

Birmingham Green Sample Menu

Sunday

BREAKFAST

Orange juice
Cinn. Oatmeal ❤️
Plain Oatmeal
Pork Bacon
White Toast

LUNCH

Beef Stuffed-Pepper
Casserole
Country Vegetables
Cherry Pie

Alternate:

Salmon Burger ❤️

DINNER

Hamburger Soup ❤️
Lemon Tilapia ❤️
Brussels Sprouts ❤️
Dill Carrots
Ice Cream Sandwich

Alternate:

Chicken Nuggets

Monday

BREAKFAST

Orange juice
Cream of Rice ❤️
Waffle Casserole
Fruit Cup
Margarine & Syrup

LUNCH

Chicken Marsala ❤️
Basmati Rice ❤️
Cauliflower ❤️
Blueberries w/ Cream

Alternate:

Chef's Choice

DINNER

Turk. Tetrzzini Soup
Beef BLT Wrap ❤️
Vegetable Chips
Gelatin w/ Fruit

Alternate:

Manicotti

Tuesday

BREAKFAST

Orange juice
Oatmeal ❤️
Poached Egg
Sausage Skillet
Wheat Toast

LUNCH

Cavatappi Pasta ❤️
w/ Parmesan Sauce
Mixed Greens Salad
Rainbow Cake

Alternate:

Pork Loin

DINNER

Italian Vegetable
Turkey Divan ❤️
Diced Carrots ❤️
Turnip Greens ❤️
Diced Peaches

Alternate:

Pepper steak

Wednesday

BREAKFAST

Orange juice
Grits ❤️
Western Scramble
Tatter Gems
Rye Toast

LUNCH

Country Fried Steak
Garlic Mashed Pot.
Zucchini ❤️
Choc. Ice Cream

Alternate:

Chic & Mushroom ❤️

DINNER

Pumpkin Soup
Chicken Teriyaki
White Rice
Sir Fry Vegetables ❤️
Fig Newtons

Alternate:

Seafood Salad ❤️

Thursday

BREAKFAST

Orange juice
Oatmeal w/ Raisin ❤️
Sweet Pot. Pancake
Pork Bacon
Margarine & Syrup

LUNCH

Turkey Florentine ❤️
Peas & Carrots ❤️
Seasonal Asparagus
Applesauce

Alternate:

Cod Filet ❤️

DINNER

Thai Coconut Shrimp
Vegetable Lasagna ❤️
Garlic Bread
California Blend
Banana Bread

Alternate:

Chef's Choice

Friday

BREAKFAST

Orange juice
Cream of Wheat ❤️
Cheese Frittata
Canadian Bacon
English Muffin

LUNCH

BBQ Pork - Rib
Sandwich
Let/Onion/Pickle
Banana Whip

Alternate:

Hot Turkey Sand. ❤️

DINNER

Lentil Soup
Hamburger on a Bun
Onion Rings
Choc. Cream Pie

Alternate:

Vegetable Burger ❤️

Saturday

BREAKFAST

Orange juice
Apple Cinn. Oatmeal ❤️
Cinn. French Toast
Pork Sausage
Margarine & Syrup

LUNCH

Fried Catfish
Corn ❤️
Broccoli ❤️
Tapioca Pudding

Alternate:

Pork Stir Fry ❤️

DINNER

Chic/ & Broccoli
Chili Macaroni
w/ Herb Biscuit
Greens Salad ❤️
Sunshine Peaches

Alternate:

Turkey Stew ❤️

COLD ENTREE'S

Chef Salads / Cottage Cheese & Fruit / Pork Ham / Beef Bologna / Smoked Turkey / Tuna Salad / Egg Salad

Choice of Bread: White / Wheat / Rye - Choice of Toppings: Lettuce / Sliced Tomato / Sliced Onion - Choice of Cheese: American / Swiss / Provolone

HOT ENTREE'S

Pasta w/ Sauce of the Day



HEART HEALTHY OPTION