



Fountainview Retirement Village

of Fremont

Oct 7- Oct 13, 2018

Sunday 10-07	Monday 10-08	Tuesday 10-09	Wednesday 10-10	Thursday 10-11	Friday 10-12	Saturday 10-13
Breakfast						
Hot or Cold Cereal Choice of Eggs Bacon Toast/Jelly Fruits Juice of Choice Coffee/Tea	Hot or Cold Cereal Pancakes Sausage Links Yogurt Syrup Juice of Choice Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Cinnamon Rolls Fruits/Yogurt Juice of Choice Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sandwich Breakfast Ham Slice Fruits Juice of Choice Coffee/Tea	Choice of Eggs Waffles/Fruit Topping Sausage Links Syrup Juice of Choice Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Toast/Jelly Yogurt Juiceno of Choice Coffee/Tea	Hot or Cold Cereal Cheese Omelet Assorted Donut Fruits Juice of Choice Coffee/Tea
Lunch						
Turkey Pot Roast Mashed & Gravy Carrots Dinner Rolls Apple Pie Coffee/Tea	Goulash Tossed Salad French Bread Peanut Butter Brownies Choice of Dressing Coffee/Tea	Chicken & Biscuits Green Peas Lemon Pies Coffee/Tea	Meatloaf Mashed & Gravy California Blend Corn Bread/Muffins Cookies	Beef Noodle Casserole Green Beans Dinner Rolls Pumpkin Pies Coffee/Tea	Glazed Salmon Garden Rice Tossed Salad/Dressing Fresh Baked Roll Pistachio Pudding Coffee/Tea	Sweet and Sour Pork White Rice Vegetable Blend Wheat Bread Apple Crisp Coffee/Tea
Dinner						
Vegetable Beef Soup Grld Ham & Swiss Sand Sweet Potato Fries Grapes Milk Coffee/Tea	Sausage Gravy over Biscuits Scrambled Eggs Banana Milk Coffee/Tea	Crmd Chipped Beef over Toast Fried Potatoes Three Beans Salad Peaches Milk Coffee/Tea	Coney Island Hot Dog Steak Fires Pickles Apricot Milk Coffee/Tea	Ham/Spinach/Quiche Hearty Hashbrowns Jello Milk Coffee/Tea	Tater Tots Casserole Tossed Salad Garlic Toast Warm Apples Choice of Dressing Margarine Coffee/Tea	Turkey Barley Soup Grilled Chicken Breast Sandwich Lettuce/Tomato/Onion Pineapple Tidbits

Menus Subject to Change
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Fountainview Retirement Village

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Oct 14 - Oct 20, 2018

Sunday 10-14	Monday 10-15	Tuesday 10-16	Wednesday 10-17	Thursday 10-18	Friday 10-19	Saturday 10-20
Breakfast						
Hot or Cold Cereal Blueberry Pancakes Breakfast Ham Sliced Syrup Yogurt Juice of Choice Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Sausage Patty Toast/Jelly Yogurt/Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Ham & Cheese Omelet Lemon Bread Fruits Margarine Juice of Choice Coffee/Tea	Hot or Cold Cereal Cinnamon French Tst Patties Yogurt Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Toast/Jelly Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Choice of Eggs Sausage Gravy over Biscuit Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sand Sausage Patty Yogurt Juice of Choice Coffee/Tea
Lunch						
Salisbury Steak/Gravy Whipped Sweet Potato Broccoli Fresh Baked Roll Chocolate Cupcakes Margarine Coffee/Tea	Turkey a la King over Biscuits Peas & Carrots Cinn Maple Apple Cake Coffee/Tea	Sloppy Joes French Fries Creamy Cole Slaw Carrot Cake Margarine Coffee/Tea	Beef Ravioli Mixed Vegetables Garlic Bread Vanilla Pudding Coffee/Tea	BBQ Chicken Thigh Baked Beans Corn Fresh Baked Roll Banana Cake Coffee/Tea	Swedish Meatballs & Noodles Tossed Salad Buttered Breadstick Peach Cobbler Coffee/Tea	Baked Glazed Ham Scalloped Potatoes Green Beans Dinner Rolls Ice Cream Coffee/Tea
Dinner						
Manicotti with Marinara and Parmesan cheese Tossed Salad Garlic Bread Pears Margarine Coffee/Tea	French Toast Sausage Patty Jello Margarine 2% Milk Coffee/Tea	Chicken Cordon Bleu Red Bliss Potatoes Capri Blend Watermelon 2% Milk Coffee/Tea	Cream of Broc Soup Deli Meat Sand Pickled Beets Cookies 2% Milk Coffee/Tea	Waffles/Fruit Topping Scrambled Eggs Sausage Links Cinnamon Applesauce 2% Milk Coffee/Tea	Fish Sandwich Lettuce/Tomato/Onion Steak Fries Fruited Jello 2% Milk Coffee/Tea	Crmd Chippd Beef over Toast California Blend Tropical Fruit Margarine 2% Milk Coffee/Tea

