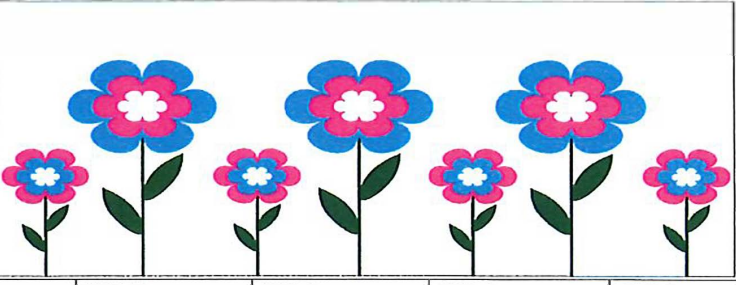


**Michigan House Senior Living
Sample Menu**

LUNCH 12:00 - 1:00

SUBSTITUTIONS: #1: Chicken Salad Sandwich #2: Chef Salad #3: Egg Salad Sandwich #4: Macaroni and Cheese

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Fish Nuggets Onion Rings Coleslaw Fruit Cocktail	2 Sweet & Sour Meatballs White Rice Oriental Veggies Peaches
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
3 Belgian Waffle Scrambled Eggs Breakfast Sausage Orange Slices	4 Meat Lasagna Green Beans Garlic Toast Grapes	5 Chicken Quesadilla Spanish Rice Ice Cream	6 Beef Stroganoff Egg Noodles Carrots Pineapple	7 Meatloaf Augratin Potatoes Mixed Vegetables Fruit	8 Lemon Pepper Tilapia Mac & Cheese Side Salad Fruit Pie	9 Salisbury Steak Mashed Potatoes Corn Fresh Fruit
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
10 Baked Ham Sweet Potatoes Asparagus Cheesecake	11 Country Fried Steak Roasted Potatoes Green Beans Pudding Tart	12 Pork Stir-Fry White Rice Oriental Veggies Peaches	13 Roast Beef Mashed Potatoes Carrots Fruit	14 Breaded Pork Chop Scallop Potatoes Broccoli Cookies	15 Breaded Cod French Fries Carrots Pudding	16 Goulash Wax Beans Garlic Toast Orange Slices
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
17 Meatloaf Baked Potatoes Corn Fruited Jello	18 Cuban Sandwich Potato Chips Orange Slices	19 Kielbasa & Sauerkraut Mashed Potatoes Fruit Pie	20 Spaghetti & Meatballs Italian Green Beans Garlic Toast Applesauce	21 Swiss Steak Mashed Potatoes Peas Cookies	22 Krab Salad Croissant Brussel Sprouts Strawberries	23 Pork Roast Parslied Potatoes Broccoli Donut
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
24 Fried Chicken Augratin Potatoes Carrots Fruit Pie	25 Grilled Cheeseburger Baked Beans Corn on the Cob Watermelon	26 Stuffed Cabbage Mashed Potatoes Cal Blend Veggies Orange Slices	27 Chicken Cordon Bleu Roasted Potatoes Asparagus Mandarin Oranges	28 Swedish Meatballs Egg Noodles Corn Pears	29 Breaded Cod French Fries Coleslaw Grapes	30 Mastaccioli w/ Meatsauce Green Beans Garlic Toast Peaches
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

- | | |
|-----------------|--------|
| Orange Juice | Milk |
| Apple Juice | Water |
| Cranberry Juice | Coffee |

MENU SUBJECT TO CHANGE

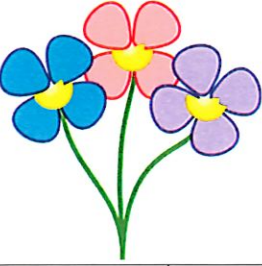


Michigan House Senior Living

Sample Menu

DINNER 5:00 - 6:00

SUBSTITUTIONS: #1: Chicken Salad Sandwich #2: Chef Salad #3: Cottage Cheese Fruit Plate #4: Macaroni and Cheese

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Chicken Ala King Over a Biscuit Side Salad Fruit Pie	2 Polish Sausage w/ Peppers & Onions Chicken Noodle Soup Donut
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
3 Cheeseburger French Fries Coleslaw Cookies	4 Chicken Sandwich Tater Tots Cake	5 Stuffed Peppers Mashed Potatoes Corn Fruit	6 Grilled Turkey & Swiss Sandwich Coleslaw Pudding	7 Italian Sub Vegetable Soup Orange Slices	8 Beef Hot Dog French Fries Green Beans Strawberries	9 Grilled Chicken Sandwich Tomato Basil Soup Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
10 Cheeseburger French Fries Coleslaw Cream Pie	11 Polish Sausage Augratin Potatoes Peas Pineapple	12 Chef Salad Dinner Roll Pears	13 Grilled Chicken Sandwich Italian Green Beans Ice Cream	14 Meatball Sub Onion Rings Peas Frosted Cupcake	15 Chicken Salad Croissant Pasta Salad Peaches	16 Beef Hot Dog Tater Tots Coleslaw Apricots
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
17 Grilled Ham & Cheese Sandwich Tomato Soup Donut	18 Chicken Pot Pie Side Salad Pudding	19 Cheeseburger Mixed Végétales IC Cream	20 Chicken Tenders French Fries Coleslaw Mandarin Oranges	21 Italian Sub Green Beans Fruit Pie	22 Chicken Stew over a Biscuit Side Salad Ambrosia Salad	23 Chili Dog French Fries Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
24 Hot Roast Beef Sandwich Mixed Vegetables Fruit	25 Macaroni & Cheese Stewed Tomatoes German Chocolate Cake	26 Ham & Cheese Sliders Chicken Noodle Soup Cookies	27 Turkey & Swiss Croissant Vegetable Soup Mixed Fruit	28 Grilled Rueben Sandwich Onion Rings Pudding	29 Chicken Pot Pie Side Salad Frosted Cupcake	30 Smoked Sausage Augratin Potatoes Peas Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

Orange Juice	Milk
Apple Juice	Water
Cranberry Juice	Coffee

MENU SUBJECT TO CHANGE

