



**THE
WEEK
AT A
GLANCE**

Cycle

**SPRING/
SUMMER
2017**

**WEEK
ONE**

4/10/17 – 4/16/17

5/08/17 – 5/14/17

6/05/17 – 6/11/17

7/03/17 – 7/09/17

7/31/17 – 8/6/17

8/28/17 – 9/3/17

*Dietitian
Consulting
Service
8015 SE 28th St,
Ste. 304
Mercer Island,
WA 98040
206 232-8700*

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
B R E A K F A S T		Choice of Juice w/Vit C Malt-O-Meal Or Cold Cereal Pancakes w/ Berries Margarine/Syrup Bacon Milk/Hot Beverage	Choice of Juice w/Vit C Oatmeal Or Cold Cereal Greek Scramble Toast/Margarine/Jelly Banana Half Milk/Hot Beverage	Choice of Juice w/Vit C Zoom Or Cold Cereal Boiled Egg Oatmeal Raisin Muffin Margarine/Jelly Citrus Fruit Cup Milk/Hot Beverage	Choice of Juice w/Vit C Cream of Wheat Or Cold Cereal Waffle with Apples Sausage Link Milk/Hot Beverage	Choice of Juice w/Vit C Oatmeal Or Cold Cereal Salmon Quiche Toast/Margarine/Jelly Grape bunch Milk/Hot Beverage	Choice of Juice w/Vit C Malt- O- Meal Or Cold Cereal Biscuit & Sausage Gravy Orange Wedges Milk/Hot Beverage	Choice of Juice w/Vit C Cream of Wheat Or Cold Cereal Scrambled Eggs Fruit Garnish Cinnamon Roll Milk/Hot Beverage	
	D I N N E R		Teriyaki Pork Strips (Meatballs) Steamed Rice Oriental Vegetables Egg Roll Pineapple Crunch Milk, Hot Beverage	Cajun Baked Fish (Oven Fried Chicken) Corn Asparagus Parsley Garnish Biscuit/Margarine New Orleans Crumb Cake Milk, Hot Beverage	Sweet Italian Sausages (Beef Stew w/ Tossed Salad & Bread) Red Potato w/ Herbs Carrots Rye Bread/Margarine Blonde Brownie Milk, Hot Beverage	Meatloaf (Turkey Paprikash) Baked Potato w/ Sour Cream Capri Vegetables Parsley Garnish Bread/Margarine Peach Cobbler Milk, Hot Beverage	Fish and Chips Tartar Sauce/Lemon Wedge (Chicken Tenders & French Fries) Creamy Coleslaw Roll w/ Margarine Fresh Fruit in Season Milk, Hot Beverage	Honey Thyme Pork Roast (Roast Turkey) Parsley Garnish Baked Sweet Potatoes Strawberry/Romaine Summer Salad- Roll/Margarine Ambrosia Milk, Hot Beverage	Turkey Steaks w/ Herb Butter Sauce (Roast Beef) Bread Stuffing Brussel Sprouts Biscuit/Margarine Orange Glazed Pound Milk, Hot Beverage
		L U N C H		Turkey Hero Sandwich (BLT) Simple Slaw Potato Salad Chocolate Chip Cookie Milk, Hot Beverage	Hamburger on Bun Pickles & Ketchup Garnish Lettuce/Tomato/Onion (Asian Spinach Salad w/ Roll) Zesty Tex Mex Pasta Salad Pears Milk, Hot Beverage	Macaroni and Cheese (Jr Club Sandwich) Green Beans Dinner Roll W/Margarine Cherry Crisp Milk, Hot Beverage	Black Bean Soup California Aloha Sandwich (BBQ Sandwich) Spring Salad w/Pear Vinaigrette Sherbet Milk, Hot Beverage	Deviled Egg Salad Sandwich (Deli Sandwich) Potato Chips Fresh Zucchini Salad Fruit Punch Bar Milk, Hot Beverage	Beef Broccoli Stir Fry (Tuna Noodle Casserole w/Green Beans) Rice Carrots Bread w/ Margarine Banana Cream Pudding- Milk, Hot Beverage