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Fountainview Retirement Village

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Oct 21 - Oct 27, 2018

Sunday 10-21	Monday 10-22	Tuesday 10-23	Wednesday 10-24	Thursday 10-25	Friday 10-26	Saturday 10-27
Breakfast						
Hot or Cold Cereal Cinnamon Rolls Egg Omelet Fruit Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Breakfast Ham Slice Lemon Bread Yogurt Juice of Choice Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Sausage Patty Raisin Toast/Jelly Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Quiche Bacon Toast/Jelly Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Fried Eggs Sausage Patty Blueberry Muffins Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Omelet Bacon Assorted Danish Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Breakfast Casserole Toast/Jelly Yogurt/Fruit Margarine Juice of Choice Coffee/Tea
Lunch						
Bourbon Chicken Thigh Onion Roasted Potatoes Wheat Bread Brussel Sprouts Pumpkin Pies Coffee/Tea	Country Fried Steak Mashed & Gravy Carrots Fresh Baked Roll Angel Food Cake with Fruit Topping Coffee/Tea	Sauerkraut & Sausage Red Skin Potatoes Pickled Beets Weat Bread Peanut Butter Brownies Coffee/Tea	Goulash Tossed Salad Dinner Roll Cherry Cheesecake Margarine Choice of Dressing Coffee/Tea	Chicken Alfredo Broccoli Garlic Bread Peach Crisp Coffee/Tea	Crusted Cod/Pollak Baked Potato Cole Slaw Wheat Bread Pumpkin Spice Bars Coffee/Tea	Beef Enchilada Spanish Rice Refried Beans Pineapple Upside - Down Cake Coffee/Tea
Dinner						
Broccoli Cheese Soup Deli Sandwich Potato Salad Warm Apples 2% Milk Coffee/Tea	Tomato Soup Grilled Cheese Sand Apricot Margarine 2% Milk Coffee/Tea	Pepper Steak Rice Mixed Vegetables Banana 2% Milk Coffee/Tea	Blueberry Pancakes Scrambled Eggs Sausage Links Tomato Juice Pears 2% Milk Coffee/Tea	Stuffed Cabbage Roll Mashed Potatoes with Gravy Watermelon Margarine 2% Milk Coffee/Tea	Macaroni & Cheese with Bacon Stewed Tomatoes Wheat Bread Grapes 2% Milk Coffee/Tea	Sausage & Cabbage Soup Turkey Sub Sand Pickled Beets Tropical Fruits 2% Milk Coffee/Tea

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Fountainview Retirement Village

