



Autumn Years at Ojai - Menu By Monica Lowe M.S., R.D.

Week: 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted 100% Juice Scrambled Eggs Bacon Toast Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice Hot Cereal Fruit Yogurt Coffee/Tea Milk	Assorted 100% Juice Omelet with Ham Toast Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice French Toast Sausage Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice Hard Boiled Egg Bacon Hashbrowns Muffin Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice Scrambled Eggs Tomato Toast Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice OatMeal Yogurt Muffin Breakfast Fruits Coffee/Tea Milk
L U N C H	Lemon Pepper White Fish Tarter Sauce Garlic Red Potatoes Vegetables Bread Dessert Juice Coffee/Tea Water	BBQ Meat Balls Rice Tossed Green Salad Dessert Juice Coffee/Tea Water	Chef's Special Chicken Rice Pilaf Vegetables Bread Dessert Juice Coffee/Tea Water	Beef & Cheese Lasagna Spinach Salad Garlic Bread Dessert Juice Coffee/Tea Water	Cheese Tortellini Salad Green Beans Bread Dessert Juice Coffee/Tea Water	Beef & Cheese Enchilada Beans Salad Dessert Juice Coffee/Tea Water	Breaded Red Snapper Rice Pilaf Vegetables Dessert Juice Coffee/Tea Water
D I N N E R	Spinach Quiche Fruit Muffin Milk Coffee/Tea	Grilled Ham & Cheese Potato Salad Pickels Milk Coffee/Tea	Pizza Bake Vegetables Tossed Salad Bread Milk Coffee/Tea	Tuna Melt Sliced Tomato Garbonzo Bean Salad Milk Coffee/Tea	Baked Chicken Legs Baked Potato Fruit Milk Coffee/Tea	Open Faced Turkey Sandwich / W Gravy Split Pea Soup Fruit Dessert Milk Coffee/Tea	Spagetti Tossed Salad Small dinner roll Dessert Milk Coffee/Tea
Fresh Fruits and Vegetables will be served in season when available							



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week 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted 100% Juice Scrambled Eggs Bacon Toast Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice Hot Cereal Fruit Yogurt Coffee/Tea Milk	Assorted 100% Juice Omelet with Ham Toast Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice French Toast Sausage Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice Hard Boiled Egg Bacon Hashbrowns Muffin Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice Scrambled Eggs Tomato Toast Breakfast Fruits Coffee/Tea Milk	Assorted 100% Juice OatMeal Yogurt Muffin Breakfast Fruits Coffee/Tea Milk
L U N C H	Beef Stew Vegetables Corn Bread Dessert Milk Coffee/Tea Juice	Baked Fish of the Day Rice Pilaf Vegetables French Bread Dessert Milk Coffee/Tea Juice	Chicken Stir Fry w/Mixed Vegetables White Rice Dessert Milk Coffee/Tea Juice	Roasted Turkey W/ Gravy Mashed Potatoes Vegetables Bread Dessert Milk Coffee/Tea Juice	Salisbury Steak Baked Potato Green Salad Dessert Milk Coffee/Tea Juice	Bean and Cheese Enchiladas Rice Salad Dessert Milk Coffee/Tea Juice	Tuna Casserole Vegetables of the Day Salad Dessert Milk Coffee/Tea Juice
D I N N E R	BBQ Chicken Legs Scalloped Potatoes Coleslaw Dessert/Fruit Milk Coffee/Tea Juice	Egg Salad Sandwich Tomato Soup Salad Dessert Milk Coffee/Tea Juice	Fettucini Alfredo Tossed Salad Carrots Dessert Milk Coffee/Tea Juice	Broccoli and Cheese Quiche Fruit Muffin Dessert Milk Coffee/Tea Juice	Chili Beans Corn Bread Salad Dessert Milk Coffee/Tea Juice	Grilled Cheese Potato Salad Fruit Pickle Spear Dessert Milk Coffee/Tea Juice	Macaroni and Cheese With Turkey Tossed Salad Mixed Vegetable Dessert Milk Coffee/Tea Juice
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week 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted 100% Juice Scrambled Eggs Bacon Toast Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot Cereal Fruit Yogurt Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Omelet with Ham Toast Milk Coffee/Tea Breakfast fruits	Assorted 100% Juice French Toast Sausage Breakfast Fruits Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hard Boiled Egg Bacon Hashbrowns Muffin Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Scrambled Eggs Tomato Toast Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice OatMeal Yogurt Muffin Milk Coffee/Tea Breakfast Fruits
L U N C H	Oven Fried Chicken Mashed potato W/ Gravy Coleslaw Bread Dessert Milk Coffee/Tea Juice	Soup Tuna Sandwich Fruit Dessert Milk Coffee/Tea Juice	Salisbury Steak Mushroom Gravy Mashed Potato Veggies Dessert Milk Coffee/Tea Juice	Baked Salmon Rice Pilaf Mixed Vegetables Dessert Milk Coffee/Tea Juice	Ground Beef Stroganoff Egg Noodles Vegetables Salad Dessert Milk Coffee/Tea Juice	Chef's Special Dessert Milk Coffee/Tea Juice	Beef & Cheese Enchiladas Rice Salad Dessert Milk Coffee/Tea Juice
D I N N E R	Cheese Burger Spanish Rice Tossed Salad Dessert Milk Coffee/Tea Juice	Meatloaf Sandwich Gravy Mashed Potato Salad Dessert Milk Coffee/Tea Juice	Chicken Pasta Salad Vegetables Salad Dessert Milk Coffee/Tea Juice	Homemade Quiche Fruit Muffin Dessert Milk Coffee/tea Juice	Baked Chicken Legs Potato Salad Veggies Dessert Milk Coffee/Tea Juice	Lasagna Tossed Salad Dinner Roll Dessert Milk Coffee/Tea Juice	Grilled Ham and Cheese Sandwich Carrot Raisin Salad Sliced Tomato Dessert Milk Coffee/Tea Juice
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week 4

