

# ROYAL OAK HOUSE

FULLY LICENSED  
ASSISTED LIVING • MEMORY CARE

## Week 1

### BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice
Scrambled Eggs	Baked Egg in Hash Browns	Sausage Patty	Egg	Canadian Bacon	Breakfast Bowl	French Toast Sticks
Coffee Cake	English Muffin	Biscuit	Belgian Waffle	Croissant	Wheat Toast	Syrup
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk

### LUNCH

Bake N Broil Cod	BBQ Chicken	Strip Steak	Egg Roll	Beef Burgundy	Pork Chops W/ Chives	Roast Beef
Rice Pilaf	Ranch Beans	Baked Potato	Sweet Sour Pork	New Potatoes	Wild Rice Blend	Lyonnaise Potatoes
Cole Slaw	Garlic Mashed Potatoes	Mixed Green Salad	Rice	Steamed Asparagus	Brussels Sprouts	Savory Summer Squash
Hushpuppies	Artisan Breads	Wheat Roll	Sugar Snap Peas	Wheat Roll	Wheat Roll	Wheat Roll
Strawberry Shortcake	Lemon Meringue Pie	Silver White Cake	Sugar Cookie	Cherry Crisp	Apple Pie	Peanut Butter Cookie
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk

### DINNER

Swiss Mushroom Burgers	Smoked Pit Ham	Bean Pasta Soup	Turkey Chef Salad	Blackened Salmon	Cheese Pizza	Chicken Jambalaya
French Fries	Candied Sweet Potatoes	Egg Salad	Croissant	Breadstick	Parslied Bowties	Roasted Vegetables
Relish Plate	Squash Casserole	Whole Wheat Crackers	Pear Crumble	Broccoli/Bread	Fresh Cut Fruit	Tossed Salad
Ice Cream Sundae	Wheat Roll/Frosted Bread	Peach Turnover	Coffee or Tea	Chocolate Pudding	Breadstick	Bananas Foster
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Milk	Coffee or Tea, Milk	Coffee or Tea	Coffee or Tea, Milk

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## Week 2

BREAKFAST						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice
Scrambled Eggs	Sausage Gravy	Pancakes	Egg Bacon	Baked Egg Omelet	Waffle	Eggs Benedict
Bacon/Fruit	Biscuit	Confetti Eggs	Mini Bagel	Coffee Cake	Sausage Links	Fruit
English Muffin	Fruit	Fruit	Fruit	Fruit	Fruit	Juice of Choice
Choice of Juice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Coffee or Tea, Milk
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	
LUNCH						
Pork Roast	Prime Rib	Grilled Citrus Chick	Herb Bacon Wrap	Pit Dijon Crusted Cod	BBQ Beef	Turkey Meatloaf
Seasoned Beans	Mashed Potatoes	Orzo	Yams and Apples	Rice Pilaf	Potato Salad	Roasted Red Potatoes
Wilted Spinach	Roasted Carrots	Seasoned Sugar Snap	Cauliflower w/ Red P	Herbed Green Beans	Baked Beans	Savory Carrots
Wheat Roll	Artisan Breads	Wheat Roll	Artisan Breads	Wheat Roll	Cornbread	Artisan Breads
Cinnamon Bread	Cappuccino Brownie	Frosted Cupcake	Banana Split	Lemon Mousse	Coconut Cream Pie	Ice Cream Sundae
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk
DINNER						
Baked Fish in Butter	Minestrone Soup	Cheese Enchiladas	Spaghetti w/ Meatba	Smothered Chicken	Swiss Spinach Quich	Bay Scallops w/ Pesto
Capri Blend Vegetabl	Club Sandwich	Spanish Rice	Italian Vegetables	Baked Potato	Seasoned Zucchini	Parmesan Tomato
Corn O'Brien	Sweet Potato Fries	Black Beans	Garlic Breadstick	Red Cabbage	Garlic Wheat Roll	Wheat Roll
Artisan Breads	Whole Wheat Cracke	Fresh Fruit Salad	Cheesecake	Wheat Roll	Iced Sour Cream Pou	Balsamic Strawberries
Key Lime Pie	Pear Cobbler	Coffee or Tea	Coffee or Tea	Chocolate Marshmall	Coffee or Tea	Coffee or Tea
Coffee or Tea, Milk	Coffee or Tea, Milk	Milk	Milk	Coffee or Tea, Milk	Milk	Milk

