

# THE SOUTHERLANDS

## SEPTEMBER 6 - SEPTEMBER 12, 2010

<i>MONDAY</i> 6	<i>TUESDAY</i> 7	<i>WEDNESDAY</i> 8	<i>THURSDAY</i> 9	<i>FRIDAY</i> 10	<i>SATURDAY</i> 11	<i>SUNDAY</i> 12
COLD CEREAL OF YOUR CHOICE MADE TO ORDER OMELET TOAST WITH JELLY TURKEY BACON FRESH ORANGE SLICES MILK OR JUICE AND OR BEVERAGE OF CHOICE	COLD CEREAL OF YOUR CHOICE SCRAMBLED EGGS WITH CHEESE SLICED HAM BAGEL WITH CREAM CHEESE SLICED BANANAS MILK OR JUICE AND OR BEVERAGE OF CHOICE	COLD CEREAL OF YOUR CHOICE SOUTHERN STYLE GRITS CHOICE OF EGGS SAUSAGE LINKS WHEAT TOAST FRESH FRUIT MILK OR JUICE AND OR BEVERAGE OF CHOICE	COLD CEREAL OF YOUR CHOICE CHIP BEEF GRAVY OVER OATMEAL WITH APPLES AND NUTS FRUIT COCKTAIL MILK OR JUICE AND OR BEVERAGE OF CHOICE	COLD CEREAL OF YOUR CHOICE SAUSAGE EGG AND CHEESE CASSEROLE HOMEMADE FRENCH TOAST BAKED APPLES MILK OR JUICE AND OR BEVERAGE OF CHOICE	COLD CEREAL OF YOUR CHOICE MAPLE PANCAKES WITH WARM SYRUP TURKEY BACON SCRAMBLED EGGS FRESH MELON MILK OR JUICE AND OR BEVERAGE OF CHOICE	COLD CEREAL OF YOUR CHOICE CORN BEEF HASH SERVED YOUR CHOICE OF EGGS WAFFLES APPLE SLICES MILK OR JUICE AND OR BEVERAGE OF CHOICE
<b>LUNCH</b>						
<b>LABOR DAY AT 1:00</b>						<b>Dining Room at 1:00</b>
PORK BBQ ON TOASTED ROLL COLESLAW ONION RINGS OR FRENCH FRIES GREENS BEANS PEACHES N CREAM NO-BAKE CHEESECAKE	TURKEY & SWISS ON WHEAT SOUP OF THE DAY WITH COTTAGE CHEESE AND CUPCAKES	HAMBURGER OR HOT DOG ONION RINGS FRESH FRUIT CREAM PIE	CHICKEN CAESAR SALAD SOUP OF THE DAY SLICED PEACHES/ VANILLA ICE CREAM	HOMEMADE CHILI LOADED BAKED POTATO SPINACH SIDE SALAD FRESH FRUIT W/WHIP CREAM	CABBAGE ROLLS BEEF NOODLE SOUP VEGETABLE MEDLEY DESSERT OF THE DAY	SAVORY POT ROAST BAKED POTATO GREEN BEANS OR SQUASH CASSEROLE RECIPE FROM BATTLETOWN INN CORN MUFFINS 7UP CAKE
<b>DINNER</b>						
EGG SALAD SANDWICH ON A TOASTED ROLL POTATO CHIPS SMALL GARDEN SALAD COOKIES	SPAGHETTI WITH MEAT SAUCE BROCCOLI OR CARROTS GARLIC BREAD DIRT CAKE RECIPE BY DEEANA	CRAB CAKES MACARONI AND CHEESE BRUSSELS SPROUTS OR BEETS BUTTERMILK BISCUITS AMBROSIA SALAD	MEAT STUFFED GREEN PEPPERS WHIPPED SWEET POTATOES SPINACH OR CORN ON THE COB DINNER ROLLS FRUIT OF THE FOREST PIE	SHRIMP SCAMPI OVER ANGEL HAIR PASTA LIMA BEANS OR CREAMED PEAS Wheat Dinner Rolls SWEDISH NUT CAKE RECIPE BY JOAN	HERB BAKED CHICKEN PARSLEY POTATOES MIXED GREENS OR STEWED TOMATOES BREADSTICKS TROPICAL CHEESECAKE RECIPE BY DONNA	Served to NG only  CHICKEN SALAD SANDWICH SOUP OF THE DAY CUCUMBER SALAD FRESH FRUIT SALAD

\* Beverage choices with each meal include Coffee (reg. & decaf), Tea, Iced Tea, Milk, and a variety of Juices.

\* All substitutes available: Steak, Hamburger, Fish (ask what is available), Grilled Chicken Breast, Liver, or Chef Salad, Baked Potato, Baked Sweet Potato, Beets, Green Beans, or Applesauce only.

\* Daily Snacks are provided in the Gardens at 10 a.m., 2 p.m. & 7 p.m. for NG & Assisted Living residents. See the snack menu located in the N. Gardens.

\*\*\*Good Nutrition is an essential part of your care in our community. The menu has been planned with variety and moderation in mind and to achieve a well balanced diet. Your daily menu may vary slightly due to a special diet ordered by your physician to meet your needs. Please feel free to ask any questions you may have regarding the menu, your diet, or service.\*\*\*