



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 or Chicken and Waffles Italian Pasta Salad Broccoli Salad Baked Roll Apple Pie	Green Salad or Cream of Zucchini Soup Country Fried Steak with Gravy or Homestyle Turkey with Gravy Classic Mashed Potatoes Brussels Sprouts or Corn Baked Roll Chocolate Chip Cookie	Green Salad or Minestrone Soup Marinated Rosemary Chicken or Classic Meatloaf Rice Pilaf Sauteed Yellow Squash or Crunchy Fried Okra Baked Roll Fruit Cobbler	Green Salad or Italian Wedding Soup Pepper Steak with Gravy or Classic Baked Ham Roasted Red Potatoes Fresh Asparagus or French Cut Green Beans Baked Roll Cheesecake	Green Salad or Baked Potato Soup Baked Salmon or Roasted Turkey Breast Buttered Noodles Glazed Baby Carrots or Collard Greens Baked Roll Double Chocolate Brownie	Green Salad or Corn Chowder Lemon Pepper Baked Chicken or Country Fried Shrimp Garlic Parmesan Rice Sauteed Spinach or Seasoned Black-Eyed Peas Baked Roll Ice Cream	Green Salad or Meat Chili BBQ Pulled Pork or BBQ Beef Brisket Baked Beans Mixed Vegetables or Steamed Sugar Snap Peas Baked Roll Brown Sugar Peach Cake
D I N N E R	Tomato Soup Marinara Chicken Penne with Vegetables or Deli Meat and Cheese Plate Peaches Peas or Garlic Carrots Ice Cream	Cream of Zucchini Soup Bacon Cheddar Ranch Chicken Salad or Cheese Quesadilla Watermelon Broccoli Casserole or Green Beans Vanilla Pudding	Minestrone Soup Philly Cheesesteak Sandwich or Turkey Salad with Crackers Fruit Medley Roasted Mushrooms or Seasoned Peas Homemade Cookie	Italian Wedding Soup Fried Chicken or Italian Sub Sandwich Capri Blend or Oven Roasted Cauliflower Parmesan Breadsticks Fresh Berry Cup	Baked Potato Soup Ham Salad Slider or Baked Spaghetti Cantaloupe Cucumber Tomato Salad or Steamed Broccoli Ice Cream Sandwich	Corn Chowder Grilled Steak Salad or Grilled Cheese Sandwich Pears Corn or Carrot Salad French Bread Chocolate Chip Banana Bread	Meat Chili Chicken Herb Potato Casserole or All Beef Hot Dog Chef's Steamed Vegetable or 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 Jager 4-21-2025
6/10/24

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