

WEEKLY MENU

# CEDARS OF AUSTIN

	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> 7:30-9:00	<p><i>Dining Room</i> Order from Cedars Breakfast Menu</p> <p><u>MEMORY CARE MENU</u> Scrambled Eggs Breakfast Potatoes Wheat Bread</p>	<p><i>Dining Room</i> Order from Cedars Breakfast Menu</p> <p><u>MEMORY CARE MENU</u> Buttermilk Pancakes Bacon</p>	<p><i>Dining Room</i> Order from Cedars Breakfast Menu</p> <p><u>MEMORY CARE MENU</u> Omelets Breakfast Potatoes Toast</p>	<p><i>Dining Room</i> Order from Cedars Breakfast Menu</p> <p><u>MEMORY CARE MENU</u> Belgian Waffles Sausage Links Fruit Cup</p>	<p><i>Dining Room</i> Order from Cedars Breakfast Menu</p> <p><u>MEMORY CARE MENU</u> Crystal's Egg Bake Toast</p>	<p><i>Dining Room</i> Order from Cedars Continental Breakfast Menu</p> <p><u>MEMORY CARE MENU</u> Cold Cereal Assortment Bakery Item Hard Boiled Egg</p>	<p><i>Dining Room</i> Order from Cedars Continental Breakfast Menu</p> <p><u>MEMORY CARE MENU</u> Hot Cereal Assortment Bakery Item Hard Boiled Egg</p>
<b>LUNCH</b> 11-12:30	<p><i>Dining Room</i> Order from Cedars LUNCH MENU</p> <p>Includes Healthy Option</p> <p>Turkey Pot Pie Biscuit Fruit/Dessert</p>	<p><i>Dining Room</i> Order from Cedars LUNCH MENU</p> <p>Includes Healthy Option</p> <p>Tuna Noodle Casserole Mixed Vegetables Fruit/Dessert</p>	<p><i>Dining Room</i> Order from Cedars LUNCH MENU</p> <p>Includes Health Option</p> <p>Crystal's Lunch Special Fruit/Dessert</p>	<p><i>Dining Room</i> Order from Cedars LUNCH MENU</p> <p>Includes Healthy Option</p> <p>Shepherd's Pie Cornbread Fruit/ Dessert</p>	<p><i>Dining Room</i> Order from Cedars LUNCH MENU</p> <p>Includes Healthy Option</p> <p>American Chicken Chow Mein Rice Fruit/Dessert</p>	<p>Cheeseburger Lettuce Tomato Potato Salad Pickle Dessert</p>	<p>Glazed Pit Ham Herb Potatoes Red Beets Dessert</p> <p>See weekend section for alternate meals</p>
<b>DINNER</b> 4:30-6:00	<p>Cavan's Homemade Meatloaf Red Mashed Potatoes Seasonal Vegetables Dessert</p>	<p>Dijon Herb Chicken Breast Stuffing Sicilian Vegetable Blend Dessert</p>	<p>Pork Tenderloin with Sauerkraut Cheddar-Chive Potatoes Normandy Vegetables Dessert</p>	<p>Chicken Alfredo Pasta Broccoli &amp; Oven Roasted Tomatoes Dessert</p>	<p>Wild Alaskan "Pub" Rock Fish Tartar Sauce Baked Potato Chalet Vegetables Dessert</p>	<p>Country Meatballs Amish Noodles Dill Carrots Dessert</p> <p>See weekend section for alternate meals</p>	<p>Chicken Burger with Ranch Baked Beans Buttered Corn Dessert</p> <p>See weekend section for alternate meals</p>



THIS SYMBOL MEANS THE SELECTION IS LOWER IN FAT & CARBOHYDRATES IN ADDITION TO THE DAILY SALAD.



KITCHEN PHONE: 507-355-7101

**WELCOME**

**RESTAURANT  
STYLE DINING  
FOR BREAKFAST  
& LUNCH**

**WEEK DAY DINING  
ROOM LUNCH MENU  
SPECIALS ALONG WITH  
A HEALTHY OPTION**

**HEALTHFUL CHOICE MENU OPTION  
FOR LUNCH LOWER IN  
CARBOHYDRATES AND FATS &  
SUGAR**

**THERE WILL BE A GREEN HEART  
NEXT TO THE MENU ITEM. THE  
DAILY SALAD ALSO MEETS THE  
ABOVE CRITERIA**



**ENHANCED  
DINING HOURS**

<b>BREAKFAST</b>	<b>7:30-9:00 AM</b>	<b>\$4.25</b>
<b>LUNCH</b>	<b>11:00-12:30 PM</b>	<b>\$6.00</b>
<b>SUPPER</b>	<b>4:30-6:00 PM</b>	<b>\$8.25</b>

**ALWAYS  
AVAILABLE  
MENU**  
9:00 AM-6:00 PM

**SOUP & SANDWICH**

**TURKEY OR HAM WITH  
LETTUCE, TOMATO, CHEESE,  
WHEAT BREAD**

**CHOICE OF SOUP  
TOMATO, CHICKEN NOODLE  
SOUP**

**GRILLED CHEESE**

**CHEF'S SALAD**

**DAILY COFFEE SOCIAL HOUR  
TIMES ARE 9:00 AM & 2:00 PM  
LOCATED IN THE DINING ROOM**

**KITCHEN PHONE: 507-355-7101**

**SIDE OPTIONS**

**FRUIT BOWL  
SIDE SALAD  
COTTAGE CHEESE  
CHIPS  
MASHED POTATOES**

**SOUP:  
TOMATO, VEGETABLE BEEF, CHICKEN  
NOODLE  
BREAD OR ROLL UPON REQUEST**

**WEEKEND & DINNER  
ALTERNATE MENU  
SELECTIONS**

**Grilled Chicken Breast  
with Steamed Vegetables/  
Herb Vinaigrette**

**Baked Fish with Lemon,  
Seasonal Vegetables &  
Potatoes**

**Beef Hamburger/ Bun/  
Chips**

**Chef's Seasonal Salad**

**Turkey Burger with  
Lettuce & Tomato/ Fruit**



**PLEASE CALL THE KITCHEN 2 HOURS AHEAD IF  
YOU WOULD LIKE TO CHOOSE FROM THE  
ABOVE ALTERNATE MENU**

**THERE WILL ALWAYS BE AN  
ALTERNATIVE DINNER MEAL CHOICE  
AT EACH EVENING SERVICE**