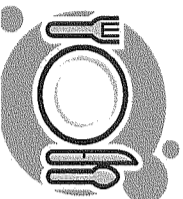


Dining Room Hours Mon. - Sat.

Breakfast 8:00-9:15
Lunch 12:00-1:15
Dinner 1st Seating 5:00
2nd Seating 6:00



ST. MARY'S WOODS WEEKLY MENU SAMPLE MENU

With Advance Notice to the Dietary Department, Alternative Menu Items
Will be Available for those with Special Dietary Needs



Dining Room Hours Sun.
Breakfast 8:00 - 9:15
Midday Dinner 12:00
1st Seating 1:00
2nd Seating 5:00 - 6:15
Supper

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	BANANAS	BANANAS	BANANAS	BANANAS	BANANAS	BANANAS	BANANAS
R	GRAPEFRUIT SECTIONS	STEWED PRUNES	CANNED PEARS	MIXED FRUIT	PINEAPPLE	STEWED PRUNES	ORANGE SLICES
E	GRITS,OATMEAL,CRM.WHEAT	GRITS OR OATMEAL	GRITS,OATMEAL,CRM.WHEAT	GRITS OR OATMEAL	GRITS,OATMEAL,CRM.WHEAT	GRITS OR OATMEAL	GRITS OR OATMEAL
A	ASSORTED COLD CEREALS	ASSORTED COLD CEREALS	ASSORTED COLD CEREALS	ASSORTED COLD CEREALS	ASSORTED COLD CEREALS	ASSORTED COLD CEREALS	ASSORTED COLD CEREALS
K	EGGS TO ORDER	EGGS TO ORDER	EGGS TO ORDER	EGGS TO ORDER	EGGS TO ORDER	EGGS TO ORDER	EGGS TO ORDER
F	FRENCH TOAST	SAUSAGE BISCUITS	YOGURT & GRANOLA	BLUEBERRY MUFFIN	BAGEL	CORNED BEEF HASH	DONUTS
A	BACON	BACON	BACON	BACON	BACON	BACON	BACON & SAUSAGE LINKS
S	TOAST: WHITE, RYE, WHEAT	TOAST: WHITE, RYE, WHEAT	TOAST: WHITE, RYE, WHEAT	TOAST: WHITE, RYE, WHEAT	TOAST: WHITE, RYE, WHEAT	TOAST: WHITE, RYE, WHEAT	TOAST: WHITE, RYE, WHEAT
T							
L	SUMMER PEA SOUP	CREAM OF TOMATO SOUP	CHICKEN NOODLE SOUP	PEPPER POT SOUP	ENGLISH GARDEN SOUP	CREAM OF CELERY SOUP	CRM. OF BROCCOLI SOUP
U	COLE SLAW	SPINACH SALAD	TOSSED SALAD	WATERGATE SALAD	POTATO SALAD	TOSSED SALAD	SUNSHINE SALAD
N	**TURKEY MEATBALL SUB	GRILLED CHEESE SANDWICH	**TUNA SALAD SAND. ON	**SALIS. STEAK W/ GRAVY	** BAKED CATFISH	**TURKEY SAL. SANDWICH	**SALMON W/ DILL SAUCE
C	CHICKEN WING DINGS	** ORANGE SPICY BEEF	WHOLE WHEAT BREAD	QUICHE LORRAINE	REUBEN SANDWICH	W/ FRUIT	PRIME RIB
H	TATER TOTS	OVER RICE	STUFFED CABBAGE	BAKED POTATOES	** MUSTARD GREENS	FRIED CLAMS	RICE PILAF
H	**BUTTERED GREEN BEANS	SWEET POTATO WEDGES	**CORN ON THE COB	**STEAMED OKRA	BUTTERSCOTCH BROWNIE	**BUTTERED ZUCCHINI	**ITALIAN GREEN BEANS
