

**KIRKWOOD BY THE RIVER**  
**AUGUST 5 - 11, 2018**

SUNDAY 5	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11
<b>BREAKFAST</b>						
CRANBERRY JUICE	APPLE JUICE	GRAPE JUICE	ORANGE JUICE	CRANBERRY JUICE	ORANGE JUICE	APPLE JUICE
PRUNES	ORANGE SECTIONS	GRAPEFRUIT	PRUNES	ORANGE SECTIONS	GRAPEFRUIT	GRAPEFRUIT
BISCUIT	MUFFIN	CINNAMON ROLL	PANCAKES	BISCUIT	MUFFIN	FRENCH TOAST
GRITS	GRITS	GRITS	GRITS	GRITS	GRITS	GRITS
OATMEAL	OATMEAL	OATMEAL	OATMEAL	OATMEAL	OATMEAL	OATMEAL
EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)
BACON	SAUSAGE	BACON	SAUSAGE	BACON	SAUSAGE	BACON
<b>LUNCH</b>						
CHICKEN GUMBO	CREAM OF MUSHROOM	CHICKEN NOODLE	NORTHERN BEAN SOUP	CARROT SOUP	VEGETABLE BEEF	LOADED POTATO SOUP
LAYERED SALAD	JICAMA SLAW	CUCUMBER & ONION	TOSSED SALAD	PEACHES & COTTAGE CHEESE	POTATO SALAD	CARROT & RAISIN
PEARS	PINEAPPLE	PEACHES	GRAPES	TROPICAL FRUIT	MANDARIN ORANGES	BANANA
CHICKEN & WAFFLES	HONEY ROASTED TURKEY	PARMESAN CRUSTED HADDOCK	SHEPHERD'S PIE	COCONUT SHRIMP	FRIED CATFISH	BAKED WINGS
SHRIMP & SAUSAGE	HAM STEAK	RANCH STYLE CHICKEN	GARLIC HERB HALIBUT	PORK LOIN W/ APPLES	BBQ CHICKEN	SLOPPY JOES
PARMESAN CRUSTED TOMATO	CORN PUDDING	PINTO BEANS	LIMA & OKRA	ARTICHOKES W/ LEMON BUTTER	HUSHPUPIES	CHIPS
SKILLET POTATOES	BAKED SWEET POTATO	WILD RICE	ZUCCHINI BREAD	CHILE LIME QUINOA	BAKED BEANS	FRIED OKRA
BALSAMIC MUSHROOMS	BUTTERED SQUASH	BROCCOLI	MUSTARD GREENS	SAUTÉED GREEN BEANS	SQUASH CASSEROLE	CARROT SOUFFLE
CHEESE GRITS	PEAS & CARROTS	HARVARD BEETS	POKE CAKE	W/ PEPPERS	SLAW	ASSORTED COOKIES
ASSORTED DESSERTS	YELLOW CAKE	MARBLE CAKE		BLACK-EYED PEAS	BANANA SPLIT PIE	
	W/ CHOCOLATE ICING			ASSORTED DESSERTS		
<b>DINNER</b>						
CHICKEN & SAUSAGE GUMBO	CREAM OF MUSHROOM	CHICKEN NOODLE	NORTHERN BEAN SOUP	CARROT SOUP	VEGETABLE BEEF	LOADED POTATO SOUP
LAYERED SALAD	JICAMA SLAW	CUCUMBER & ONIONS	TOSSED SALAD	PEACHES & COTTAGE CHEESE	POTATO SALAD	CARROT & RAISIN
PEARS	PINEAPPLE	PEACHES	GRAPES	TROPICAL FRUIT	MANDARIN ORANGES	BANANA
CHICKEN CORDON BLEU	HAMBURGER STEAK W/ GRAVY	STEWED PORK W/ RED SAUCE	TERIYAKI CHICKEN	STUFFED BELL PEPPERS	TURKEY LASAGNA	TUNA SALAD W/ FRUIT PLATE
FLOUNDER	VEGETABLE ALFREDO W/ PASTA	COUNTRY FRIED STEAK	FRIED PORK CHOPS	BACON & ONION QUICHE	GRILLED CHEESE	BRATS W/ KRAUT
YELLOW RICE	BUTTERED BROCCOLI	CHEESY BAKED CAULIFLOWER	RICE PILAF	BAKED SWEET POTATO	W/ BACON & TOMATO	SWEET POTATO FRIES
VEGETABLE BLEND	RICE & GRAVY	GREEN PEAS & PEARL ONIONS	STEAMED CARROTS	BUTTERED BROCCOLI	ONION RINGS	GREEN BEANS W/ RED PEPPERS
SAUTEE KALE	GARLIC BREAD	ORZO	SAUTÉED SPINACH & TOMATO	ROASTED HERB POTATOES	ROASTED CAULIFLOWER	STEWED TOMATOES
PINTO BEANS	BREAD PUDDING	MASHED POTATOES	EGG ROLL	COCONUT CREAM PIE	MIXED VEGETABLES	KEY LIME PIE
PEACH COBBLER		YOGURT PARFAIT	FRUIT JELL-O		PINEAPPLE UPSIDE	
					DOWN CAKE	

PLEASE NOTE THAT YOUR DAILY MENUS WILL HAVE A HEART NEXT TO THAT ITEM TO DENOTE A HEALTHY CHOICE MEAL  
YOU CAN CHOOSE ANY BREAD WITH YOUR MEAL AND FOR DESSERT HAVE FRUIT OR SUGAR FREE ICE CREAM OR SHERBET