# Assisted Living & Care

## Meal Menu (Sample)

**Monday**
- **Breakfast**: 1 C- Tea or 6 oz Juice
  - Protein Group: None
  - Complex Carbohydrate Group: 1- Veg & Cheese
  - Fruit/Vegetable Group: 1 C- Applesauce
  - 6 oz Milk
- **Snack**: 3- Crackers & Cheese/water

**Tuesday**
- **Breakfast**: 1 C- Tea or Coffee
  - Protein Group: None
  - Complex Carbohydrate Group: 1 C- Hot Oatmeal Cereal
  - Fruit/Vegetable Group: 1/2 C- Pudding
  - Dairy Products: 6 oz Milk
- **Snack**: 1- Orange/Tea

**Wednesday**
- **Breakfast**: 1 C- Tea or Coffee
  - Protein Group: None
  - Complex Carbohydrate Group: 1 C- Rice Cereal
  - Fruit/Vegetable Group: 1 C- Fruit Mix
  - Dairy Products: 6 oz Milk
- **Snack**: 1- Apple/Tea

**Thursday**
- **Breakfast**: 1 C- Tea or Coffee
  - Protein Group: None
  - Complex Carbohydrate Group: 1 C- Scramble Egg
  - Fruit/Vegetable Group: 1 C- Apple
  - Dairy Products: 2- Pancakes
- **Snack**: 1 small Cup of Ice-Cream

**Friday**
- **Breakfast**: 1 C- Tea or Coffee
  - Protein Group: None
  - Complex Carbohydrate Group: 1 C- Rice Cereal
  - Fruit/Vegetable Group: 1 C- Apple
  - Dairy Products: 2- Pancakes
- **Snack**: 1 small Cup of Ice-Cream

**Saturday**
- **Breakfast**: 1 C- Tea or Coffee
  - Protein Group: None
  - Complex Carbohydrate Group: 1 C- Scramble Egg
  - Fruit/Vegetable Group: 1 C- Apple
  - Dairy Products: 2- Pancakes
- **Snack**: 1 small Cup of Ice-Cream

**Sunday**
- **Breakfast**: 1 C- Tea or Coffee
  - Protein Group: None
  - Complex Carbohydrate Group: 1 C- Scramble Egg
  - Fruit/Vegetable Group: 1 C- Apple
  - Dairy Products: 2- Pancakes
- **Snack**: 1 small Cup of Ice-Cream
ASSISTED LIVING & CARE
for the Elderly at Temecula

MEAL MENU (Sample)