# Fountainview Retirement Village
## of Fremont
## November 20- November 26, 2022

| Sunday<br>11-20 | Monday<br>11-21 | Tuesday<br>11-22 | Wednesday<br>11-23 | Thursday<br>11-24 | Friday<br>11-25 | Saturday<br>11-26 |
|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | |
| Choice of cereal<br>French toast<br>Sausage<br>Fruit<br>Choice of Juice<br>Coffee/tea | Choice of Cereal<br>Egg&Sausage Strata<br>Wheat Toast<br>Jelly<br>Choice of Juice<br>Coffee/Tea | Hot or Cold Cereal<br>Eggs of Choice<br>Wheat toast<br>Sausage patty<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Waffles<br>Sausage Links<br>Fruits<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Egg/Cheese Sand<br>Sausage<br>Fruit<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Egg Bake<br>Toast/Muffin<br>Yogurt/applesauce<br>Coffee/Tea | Hot or Cold Cereal<br>Choice of Eggs<br>Bacon<br>Toast/Jelly<br>Juice of Choice<br>Coffee/Tea |
| **Lunch** | | | | | | |
| Italian Chicken<br>Green Beans<br>Rice Pilaf<br>Jello<br>Coffee/Tea | Ham Slice<br>Scalloped Potatoes<br>Carrots<br>Pistacchio Fluff<br>Coffee/Tea | BBQ Chicken<br>Potato Salad<br>Corn<br>Spice Cake<br>Coffee/Tea | Hamburger Gravy<br>Mashed Potatoes<br>Rolls<br>Prince Charles Veg<br>Cheesecake<br>Coffee/Tea | Chicken Strips<br>Macaroni Salad<br>Key West Veg<br>Roll<br>Dbl Chocolate Cake<br>Coffee/Tea | Sloppy Joes<br>Tater Tots<br>Corn<br>Apple Crisp<br>Coffee/Tea | Lasagna<br>Garlic Bread<br>Capri Vegetables<br>Pudding<br>Coffee/Tea |
| **Dinner** | | | | | | |
| Beef & Barley Soup<br>Saltines<br>Deli Beef Sandwich<br>Mandarine Oranges<br>Milk<br>Coffee/Tea | Tuna Salad Sandwich<br>Chips<br>Pickles<br>Diced Pears<br>Milk<br>Coffee/Tea | BLTs<br>Chips<br>Beets<br>Cinnamon Applesauce<br>Milk<br>Coffee/Tea | Swt potato/Ham Cass<br>Broccoli & Caluliflower<br>Wheat Bread<br>Banana<br>Coffee/Tea<br>Milk | Biscuits & Gravy<br>Choice of Eggs<br>Fruit Cocktail<br>Coffee/Tea | Chilli<br>Bread/Butter/Crackers<br>Apricots<br>Coffee/Tea | French Toast<br>Sausage Patty<br>Fruit<br>Milk/Juice<br>Coffee/Tea |

**Menus Subject to Change**

**WK 1**

# Fountainview Retirement Village
## of Fremont
## November 27- December 03, 2022

| Sunday<br>11-27 | Monday<br>11-28 | Tuesday<br>11-29 | Wednesday<br>11-30 | Thursday<br>12-01 | Friday<br>12-02 | Saturday<br>12-03 |
|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | |
| Hot or Cold Cereal<br>Omlette<br>Sausage<br>Wheat Toast<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Pancakes<br>Sausage Patty<br>Toast/Jelly<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Eggs of Choice<br>Sausage Links<br>Wheat Toast<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Biscuits & Gravy<br>Peaches<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Cheese Strata<br>Wheat Toast<br>Apricots<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Buttered waffles<br>Choice of Eggs<br>Wheat Toast<br>Juice of Choice<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>French Toast<br>Sausage links<br>Fruit<br>Juice of Choice<br>Coffee/Tea |
| **Lunch** | | | | | | |
| Tuna Casserole<br>Carrot Salad<br>California Blend<br>Applesauce<br>Coffee/Tea | Sweedish Meatballs<br>Egg Noodles<br>Cauliflower<br>Jello<br>Rolls<br>Coffee/Tea | Brats<br>Carrot Raisin Salad<br>Baked Beans<br>Cookie<br>Coffee/Tea | Tacos<br>Spanish Rice<br>Refried Beans<br>Butterscotch Pudding<br>Coffee/Tea | Sliders<br>3-Bean Salad<br>Chips<br>Strawberry/ Van Triffle<br>Coffee/Tea | Beer Battered Fish<br>Coleslaw<br>Fries<br>Peanut Butter Brownie<br>Coffee/Tea | Tater tot/beef Cass<br>Tossed Salad<br>Raspberry Whip<br>Bread w/butter<br>Coffee/Tea |
| **Dinner** | | | | | | |
| 1/2 Turkey Sandwich<br>Chunky Veg Soup<br>Fruit<br>Milk<br>Coffee/Tea | Egg Salad Sandwich<br>Tom/cuke slices<br>Fruit Cocktail<br>Hard cheese slices<br>Coffee/Tea | Pulled Pork Sandwich<br>Chips<br>Dill Pickle<br>Cinnamon Applesauce<br>Milk<br>Coffee/Tea | Mac & Cheese<br>Stewed Tomato<br>Pineapple Tidbits<br>Coffee/Tea | Fish Sticks<br>Cot Cheese/applesauc<br>Carrots<br>Jello<br>Coffee/Tea | Italian ChickenStrip Sub<br>Green Beans<br>Bread butter pickle<br>Apricots<br>Coffee/Tea | 1/2 Rst Beef Sandwich<br>Potato Soup<br>Mandarin Oranges<br>Milk<br>Coffee/Tea |

