

Organic foods used:

Green beans, bananas, other fruits, bisque soup, lentil soup.

Naturally grown **beef** without antibiotics or hormones.



Kindness-Knowledge-Experience

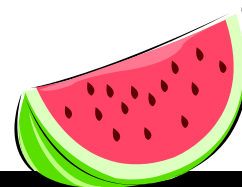
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We adjust our menu according to resident preferences & the availability of fresh ingredients, especially organically grown.

July 2007



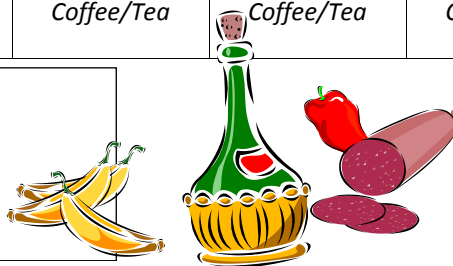
Menu Planner



	MON	TUE	WED	THU	FRI	SAT	SUN
B r e a k f a s t	Cold cereal with milk, toast, Bananas. Juice Water Milk Coffee/Tea	Scrambled eggs, toast, sausage. Juice Water Milk Coffee/Tea	Oatmeal w/ butter-milk. Fresh fruit. Juice Water Milk Coffee/Tea	Cold cereal, yogurt, fresh fruit. Juice Water Milk Coffee/Tea	Waffles w/ apple sauce & cinnamon. Juice Water Milk Coffee/Tea	Oatmeal w/ fresh fruit & cinnamon. Juice Water Milk Coffee/Tea	Pancakes w/ butter-syrup. Fresh fruit. Juice Water Milk Coffee/Tea
L u n c h	Spaghetti w/ meatballs & tomato sauce. Fresh veggies. Juice Water Milk Coffee/Tea	Herb baked chicken w/ veggies, & rice. Juice Water Milk Coffee/Tea	Beef stew w/ biscuits. Juice Water Milk Coffee/Tea	Meatloaf w/ mashed potatoes & veggies. Juice Water Milk Coffee/Tea	Baked fish w/ fresh tomatoes, Vegetable & rice. Juice Water Milk Coffee/Tea	Hamburger, oven fries & lettuce. Juice Water Milk Coffee/Tea	Dijon chicken tenders, rice, veggies. Juice Water Milk Coffee/Tea
D i n n e r	Egg salad sandwich, lettuce, cottage cheese w/ fresh fruit Juice Water Milk	Tomato soup, cheese sandwich, fresh fruit. Juice Water Milk Coffee/Tea	Macaroni & cheese, lettuce, fruit salad. Juice Water Milk Coffee/Tea	Ham sandwich w/ oven potato. Fresh fruit. Juice Water Milk Coffee/Tea	Vegetable soup, peanut butter sandwich, cucumber salad. Juice Water Milk Coffee/Tea	Tuna sandwich, cottage cheese & fruit. Juice Water Milk Coffee/Tea	Lentil soup, fresh fruit salad. Juice Water Milk Coffee/Tea

Deserts (rotated):

- Ice cream
- Cookies
- Fresh fruit pie / Pound cake
- Fresh fruits / Jell-O
- Yogurt



Main ingredients List:

- Spaghetti / fresh veggies
- Mixed greens / yogurts /
- Fish / beef stew + ground / Chicken tenders
- Sausages / Tomato soup
- Oven fries / Waffles / Tuna / Macaroni