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted 100% Juice Scrambled Eggs Bacon Toast Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot Cereal Fruit Yogurt Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Omelet with Ham Toast Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice French Toast Sausage Breakfast Fruits Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hard Boiled Egg Bacon Hashbrowns Muffin Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Scrambled Eggs Tomato Toast Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice OatMeal Yogurt Muffin Milk Coffee/Tea
L U N C H	Teriyaki Chicken Rice Pilaf Vegetables Salad Dessert Milk Coffee/Tea Juice	Beef Pot Pie Salad Veggie Dessert Milk Coffee/Tea Juice	Grilled Catfish Parslied Red Potatoes Salad Dessert Milk Coffee/Tea Juice	Roasted Turkey W/ Gravy Mashed Potatoes Vegetables Salad Dessert Milk Coffee/Tea Juice	Spagetti w/ground Turkey and Sauce Vegetables Garlic Bread Dessert Milk Coffee/Tea Juice	Breaded Red Snapper Rice Pilaf Vegetables Tarter Sauce, Lemon Salad Dessert Milk Coffee/Tea Juice	Salisbury Steak Mashed Potato W/ Gravy Vegetables Bread Dessert Milk Coffee/Tea Juice
D I N N E R	Open Faced Turkey Sadwich Fruit Garbonzo Salad Dessert Milk Coffee/Tea Juice	Fetuccuni Alfredo Tossed Salad Garlic Bread Dessert Milk Coffee/Tea Juice	Sweet & Sour Meatballs White Rice Veggies Dessert Milk Coffee/Tea Juice	Beef Veggie Soup Corn Bread Salad Dessert Milk Coffee/Tea Juice	Grilled Chicken Sandwich Baked Beans Coleslaw Dessert Milk Coffee/Tea Juice	Grilled Turkey & Cheese Sand. Pasta Salad Veggies Dessert Milk Coffee/Tea Juice	Baked Chicken Legs Vegetables Salad Dessert Milk Coffee/Tea
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week 5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted 100% Juice Hot or Cold Cereal Scrambled Eggs Corned Beef Hash Hashbrown Muffin Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Belgian Waffle Syrup/Margarine Bacon Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Scrambled Eggs Mixed with Ham Fruit Danish Hashbrown Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal French Toast Syrup/Margarine sausage Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Fried Eggs Bacon Hashbrown Muffin Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Pancakes Ham Syrup/Margarine Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Cheese Omelet Sausage Hash Brown Milk Coffee/Tea Breakfast Fruits
L U N C H	Swedish Meatballs Egg Noodles Vegetables Roll Dessert Milk Coffee/Tea Juice	Chef's Special Dessert Milk Coffee/Tea Juice	Salisbury Steak Mushroom Gravy Mashed Potatoes Vegetables, Roll Dessert Milk Coffee/Tea Juice	Baked Salmon Hollandaise Sauce Rice Pilaf Vegetables Roll Dessert Milk Coffee/Tea Juice	New York Steak A-1 Sauce Scallop Potatoes Vegetables Roll Dessert Milk Coffee/Tea Juice	Vegetable Lasagna Parmesan Cheese Vegetables Roll Dessert Milk Coffee/Tea Juice	Grilled Sausage with Sauerkraut Mashed Potatoes Vegetables, Roll Mustard Sauce Dessert Milk Coffee/Tea Juice
D I N N E R	Soup and Salad 1/2 French Dip Au Jus Potato Chips Horseradish Sauce Dessert Milk Coffee/Tea Juice	Soup and Salad Chili Relleno Refried Beans Dessert Dessert Milk Coffee/Tea Juice	Soup and Salad Spaghetti Marinara Sauce Vegetables Dessert Milk Coffee/Tea Juice	Soup and Salad Creamed Chicken over biscuits Fruit Dessert Milk Coffee/Tea Juice	Soup and Salad Grilled Turkey and Cheese Coleslaw Fruit Dessert Milk Coffee/Tea Juice	Soup and Salad Crispy Fish Sandwich on a Bun Garbanzo Bean Mix Dessert Milk Coffee/Tea Juice	Soup and Salad Beef Pot Pie Side Gravy Fruit Dessert Milk Coffee/Tea Juice
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week 6

