

Sacramento Skilled Nursing Facility Menu

BREAKFAST

FRUIT

FRESH PAPAYA

JUICE

FORTIFIED ORANGE JUICE

CEREAL

GRAPE NUT CEREAL

STEEL-CUT OATMEAL

CEREAL ACCOMPANIMENTS

(HOT OR COLD)

2% MILK, SKIM MILK

WHOLE MILK, SOY MILK

HOT ENTRÉE

DENVER SCRAMBLE WITH LOW-FAT MOZARELLA

WHOLE WHEAT PANCAKES

SIDES

LOW SODIUM CHICKEN APPLE SAUSAGES

FRESH MIXED FRUIT CUP

LOW FAT PLAIN YOGURT

TOAST

SPREADS

BUTTER, MARGARINE, STRAWBERRY JAM, HONEY

LUNCH

SOUP

CREAM OF TOMATO

SALAD

SPINACH FETA SALAD WITH VINAIGRETTE

ENTRÉE (SELECT 1 PLEASE)

ROASTED TURKEY

TOFU STIR FRY

VEGETABLE

STEAMED SPINACH WITH GARLIC

SEASONED CAULIFLOWER SALAD

SIDE

BROWN RICE WITH SAUTEED VEGETABLES

MASHED POTATOES & GRAVY

BAKERY

WHITE ROLL

WHOLE WHEAT ROLL

DESSERT

FRESH CUT WATERMELON

BLACKBERRY SORBET

DINNER

SOUP

BUTTERNUT SQUASH SOUP

SALAD

MIXED GREENS WITH RASPBERRY VINAIGRETTE AND GLAZED WALNUTS

ENTRÉE (SELECT 1 PLEASE)

GRILLED SEASONED

MACKEREL

ROASTED GARLIC CHICKEN

VEGETABLE

MEDLEY OF SAUTEED BELL PEPPERS

SEASONED SWISS CHARD WITH SLIVERED ALMONDS

SIDE

CHEESE RISOTTO BLEND

ROSEMARY HERB POTATOES

BAKERY

SWEET HAWAIIAN ROLL

ROSEMARY FOCACCIA BREAD

DESSERT

FRESHLY SLICED STRAWBERRIES

VANILLA ICE CREAM

