

West View Healthy Living

Week 3

Sunday, 09/13/2020	Monday, 09/14/2020	Tuesday, 09/15/2020	Wednesday, 09/16/2020	Thursday, 09/17/2020	Friday, 09/18/2020	Saturday, 09/19/2020
<p>Breakfast</p> <p>R♥ Assorted Juice Scrambled Eggs Banana Nut Muffin R♥ Oatmeal</p>	<p>Breakfast</p> <p>R♥ Assorted Juice French Toast Syrup Sausage Patty R♥ Oatmeal</p>	<p>Breakfast</p> <p>R♥ Assorted Juice Sausage Gravy Biscuit Scrambled Eggs R♥ Oatmeal</p>	<p>Breakfast</p> <p>R♥ Assorted Juice R♥ Yogurt Coffee Cake R♥ Banana R♥ Oatmeal</p>	<p>Breakfast</p> <p>R♥ Assorted Juice Pancakes Syrup Sausage Patty R♥ Oatmeal</p>	<p>Breakfast</p> <p>R♥ Assorted Juice Western Omelet Cinnamon Roll R♥ Oatmeal</p>	<p>Breakfast</p> <p>R♥ Assorted Juice Waffles Syrup Breakfast Ham Slice R♥ Oatmeal</p>
<p>Lunch</p> <p>Dijon Beef Tips Egg Noodles R♥ Broccoli Florets R♥ Pears R♥ <i>Mixed Vegetables</i></p>	<p>Lunch</p> <p>Lemon Garlic Pork Chops Red Skin Potatoes R♥ Asparagus R♥ Cinnamon Applesauce <i>Lima Beans</i></p>	<p>Lunch</p> <p>Chicken and Rice Casserole R♥ Green Peas Dinner Roll R♥ Peaches R♥ <i>Braised Cabbage</i></p>	<p>Lunch</p> <p>Johnny Marzetti R♥ Green Beans Garlic Bread Black Forest Cake <i>Cauliflower</i></p>	<p>Lunch</p> <p>Crispy Oven Fried Chicken Cheesy Potato Bake R♥ California Blend Vegetables Rice Pudding R♥ <i>Green Peas</i></p>	<p>Lunch</p> <p>Breaded Baked Cod Steak Fries R♥ Stewed Tomatoes Hush Puppies R♥ Pineapple Tidbits <i>Cucumber Greek Salad</i></p>	<p>Lunch</p> <p>Chipotle Spiced Grilled Turkey Breast Au Gratin Potatoes R♥ Broccoli Florets Fruited Gelatin R♥ <i>Green Beans</i></p>
<p>Dinner</p> <p>R♥ White Chili Sweet Cornbread Muffin R♥ Garden Salad Triple Chocolate Brownie <i>Creamed Corn</i></p>	<p>Dinner</p> <p>Summer Vegetable Soup Grilled Bologna and Cheese Sandwich R♥ Creamy Coleslaw Berry Tart with Lemon Cookie Crust R♥ <i>Chilled Beets</i></p>	<p>Dinner</p> <p>Swiss Steak Ragout Mashed Potatoes R♥ Seasoned Carrots Peanut Butter Bar <i>Sauteed Zucchini</i></p>	<p>Dinner</p> <p>Zuppa Toscana Pepperoni Pizza R♥ Garden Salad R♥ Mandarin Oranges R♥ <i>Broccoli Florets</i></p>	<p>Dinner</p> <p>Hot Ham & Cheese Croissant Corn Chowder R♥ Spinach R♥ Melon Cup R♥ <i>Asparagus</i></p>	<p>Dinner</p> <p>R♥ Capri Blend Vegetables Meat Lasagna Dinner Roll Carrot Cake R♥ <i>Succotash</i></p>	<p>Dinner</p> <p>Pulled Pork Sandwich Baked Beans Fried Green Tomatoes Tapioca Pudding <i>Carrot Coins</i></p>