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted 100% Juice Hot or Cold Cereal Scrambled Eggs Bacon Country Gravy Biscuit Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or cold Cereal Waffle Syrup/Margarine Sausage Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Scrambled Eggs Mixed with Ham Fruit Danish Hashbrown Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal French Toast Syrup/Margarine sausage Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Fried Eggs Bacon Hashbrown Muffin Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold cereal Pancakes Sausage Syrup/Margarine Milk Coffee/Tea Breakfast Fruits	Assorted 100% Juice Hot or Cold Cereal Cheese Omelet Hashbrown Grilled ham Milk Coffee/Tea Breakfast Fruits
L U N C H	Liver and Onions Scallop Potatoes Vegetables Roll Dessert Milk Coffee/Tea Juice	Chef's Special Milk Coffee/Tea Juice	Penne Pasta Marinara Sauce with Grilled Sausage Vegetables Garlic Bread Dessert Milk Coffee/Tea Juice	Stuffed Pepper Mashed Potato Vegetables Roll Dessert Milk Coffee/Tea Juice	Sweet and Sour Meatballs White Rice vegetables Roll Dessert Milk Coffee/Tea Juice	Grilled Catfish Parsley Potato Vegetables Tarter Sauce Roll Dessert Milk Coffee/Tea Juice	Teriyaki Beef Fried Rice Vegetables Roll Fortune Cookie Dessert Milk Coffee/Tea Juice
D I N N E R	Soup and Salad 1/2 Patty Melt French Fries Fruit Dessert Milk Coffee/Tea Juice	Soup and Salad Ham and Cheese <i>on a croissant</i> Carrot Raisin salad Dessert Milk Coffee/Tea Juice	Soup and Salad Cheese Burger Potato Salad O/S Lettuce, Tomato Pickle Dessert Milk Coffee/Tea Juice	Soup and Salad Crab Cake Tarter Sauce Lemon Pasta Salad Dessert Milk Coffee/Tea Juice	Soup and Salad 1/2 Tuna Melt Sliced Tomato Garbanzo Bean Salad Dessert Milk Coffee/Tea Juice	Soup and Salad Grilled Cheese Coleslaw Fruit Dessert Milk Coffee/Tea Juice	Soup and Salad French Bread Pepperoni Pizza Fruit Three Bean Salad Dessert Milk Coffee/Tea Juice
Fresh Fruits and Vegetables will be served in season when available							