicken Pot Pie with Mashed Potatoes Dessert Coffee, Decaf, Tea, Milk Fruit Juice Prepared By: Ms. Helen

Christmas Dinner at La Roda

Friday Dec 22nd

5:30 - 6:30

Thanksgiving Dinner at La Roda

Wednesday Nov 22nd

5:30 - 6:30

CARE ADVOCATES INC.

Nov 12th to Nov 18th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled Cheese Sandwich Tomato Soup Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Tuna Sandwiches Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Breakfast Brunch- Today a delicious brunch will be served. Coffee, Decaf, Tea, Milk Fruit Juice
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Garden Salad Spaghetti with Tomato Sauce Garlic Bread Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Marinated Cod Filets Zucchini Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Fajita Style Chicken Tacos Rice Beans Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Seared Sliced Beef Sirloin Baked Potatoes Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Baked Chicken Legs Asparagus Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad BBQ Chicken Sandwiches Mashed Potatoes Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Beef Brisket Side Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice

CARE ADVOCATES INC.

Sept 24th to Oct 1st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Tuna Sandwiches Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Saturday Brunch Coffee, Decaf, Tea, Milk Fruit Juice
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Garden Salad Spaghetti with Tomato Sauce Dinner Rolls Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Braised Beef With Vegetables Mashed Potatoes Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Tamales Red Rice Beans Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Garlic and Herb Chicken Breast with a Baked Potato Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Chicken Alfredo Pasta Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Boneless Pork Chops Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Turkey Burgers Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice

CARE ADVOCATES INC.

Sept 10th to Sept 16th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Saturday Brunch Coffee, Decaf, Tea, Milk Fruit Juice
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Garden Salad Spaghetti with Tomato Sauce Dinner Rolls Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Seared Sliced Beef Sirloin With Mashed Potatoes Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Chicken Enchiladas Red Rice Beans Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Shrimp Stir Fry Vegetables with White Rice Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Chicken and Broccoli Alfredo Pasta Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Petite Sirloin Steaks with Side Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Chili and Cornbread Dessert Coffee, Decaf, Tea, Milk Fruit Juice

CARE ADVOCATES INC.

August 27th to September 2nd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Grilled or Cold Deli Sandwich Side Vegetable or Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Saturday Brunch Coffee, Decaf, Tea, Milk Fruit Juice
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Garden Salad Spaghetti with Tomato Sauce Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Creamy Chicken and Wild Rice Soup Bread Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Taco Tuesday Shredded Chicken Red Rice Beans Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Beef Stew and White Rice Birthday Cake - Happy Birthday Jeanette! Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Whole Wheat Rotini Pasta with Flaked Pink Salmon and Alfredo Sauce Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Hamburgers Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Shrimp Chow Mein with Stir Fry Vegetables Dessert Coffee, Decaf, Tea, Milk Fruit Juice

CARE ADVOCATES INC.

August 20th to August 26th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Oatmeal or Cold Cereal Pastry or toast Fruit Coffee, Decaf, Tea, Milk Fruit Juice
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Soup of the Day Grilled or Cold Deli Sandwich Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Soup of the Day Grilled or Cold Deli Sandwich Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Soup of the Day Grilled or Cold Deli Sandwich Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Soup of the Day Grilled or Cold Deli Sandwich Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Soup of the Day Grilled or Cold Deli Sandwich Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Soup of the Day Grilled or Cold Deli Sandwich Fruit Coffee, Decaf, Tea, Milk Fruit Juice	Saturday Brunch Fruit Coffee, Decaf, Tea, Milk Fruit Juice
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Garden Salad Spaghetti with Tomato Sauce Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Creamy Chicken and Wild Rice Soup Bread Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Taco Tuesday Shredded Chicken Red Rice Beans Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Beef Stew Bread Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Whole Wheat Rotini Pasta Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Chicken and Rice With Stir Fry Vegetables Dessert Coffee, Decaf, Tea, Milk Fruit Juice	Garden Salad Stroganoff With Side Vegetable Dessert Coffee, Decaf, Tea, Milk Fruit Juice

Alternate Menu

If you would like an alternate menu item instead of the main entree item on the weekly menu, please indicate below.

- Options
  - PB and J Sandwich
  - Tuna Sandwich
  - Grilled Cheese

Name:	Date:	Meal: Lunch / Dinner	Alternate Item:

Meal Times

Breakfast: Self Serve

Lunch: 12:00-12:30

Dinner: 5:00-5:30