H	PEACH COBLER	**MIXED VEGETABLES	ASPARAGUS SPEARS	PARSLIED CARROTS	DIAB: BUTTERSCOTCH BROWNIE	VANILLA CAKE	SHERRIED MUSHROOMS
H	DIAB. SLICED PEACHES	ICE CREAM SANDWICH	LEMON BAR	ORANGE SHERBET	DIABETIC SHERBET	ANGEL FOOD CAKE WITH	BUTTERFLAKE ROLL
H	EGG SALAD SANDWICH	CHICKEN SALAD SANDWICH	SLICED TURKEY SANDWICH	CHICKEN SALAD SANDWICH	CHICKEN SALAD SANDWICH	WHIPPED TOPPING	CHEESECAKE WITH FRESH
OPTION							DIABETIC: CHEESE CAKE
D	TURKEY RICE SOUP	MINESTRONE SOUP	CHILLED GAZPACHO	CREAM OF CAULIFLOWER	BLACKKEYED PEA GUMBO	BEEF BARLEY SOUP	CRM. OF ASPARAGUS SOUP
I	TOMATO ASPIC	APPLE/PINEAPPLE SALAD	CITRUS SALAD	AND CHEESE SOUP	MARINATED TOMATO AND	SPICY ITALIAN SALAD	ASSORTED SALADS
N	**BAKED PORK CHOP	**SEAFOOD SALAD COLD	CHICKEN CROQUETTES	CAESAR SALAD	FRESH MOZZARELLA	**GRILLED CHICKEN BRST.	PIMIENTO CHEESE SAND.
N	GARLIC CHEESE GRITS WITH	PLATE WITH FRUIT	**SHITAKE MUSHROOM OVER	**ROAST TURKEY W/ GRAVY	SHRIMP SCAMPI OVER RICE	SPAGHETTI & MEATBALLS	EGG TO ORDER
I	SHRIMP	CORNED BEEF	ANGEL HAIR PASTA	SLICED HAM	**STUFFED PORK LOIN	LIMA BEANS	BACON OR SAUSAGE
N	STEAMED SUCCOTASH	ROASTED GARLIC POTATOES	MASHED POTATOES	CREAMED CORN	STEAMED RICE	**VEGETABLE MEDLEY	BACON CHICKEN THIGHS
N	FLAME ROASTED APPLES	**FRESH STMD. CABBAGE	**STMD. YELLOW SQUASH	**SEASONED BROCCOLI	**BUTTERED GREEN BEANS	CHOPPED KALE	BAKED POTATO
E	**SEASONED COLLARD GREENS	ORIENTAL STYLE VEGG.	BUTTERED BEETS	BAKED TOMATOES	CINNAMON APPLES	HOT ROLL	BAKY CARROTS
R	HUSH PUPPIES	BUTTERED EGG ROLL	DINNER ROLL	CORN MUFFIN	HOT BISCUITS	ICE CREAM	ASSORTED MOUSSE
R	BANANA PUDDING	CHERRY PIE	HOMEMADE CARROT CAKE	BOSTON CRÈME PIE	CANNOLI	DIABETIC: STRAWBERRY	DIABETIC: LEMON MOUSSE
R	DIABETIC: PUDDING WITH	DIABETIC CHERRY PIE	DIABETIC CARROT CAKE	DIABETIC: CHOCOLATE ICE	DIABETIC: DIET CINNAMON	YOGURT	
R	BANANAS & WAFERS			CREAM	APPLE TREAT		

SNACKS FOR ASSISTED LIVING RESIDENTS:

Fresh Fruits, Graham Crackers, Peanut Butter,
Fruit Juices

**INDICATES HEART HEALTHY SELECTION

BEVERAGES: Coffee, Tea, Milk, Juices, V-8 Juice, Iced Tea, Lemonade

SUBSTITUTE SALAD SERVED DURING DINNER:

Sliced Tomatoes, Tossed Salad, or Fruit Salad