

West View Healthy Living

Week at a glance

Sunday, 08/09/2020	Monday, 08/10/2020	Tuesday, 08/11/2020	Wednesday, 08/12/2020	Thursday, 08/13/2020	Friday, 08/14/2020	Saturday, 08/15/2020
Breakfast R♥ Assorted Juice Scrambled Eggs Banana Nut Muffin R♥ Oatmeal	Breakfast R♥ Assorted Juice French Toast Syrup Sausage Patty R♥ Oatmeal	Breakfast R♥ Assorted Juice Sausage Gravy Biscuit Scrambled Eggs R♥ Oatmeal	Breakfast R♥ Assorted Juice R♥ Yogurt Coffee Cake R♥ Banana R♥ Oatmeal	Breakfast R♥ Assorted Juice Pancakes Syrup Sausage Patty R♥ Oatmeal	Breakfast R♥ Assorted Juice Western Omelet Cinnamon Roll R♥ Oatmeal	Breakfast R♥ Assorted Juice Waffle Syrup Breakfast Ham Slice R♥ Oatmeal
Lunch Dijon Beef Tips Egg Noodles R♥ Broccoli Florets R♥ Pears R♥ <i>Mixed Vegetables</i>	Lunch Lemon Garlic Pork Chops Red Skin Potatoes R♥ Asparagus R♥ Cinnamon Applesauce <i>Lima Beans</i>	Lunch Chicken and Rice Casserole R♥ Green Peas Dinner Roll R♥ Peaches R♥ <i>Braised Cabbage</i>	Lunch Johnny Marzetti R♥ Green Beans Garlic Bread Black Forest Cake <i>Cauliflower</i>	Lunch Crispy Oven Fried Chicken Cheesy Potato Bake R♥ California Blend Vegetables Rice Pudding R♥ <i>Green Peas</i>	Lunch Breaded Baked Cod Steak Fries R♥ Stewed Tomatoes Hush Puppies R♥ Pineapple Tidbits <i>Cucumber Greek Salad</i>	Lunch Chipotle Spiced Grilled Turkey Breast Au Gratin Potatoes R♥ Broccoli Florets Fruited Gelatin R♥ <i>Green Beans</i>
Dinner R♥ White Chili Sweet Cornbread Muffin R♥ Garden Salad Triple Chocolate Brownie <i>Creamed Corn</i>	Dinner Summer Vegetable Soup Grilled Bologna and Cheese Sandwich R♥ Creamy Coleslaw Berry Tart with Lemon Cookie Crust R♥ <i>Chilled Beets</i>	Dinner Swiss Steak Ragout Mashed Potatoes R♥ Seasoned Carrots Peanut Butter Bar R♥ <i>Chilled Beets</i>	Dinner Zuppa Toscana Pepperoni Pizza R♥ Garden Salad R♥ Mandarin Oranges R♥ <i>Broccoli Florets</i>	Dinner Hot Ham & Cheese Croissant Corn Chowder R♥ Spinach R♥ Melon Cup R♥ <i>Asparagus</i>	Dinner R♥ Capri Blend Vegetables Meat Lasagna Dinner Roll Carrot Cake R♥ <i>Succotash</i>	Dinner Pulled Pork Sandwich Baked Beans Fried Green Tomatoes Tapioca Pudding <i>Carrot Coins</i>

