



Weekly Menu

The Hiddenwood Community



	Sun 06-22-2025	Mon 06-23-2025	Tue 06-24-2025	Wed 06-25-2025	Thu 06-26-2025	Fri 06-27-2025	Sat 06-28-2025
B R E A K F A S T	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Bacon Fresh Fruit 100% Juice	Ham Breakfast Casserole Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon French Toast Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Hash Browns Fresh Fruit 100% Juice	Homestyle Waffles Egg of Choice Fresh Fruit 100% Juice	Bacon Egg and Avocado Toast Fresh Fruit 100% Juice
L U N C H	Green Salad Shrimp and Grits <i>or</i> Chicken and Waffles Italian Pasta Salad Broccoli Salad Baked Roll Apple Pie	Green Salad <i>or</i> Cream of Zucchini Soup Country Fried Steak with Gravy <i>or</i> Homestyle Turkey with Gravy Classic Mashed Potatoes Brussels Sprouts <i>or</i> Corn Baked Roll Chocolate Chip Cookie	Green Salad <i>or</i> Minestrone Soup Marinated Rosemary Chicken <i>or</i> Classic Meatloaf Rice Pilaf Sauteed Yellow Squash <i>or</i> Crunchy Fried Okra Baked Roll Fruit Cobbler	Green Salad <i>or</i> Italian Wedding Soup Pepper Steak with Gravy <i>or</i> Classic Baked Ham Roasted Red Potatoes Fresh Asparagus <i>or</i> French Cut Green Beans Baked Roll Cheesecake	Green Salad <i>or</i> Baked Potato Soup Baked Salmon <i>or</i> Roasted Turkey Breast Buttered Noodles Glazed Baby Carrots <i>or</i> Collard Greens Baked Roll Double Chocolate Brownie	Green Salad <i>or</i> Corn Chowder Lemon Pepper Baked Chicken <i>or</i> Country Fried Shrimp Garlic Parmesan Rice Sauteed Spinach <i>or</i> Seasoned Black-Eyed Peas Baked Roll Ice Cream	Green Salad <i>or</i> Meat Chili BBQ Pulled Pork <i>or</i> BBQ Beef Brisket Baked Beans Mixed Vegetables <i>or</i> Steamed Sugar Snap Peas Baked Roll Brown Sugar Peach Cake
D I N N E R	Tomato Soup Marinara Chicken Penne with Vegetables <i>or</i> Deli Meat and Cheese Plate Peaches Peas <i>or</i> Garlic Carrots Ice Cream	Cream of Zucchini Soup Bacon Cheddar Ranch Chicken Salad <i>or</i> Cheese Quesadilla Watermelon Broccoli Casserole <i>or</i> Green Beans Vanilla Pudding	Minestrone Soup Philly Cheesesteak Sandwich <i>or</i> Turkey Salad with Crackers Fruit Medley Roasted Mushrooms <i>or</i> Seasoned Peas Homemade Cookie	Italian Wedding Soup Fried Chicken <i>or</i> Italian Sub Sandwich Capri Blend <i>or</i> Oven Roasted Cauliflower Parmesan Breadsticks Fresh Berry Cup	Baked Potato Soup Ham Salad Slider <i>or</i> Baked Spaghetti Cantaloupe Cucumber Tomato Salad <i>or</i> Steamed Broccoli Ice Cream Sandwich	Corn Chowder Grilled Steak Salad <i>or</i> Grilled Cheese Sandwich Pears Corn <i>or</i> Carrot Salad French Bread Chocolate Chip Banana Bread	Meat Chili Chicken Herb Potato Casserole <i>or</i> All Beef Hot Dog Chef's Steamed Vegetable <i>or</i> Classic Lima Beans Select Apple Salad
	Milk offered at every meal						Week 1

low sodium, low fat
 reduced sodium 250 mg or less
 low fat
 good source of fiber
 15 g carbohydrate or less per serving

Dietitian's Signature:

Quinn Jagan 4-21-2025
6/1/24

We apologize if circumstance require a last minute change to our menu