SIGNATURE RESIDENT CARE

# A Sample Week of Home-Style Meals

Fresh, comforting meals and snacks served throughout the day.

| DAY | BREAKFAST | LUNCH | DINNER | SNACKS |
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| **Monday** | Oatmeal with berries, scrambled eggs, and toast | Chicken noodle soup, half turkey sandwich, and fruit | Baked salmon, rice, and steamed broccoli | Morning: Yogurt<br>Afternoon: Apple slices with cheese |
| **Tuesday** | Pancakes, banana, and yogurt | Garden salad with grilled chicken and dinner roll | Turkey meatloaf, mashed potatoes, and green beans | Morning: Fresh fruit<br>Afternoon: Crackers with hummus |
| **Wednesday** | Whole-grain cereal, milk, and fruit | Tuna salad sandwich with vegetable soup | Chicken parmesan, pasta, and roasted zucchini | Morning: Cottage cheese and peaches<br>Afternoon: Banana bread |
| **Thursday** | Scrambled eggs, potatoes, and toast | Baked potato with chili and a side salad | Beef or turkey stew with carrots and potatoes | Morning: Yogurt<br>Afternoon: Graham crackers with fruit |
| **Friday** | French toast, berries, and yogurt | Chicken salad wrap with fruit | Baked cod, roasted potatoes, and green beans | Morning: Applesauce<br>Afternoon: Cheese and crackers |
| **Saturday** | Breakfast burrito with eggs and fruit | Tomato soup and grilled cheese sandwich | Roast chicken, rice pilaf, and mixed vegetables | Morning: Fresh fruit<br>Afternoon: Pudding |
| **Sunday** | Waffles, eggs, and fruit | Turkey and avocado sandwich with vegetable soup | Lasagna with a side salad and garlic bread | Morning: Yogurt<br>Afternoon: Cookies with milk |

This sample menu is for general planning. Meals may be adjusted to accommodate residents’ preferences and prescribed dietary needs.