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## Week 3

### BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice
Breakfast Tacos	Muffin	Open Face Egg Muffin	Pancakes	Egg	Western Omelet	Cheesy Egg Strata
Fruit	Greek Yogurt Parfait	Fruit	Sausage Links	Bacon	Biscuit	Hash Brown Potatoes
Juice of Choice	Fruit	Juice of Choice	Fruit	Danish	Fruit	Fruit
Coffee or Tea, Milk	Juice of Choice	Coffee or Tea, Milk	Juice of Choice	Fruit	Choice of Juice	Choice of Juice
	Coffee or Tea, Milk		Coffee or Tea, Milk	Choice of Juice	Coffee or Tea, Milk	Coffee or Tea, Milk

### LUNCH

Sirloin of Beef with Au Oven Fried Chicken	Baked Orange Glazed Roast Turkey	Horseradish Crusted	Stuffed Meatloaf	Balsamic Mustard Pork		
Noodles	Baked Potato Wedges	Whipped Sweet Potat	Five Grain Blend	Garlic Butter Rice	Garlic Mashed Potatoes	Quinoa Pilaf
Green Beans Amandine	Calico Slaw	Brussel Sprouts	Mixed Green Salad	Baked Zucchini	Green Peas	Steamed Broccoli
Wheat Roll	Cornbread	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Artisan Breads
Chocolate Eclair	Peach Crisp	Pineapple Cheesecake	Cherry Pie	Apple Brown Betty	Rainbow Cake	Dreamland Bar
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk

### DINNER

Italian Sausage	Cream of Potato Soup	Slow Roasted Brisket	Grilled Cheese	Pork Chop w/ Red Wine	Lentil Soup	Tortellini w/ Cheese
Cottage Potatoes	Sundried Tomato Tur	Pinto Beans	Cream of Tomato Sou	Parmesan Potatoes	Chicken Bacon Ranch	Sauteed Spinach
Fresh Buttered Beets	Artichoke Hearts	Squash Blend	Whole Wheat Cracker	Steamed Asparagus	Sweet Potato Fries	Garlic Breadstick
Artisan Breads	Whole Wheat Cracker	Artisan Breads	Macaroni Vegetables	Artisan Breads	Lettuce and Tomato	Tiramisu
Pudding Parfait	Cookie Ice Cream	Sandwich	Honey Bun Cake	Fresh Fruit Salad	Fruit Sorbet	Whole Wheat Crackers
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Oatmeal Raisin Cookie	Coffee or Tea, Milk

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## Week 4

### BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice
Egg & Cheese Muffin	Egg	Egg /Bacon	Sausage Gravy	Waffle	Western Omelet	Scrambled Eggs
Fruit	Baked French Toast	Donut	Biscuit	Canadian Bacon	Scones	Bacon/Fruit
Juice of Choice	Fruit	Fruit	Fruit	Fruit	Fruit	Mini Bagel
Coffee or Tea	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice
Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk

