

LivingWell Adult Day Health

March-11

	Mon	Wed	Thu	Fri	Sat
	3/1/2011	3/2/2011	3/3/2011	3/4/2011	3/5/2011
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Oatmeal/Cold Cereal	Cream wheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Pancakes
	Fruit 1/2 cup	Fruit 1/2cup	Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup
	Toast w/butter	Toast w/butter	Toast w/butter	Toast w/butter	Toast w/butter
	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice
	Snack	Snack	Snack	Snack	Snack
	Crackers	Crackers	Yogurt 1/2 cup	Crackers	Crackers
	Milk	Milk	Crackers	Milk	Milk
	Lunch	Lunch	Lunch	Lunch	Lunch
	Butternut Squash Soup	Chix w/ Rice Soup	Beef w/ noodle Soup	Butternut Squash Soup	
	Fish	Spagetti w/	Beef Steak w/ onios	Fish	
	White Rice w/ Beans	Chicken	Mashed Potatoes	White Rice w/ Beans	Pizza Day
	Garden Salad	Green Salad	Cabagge Salad	Garden Salad	
	Turkey Sandwich	Tuna Salad Sandwich	Italian Sandwich	Turkey Sandwich	
Mon 3/7/2011	Tue 3/8/2011	Wed 3/9/2011	Thu 3/10/2011	Fri 3/11/2011	Sat 3/12/2011
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Buckwheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Eggs/Cottage Cheese	Buckwheat/Cold Cereal	English Muffins/butter
Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup	Peaches 1/2 cup	1/2 banana	Fruit Salad
Coffee, Tea, Juice	Toast w/butter	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice
	Coffee, Tea, Juice	Toast w/butter	Toast w/butter	Toast w/butter	Yogurt 1/2 cup
Snack	Snack	Snack	Snack	Snack	Snack
Yogurt 1/2 cup	Crackers	Yogurt	Milk	Yougurt	Crackers
Crackers	Milk	Crackers	Crackers	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream of Potatoes	Fish Soup	Vegetable Soup	Chix w/ Rice Soup	Butternut Squash Soup	Beef w/ noodle Soup
Meatballs	Rice w/ chicken	Roasted Chicken	Baked Pork	Fish	Rice w/ Ham
w/ white rice	Plantains	Mashed Potatoes	Spanish Rice	White Rice w/ Beans	Baked Pork
Garden Salad	Green Salad	Cesar Salad	Cesar Salad	Garden Salad	Garden Salad
Turkey Sandwich	Italian Sandwich	Ham and Cheese Sandwic	Tuna Salad Sandwich	Turkey Sandwich	Italian Sandwich
Mon 3/14/2011	Tue 3/15/2011	Wed 3/16/2011	Thu 3/17/2011	Fri 3/18/2011	Sat 3/19/2011
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Buckwheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	English Muffins/butter
Toast w/butter	Fruit 1/2 cup	Fruit 1/2cup	Fruit 1/2 cup	Fruit 1/2 cup	Fruit Salad
1/2 cup of fruit	Toast w/butter	Toast w/butter	Toast w/butter	Toast w/butter	Coffee, Tea, Juice
Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Yogurt 1/2 cup
Snack	Snack	Snack	Snack	Snack	Snack
Crackers	Yogurt	Crackers	Yogurt 1/2 cup	Crackers	Crackers
Milk	Crackers	Milk	Crackers	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream of Potatoes	Butternut Squash Soup	Fish Soup	Chix w/ Rice Soup	Beef w/ noodle Soup	
Beef Steak w/ onios	Fish	Baked Chicken	Fish w/ tomato sauce	Rice w/ Beans	Chinese
Rice w/ Peas	White Rice w/ Beans	Fried Plantains	Rice w/ Lentils	Pork Chops	Buffet
Green Salad	Garden Salad	Green Salad	Garden Salad	Green Salad	
Chix Salad Sandwich	Turkey Sandwich	Ham and Cheese Sandwic	Italian Sandwich	Chicken Sandwich	
Mon 3/21/2011	Tue 3/22/2011	Wed 3/23/2011	Thu 3/24/2011	Fri 3/25/2011	Sat 3/26/2011
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Buckwheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Eggs/Cottage Cheese	English Muffins/butter	Pancakes
Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup	Peaches 1/2 cup	1/2 banana	Fruit 1/2 cup
Coffee, Tea, Juice	Toast w/butter	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice
	Coffee, Tea, Juice	Toast w/butter	Toast w/butter	Toast w/butter	Toast w/butter
Snack	Snack	Snack	Snack	Snack	Snack
Yogurt 1/2 cup	Crackers	Yogurt	Milk	Yougurt	Crackers
Crackers	Milk	Crackers	Crackers	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Butternut Squash Soup	Cream of Potatoes	Vegetable Soup	Chix w/ Rice Soup	Fish Soup	Butternut Squash Soup
Roasted Chicken	Spagetti w/	Beef Steak w/ onios	Baked Pork	Fish	Roasted Chicken
Roasted Potato	chicken	Mashed Potatoes	Spanish Rice	White Rice w/ Beans	Mashed Potatoes
Green Salad	Green Salad	Cabagge Salad	Cesar Salad	Garden Salad	Garden Salad
Ham and Cheese Sandwic	Tuna Salad Sandwich	Italian Sandwich	Tuna Salad Sandwich	Turkey Sandwich	Ham and Cheese Sandw
Mon 3/28/2011	Tue 3/29/2011	Wed 3/30/2011	Thu 3/31/2011		
Breakfast	Breakfast	Breakfast	Breakfast		
Oatmeal/Cold Cereal	Eggs/Cottage Cheese	Buckwheat/Cold Cereal	Eggs/Cottage Cheese		
Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2cup	Peaches 1/2 cup		
Coffee, Tea, Juice	Toast w/butter	Toast w/butter	Coffee, Tea, Juice		
	Coffee, Tea, Juice	Coffee, Tea, Juice	Toast w/butter		
Snack	Snack	Snack	Snack		
Yogurt 1/2 cup	Crackers	Crackers	Milk		
Crackers	Milk	Milk	Crackers		
Lunch	Lunch	Lunch	Lunch		
Beef w/ noodle Soup	Fish Soup	Fish Soup	Chix w/ Rice Soup		
Rice w/ Ham	Rice w/ chicken	Baked Chicken	Baked Pork		
Baked Pork	Plantains	Fried Plantains	Spanish Rice		
Garden Salad	Green Salad	Green Salad	Cesar Salad		
Italian Sandwich	Italian Sandwich	Ham and Cheese Sandwic	Tuna Salad Sandwich		