

**Cathedral Square Independent Living Residents
Spring and Summer Menu week # 4**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
01/16/11	01/17/11	01/18/11	01/19/11	01/20/11	01/21/11	01/22/11
Roast Beef Alt: Chicken and Dumplings Mashed Potatoes Seasonal Vegetable Vanilla Pudding	Chicken Carbonara Alt: Roast Beef meal Rice Pilaf Carrots Fresh Fruit	Alt: Chicken carbonara Goulash Including noodles Beet Salad Cookies	Pork Steaks Roasted root vegetables Rice Peas Alt: Goulash Ice Cream	Meat Loaf Gravy Mashed Potatoes Brussel Sprouts Bread Pudding	Baked Haddock Alt: Meat Loaf meal Brown Rice Swiss Chard Ice Cream	Roasted Ham Scalloped Potatoes Carrots Vanilla Pudding
<i>PLUS Your Choice of Tossed Salad & Dressings</i>	<i>PLUS Your Choice of Tossed Salad & Dressings</i>	<i>PLUS Your Choice of Tossed Salad & Dressings</i>	<i>PLUS Your Choice of Tossed Salad & Dressings</i>	<i>PLUS Your Choice of Tossed Salad & Dressings</i>	<i>PLUS Your Choice of Tossed Salad & Dressings</i>	<i>PLUS Your Choice of Tossed Salad & Dressings</i>

Coffee, Tea, Milk & Juices are offered at every meal
Menu subject to change