**Menus Subject to Change**

**WK 2**

# Fountainview Retirement Village
## of Fremont
## Dec 04 - Dec 10, 2022

| Sunday<br>12-04 | Monday<br>12-05 | Tuesday<br>12-06 | Wednesday<br>12-07 | Thursday<br>12-08 | Friday<br>12-09 | Saturday<br>12-10 |
|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | |
| Hot or Cold Cereal<br>Eggs of Choice<br>Pancakes<br>Bacon<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Cheese Omelet<br>Wheat Toast<br>Hash Browns<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Eggs of Choice<br>Sausage<br>Diced Peaches<br>Milk<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Egg Bake<br>Wheat Toast<br>Diced Pears<br>Juice of Choice<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Choice of Eggs<br>Wheat Toast<br>Sausage Links<br>Juice of Choice<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Egg, cheese sandwich<br>Sausage Patty<br>Toast/Jelly<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Waffles<br>Sausage Links<br>Wheat Toast<br>Juice of Choice<br>Coffee/Tea |
| **Lunch** | | | | | | |
| Beef Roast<br>Onion Rst Potatoes<br>Capri Vegetables<br>Jello<br>Coffee/Tea | Chilli Mac<br>Rolls<br>California Blend<br>Vanilla Pudding<br>Coffee/Tea | Bacon Swiss Burger<br>Potato Wedges<br>Carrots<br>Apple Strudel Bites<br>Coffee/Tea | Italian Chicken<br>Buttered Noodles<br>Green Beans<br>Dinner Roll<br>Cookie<br>Coffee/Tea | Ham slice<br>Augratin Pot<br>Mixed Vegetables<br>Cranberry Relish<br>Coffee/Tea | Counntry Fried Steak<br>1/2 Baked Potatoe<br>Gravy<br>Peas<br>Peaches<br>Coffee/Tea | General Tso Chicken<br>Rice<br>Oriental Veggies<br>Cherries<br>Coffee/Tea |
| **Dinner** | | | | | | |
| Tuna Salad Sandwich<br>Chips<br>Pickle<br>Jello<br>Coffee/Tea | Egg Salad Sandwich<br>Beets<br>Mandarin Oranges<br>Milk<br>Coffee/Tea | Biscuits/Gravy<br>Eggs<br>Pineapple Tidbits<br>Milk<br>Coffee/Tea | Taco Soup<br>Tortilla chips<br>Cheese/Sour Cream<br>Fruit Cocktail<br>Coffee/Tea | Chicken Noodle Soup<br>Turkey & cheese sand<br>Berry Applesauce<br>Coffee/Tea | Grnd pkl Ham Sandwich<br>Chips<br>Pudding<br>Coffee/Tea | Tomato Soup<br>Grilled Cheese Sand<br>Pickles<br>Pears<br>Coffee/Tea |

