

Stones River Manor - Sample of Weekly Menu

Breakfast -

Same every morning

Protein: any style eggs, bacon, and sausage
Grains: cereal, oatmeal, grits, biscuits, and toast
Drinks: coffee, juice, and milk

Lunch

Dinner

Sunday

Sweet and Sour Chicken with rice, egg roll, jello salad and Coconut Pie

Shepherd's Pie with brussel sprouts and a dinner roll

Alt. Meal: Cheeseburger with French fries and green beans

Alt. Meal: Tomato basil soup, egg salad, variety of fruit and jello

Monday

Lasagna with California vegetables, tossed salad, garlic bread and Cobbler

Chicken patty with carrots and French fries

Alt. Meal: Turkey sandwich with French fries and green beans

Alt. Meal: Tomato basil soup, pimento cheese, variety of fruit and jello

Tuesday

Cheeseburger with French fries, baked beans and Cheesecake

Pepperoni pizza with tossed salad and fresh fruit

Alt. Meal: Hot dog and green beans

Alt. Meal: Cream of Chicken soup, Chicken salad, variety of fruit and jello

Wednesday

Fried chicken with spinach casserole, cream corn, potato salad, dinner roll and bread pudding

Taco Casserole with refries beans and fruit cocktail

Alt. Meal: Grilled cheese and French fries

Alt. Meal: Chicken rice soup, Turkey sandwich, variety of fruit and jello

Thursday

Meatloaf with fried okra, navy beans, tomato slices, cornbread and lemon pie

Chicken salad with fresh fruit and cottage cheese plate

Alt. Meal: Baked chicken with mashed potatoes and green beans

Alt. Meal: Cream of chicken soup, variety of fruit and jello

Friday

Salmon patty with macaroni and cheese, spinach, cole slaw, dinner roll and pecan pie

Chicken nuggets with mashed potatoes, green beans and a dinner roll

Alt. Meal: Chicken sandwich

Alt. Meal: Cream of celery soup, pimento cheese, variety of fruit and jello

Saturday

Swedish meatballs with noodles, green peas, tomato slices and fudge pie

Chef salad with baked potatoes and fresh peaches

Alt. Meal: Baked chicken, mashed potatoes and green beans

Alt. Meal: Chicken noodle soup, bologna and cheese, variety of fruit and jello