### LUNCH

Baked Salmon w/ Dill	Chicken Francese	Country Fried Steak	Marinated Pork Roast	Beef Ribeye Steak	Pork Chop w/ Sour Cream	Fried Chicken
Orzo	Wild Rice Blend	Garlic Mashed Potato	White Beans	Rosemary Red Potatoes	Honey Roasted Sweet Potatoes	Onion Roasted Potatoe
Green Beans	Sauteed Summer Squ	Baby Carrots	Lemon Buttered Broccoli	Seasoned Yellow Squash	Crispy Red Cabbage	Cream Style Corn
Wheat Roll	Artisan Breads	Biscuit	Artisan Breads	Artisan Breads	Wheat Roll	Wheat Roll
Pound Cake	Chocolate Almond Mc	Banana Pudding	Frosted Pastel Cake	Blonde Brownie	Boston Cream Pie	Frosted Cupcake
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk

### DINNER

Cheesy Mushroom Slider	Chicken Noodle Soup	Grilled Italian Veggie	Dilly Turkey Pasta	Seafood Kabob	Garden Vegetable Soup	Tortellini Primavera
French Fries	Chef Salad	Caprese Salad	Arugula & Mushroom	French Fries	French Dip Sandwich	Wilted Spinach
Marinated Vegetables	Breadstick	Garlic Wheat Roll	Croissant	Wheat Roll	Sauteed Onions	Breadstick
Fruit Cobbler	Whole Wheat Cracker	Cheesecake w/ Toppin	Fresh Strawberry Tai	Baklava	Fresh Fruit Salad	Baked Custard
Coffee or Tea	Honeyed Pears	Coffee or Tea	Coffee or Tea	Coffee or Tea	Whole Wheat Cracker	Coffee or Tea
Milk	Coffee or Tea, Milk	Milk	Milk	Milk	Coffee or Tea, Milk	Milk

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## Week 5

### BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice	Cereal of Choice
Baked Egg Omelet	Sausage Patty	Egg/Bacon	Confetti Eggs	Egg Sausage Bake	Pancakes	Greek Scramble
Croissant	Biscuit	Danish	English Muffin	Donut	Egg/Bacon	Wheat Toast
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Choice of Juice	Juice of Choice	Choice of Juice	Choice of Juice	Juice of Choice	Choice of Juice	Juice of Choice
Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk

### LUNCH

Filet Mignon	Egg Roll	Breaded Pork Chop	Turkey Alfredo	Honey BBQ Salmon	Pot Roast	Coffee Pork Loin
Au Gratin Potatoes	Hibachi Chicken	Gravy	Linguine	Orzo	Potatoes & Onions	Whipped Sweet Potatoes
Steamed Asparagus	Garden Rice	Five Grain Blend	Italian Vegetables	Herbed Green Beans	Celery & Carrots	Steamed Broccoli
Artisan Breads	Seasoned Broccoli	Squash Blend	Artisan Breads	Wheat Roll	Wheat Roll	Artisan Breads
Brownie	Lemon Bar	Biscuit	Citrus Twist Trifle	German Chocolate Cake	Pudding Parfait	Pineapple Upside Cake
Coffee or Tea, Milk	Coffee or Tea, Milk	Rice Pudding	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk	Coffee or Tea, Milk

### DINNER

Citrus Grilled Ham	Yankee Bean Soup	Chili Cheese Stuffed Peppers	Portobello Burger	Polish Sausage	Garden Vegetable Soup	Pasta w/ Ricotta & Veggies
Sweet Potatoes	Tuna Salad Croissant	Tossed Salad	Baked Sweet Potato	American Fried Potatoes	Chicken Avocado Wrap	Caesar Salad w/ Dressing
Green Beans	Lettuce and Tomato	Cornbread	Cucumber Onion Salad	Country Cabbage	Pita Chips	Breadstick
Wheat Roll	Whole Wheat Crackers	Frosted Marble Cake	Fruit Sorbet	Artisan Breads	Butterscotch Square	Ambrosia Deluxe
Peach Cobbler	Fresh Fruit Cup	Coffee or Tea	Coffee or Tea	Apple Kuchen	Coffee or Tea	Coffee or Tea
Coffee or Tea, Milk	Coffee or Tea, Milk	Milk	Milk	Coffee or Tea, Milk	Milk	Milk