**Menus Subject to Change**

**WK 3**

# Fountainview Retirement Village
## of Fremont
## November 06- November 12, 2022

| Sunday<br>11-06 | Monday<br>11-07 | Tuesday<br>11-08 | Wednesday<br>11-09 | Thursday<br>11-10 | Friday<br>11-11 | Saturday<br>11-12 |
|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | |
| Hot or Cold Cereal<br>Eggs of Choice<br>Wheat Toast<br>Mandarin Oranges<br>Juice of Choice<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Omlette<br>Wheat Toast<br>Fruit<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Bread Pudding<br>Eggs of Choice<br>Sausage Patty<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Waffles<br>Sausage Patty<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Pancakes<br>Eggs of Choice<br>Juice of Choice<br>Milk<br>coffee/Tea | Hot or Cold Cereal<br>Egg Bake<br>Sausage Links<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Cheezy Scramble egg<br>Wheat Toast<br>Yogurt/Fruit<br>Juice of Choice<br>Coffee/Tea |
| **Lunch** | | | | | | |
| Chicken & Dumplings<br>Bread & Butter<br>Broccoli<br>Coconut Cake<br>Coffee/Tea | Goulash<br>salad/cott chz/applesau<br>Dinner Roll<br>Cookie<br>Coffee/Tea | Salmon on the Grill<br>Rice Pilaf<br>Capri Veggies<br>pie<br>Coffee/Tea | Sausage/peppers/onion<br>potatoe wedges<br>Green Beans<br>Brownies<br>Coffee/Tea | Meatloaf<br>Mashed Pot/gravy<br>California Blend<br>Ice Cream<br>coffee/Tea | Fish sandwich<br>coleslaw/cott/applesauc<br>Fries<br>strawberry shortcake<br>Coffee/Tea | Chicken Salad Sand<br>Cucumber/tomato slice<br>Mixed Veggies<br>Jello<br>Coffee/Tea |
| **Dinner** | | | | | | |
| Sloppy Joe Sandwich<br>Potato Chips<br>Dill Pickle Spear<br>Fruit Cocktail<br>Coffee/Tea | Biscuits & Gravy<br>Eggs<br>Diced Pears<br>Milk<br>Coffee/Tea | Egg Salad Sandwich<br>Beets<br>Chips<br>Cinnamon Applesauce<br>Coffee/Tea | 1/2 Ham & Cheese sand<br>Italian Wedding Soup<br>Grapes<br>Coffee/Tea | Quiche<br>Fruited Muffin<br>Sausage<br>Fruit<br>Coffee/Tea | French Toast<br>Sausage patty<br>Applesausage<br>Coffee/Tea | Chicken Chilli<br>Wheat Bread<br>Cheesecake<br>Coffee/Tea |

**Menus Subject to Change**

**WK 4**

# Fountainview Retirement Village
## of Fremont
## November 13- November 19, 2022

| Sunday<br>11-13 | Monday<br>11-14 | Tuesday<br>11-15 | Wednesday<br>11-16 | Thursday<br>11-17 | Friday<br>11-18 | Saturday<br>11-19 |
|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | |
| Hot or Cold Cereal<br>Pancakes<br>Sausage Patty<br>Toast<br>Juice of Choice<br>Coffee/Tea | Choice of Eggs<br>Bacon<br>Wheat Toast<br>Fruit/Yogurt<br>Juice of Choice<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Fried Eggs<br>Sausage Patty<br>Blueberry Muffin<br>Yogurt/Fruit<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Buttered Waffles<br>Sausage Links<br>Syrup<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Cheesy Scramble Eggs<br>Sausage Patty<br>Wheat Toast<br>Juice of Choice<br>Milk<br>Coffee/Tea | Hot or Cold Cereal<br>Cin. French Toast<br>Sausage Link<br>Syrup<br>Juice of Choice<br>Coffee/Tea | Hot or Cold Cereal<br>Choice of Eggs<br>Hashbrown Patty<br>Fruit/Yogurt<br>Juice of Choice<br>Coffee/Tea |
| **Lunch** | | | | | | |
| Sliders<br>Three bean salad<br>Chips<br>Cherry Bars<br>Coffee/Tea | Fruit Salad<br>Muffin<br>Cheese slices<br>Scrambled egg w/bacon<br>Coffee/Tea | Hot Dogs<br>Potato Salad<br>Baked beans<br>Cookie<br>Coffee/Tea | Salisbury Steak<br>Mashed potatoes<br>Capri Vegetables<br>French bread<br>Peanut Butter Brownie<br>Coffee/Tea | BBQ Pork Ribette Sand<br>Corn<br>Seven Layer Salad<br>Jello Cake<br>Coffee/Tea | Sloppy Joes<br>Macaroni Salad<br>Green Beans<br>Lemon Berry Triffle<br>Coffee/Tea | Soft Taco<br>Refried Beans<br>Spanish Rice<br>Tom, lettuce,sour cream<br>Grapes<br>Coffee/Tea |
| **Dinner** | | | | | | |
| Ham & Bean Soup<br>Grilled cheese sandwich<br>Beets<br>Vanilla Mousse<br>Coffee/Tea | Turkey Swiss Sandwich<br>Broccoli<br>Banana<br>Coffee/Tea | Potato Bacon Soup<br>1/2 Roast Beef sandwic<br>Cantaloupe<br>Coffee/Tea | Tuna Noodle Casserole<br>Peas<br>Grapes<br>Milk<br>Coffee/Tea | Ham/Cheese Sandwich<br>Tater Tots<br>Mandarin Oranges<br>Milk<br>Coffee/Tea | Chicken Noodle Soup<br>Corn<br>Pineapple<br>Milk<br>Coffee/Tea | Pancakes<br>Sausage Links<br>Syrup<br>Country Apples<br>Milk<br>Coffee/Tea |

**Menus Subject to Change**

**WK 5**