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Oct 28 - Nov 03, 2018

Sunday 10-28	Monday 10-29	Tuesday 10-30	Wednesday 10-31	Thursday 11-01	Friday 11-02	Saturday 11-03
Breakfast						
Hot or Cold Cereal Egg & Cheese Sandwich Bacon Yogurt Juice of Choice 2% Milk Coffee/Tea	Choice of Eggs Pancakes Sausage Links Syrup Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Sausage Gravy over Biscuit Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Assorted Donut Strawberry Yogurt Juice of Choice Coffee/Tea	Cheese Omelet Turkey Links Raisin Toast/Jelly Yogurt Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Sausage Patty Blueberry Muffin Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Denver Ham Bake Toast/Jelly Yogurt/Fruit Margarine Juice of Choice Coffee/Tea
Lunch						
Swiss Steak Mashed/Gravy Mixed Vegetables Fresh Baked Rolls Strawberry Shortcake Coffee/Tea	Spag Sauce w/ Meat Spaghetti Noodles Green Beans Garlic Bread Pistachio Pudding Coffee/Tea	Chicken Teriyaki Rice Squash Wheat Bread Oatmeal Raisin Cookies Coffee/Tea	Polish Sausage with Green Peppers/Onions Buttered Noodles Dinner Rolls Cream Pies Coffee/Tea	Chicken Rice with Broccoli Casserole Garlic Bread Brownies Coffee/Tea	Pork Roast Mashed & Gravy Capri Blend Dinner Rolls Peanut Butter Pie Coffee/Tea	Beef Noodle Cass Peas & Carrots Wheat Bread Ginger Snap Cookies Coffee/Tea
Dinner						
Chicken Tenders Pasta Salad Sweet Potato Fries Mixed Melons 2% Milk Coffee/Tea	Pork BBQ Sandwich Chips Pickle Peaches 2% Milk Coffee/Tea	Cream of Potato Soup Egg Salad Sandwich Three Bean Salad Berry Applesauce 2% Milk Coffee/Tea	Vegetable Lasagna Tossed Salad Breadsticks Jello 2% Milk Coffee/Tea	Cottage Cheese & Fruit Plates Cheese Pizza Apricot 2% Milk Coffee/Tea	Crmd Chippd Beef over Toast Asparagus Fruited Jello Margarine 2% Milk Coffee/Tea	Waffles/Fruit Topping Srambled Eggs Tomato Juice Mandarine Oranges 2% Milk Coffee/Tea

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Fountainview Retirement Village

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Nov 04 - Nov 10, 2018

Sunday 11-04	Monday 11-05	Tuesday 11-06	Wednesday 11-07	Thursday 11-08	Friday 11-09	Saturday 11-10
Breakfast						
Hot or Cold Cereal Choice of Eggs Sausage Patty Toast/Jelly Yogurt Juice of Choice Coffee/Tea	Pancakes Scrambled Eggs Syrup Fruit Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Fried Eggs Bacon Blueberry Muffin Yogurt/Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Choice of Eggs Sausage Links Lemon Bread Yogurt Juice of Choice Coffee/Tea	Hot or Cold Cereal Cheese Omelet Assorted Danish Yogurt Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Turkey Links Raisin Toast/Jelly Fruit Juice of Choice Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Bacon Banana Muffin Yogurt Juice of Choice Coffee/Tea
Lunch						
Roast Turkey Whipped Sweet Potato Cranberry Salad Fresh Baked Roll Pumpkin Pie Coffee/Tea	Beef Ravioli w/Sauce Mixed Vegetables Garlic Bread Carrot Cake Coffee/Tea	Chicken a la King over Biscuit Tossed Salad Choice of Dressings Angel Food Cake with Fruit Topping Coffee/Tea	Salmon Patty w/ Sauce Boiled Red Skin Potato Capri Blend Wheat Bread Peanut Butter Brownie Coffee/Tea	Lasagna Green Beans Garlic Bread Apple Pie Coffee/Tea	Baked Glazed Ham Mashed/Gravy Squash Dinner Rolls Chocolate Pudding Coffee/Tea	Country Fried Steak Sweet Potato Blended Vegetables Fresh Baked Rolls Pumpkin Mousse Coffee/Tea
Dinner						
Beef Vegetable Soup Bologna& Cheese Sand Chips Cinn. Applesauce 2% Milk Coffee/Tea	BBQ Meatballs French Fries Pickled Beets Grapes 2% Milk Coffee/Tea	Ham & Cheese Quiche Mixed Vegetables Wheat Bread Warm Apple 2% Milk Coffee/Tea	French Toast Sausage Patty Syrup Ginger Snap Cookie 2% Milk Coffee/Tea	Chicken Tenders Sweet Potato Fries Pasta Salad Tropical Fruit Salad Margarine 2% Milk Coffee/Tea	Fish Sandwich Cole Slaw Mandarin Oranges 2% Milk Coffee/Tea	Ham Loaf Mashed/Gravy Broccoli Fruited Jello 2% Milk Coffee/Tea

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