

WEEK ONE MENU 11/26/23 – 12/2/23



Urbana Place
SENIOR LIVING
A Lifespark Community

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	JUICE OF CHOICE SCRAMBLED EGG CHOICE OF CEREAL BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE CHOICE OF CEREAL FRENCH TOAST / SYRUP SAUSAGE TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE CHEESY SCRAMBLED EGGS CHOICE OF CEREAL BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE WAFFLES WITH SYRUP CHOICE OF CEREAL SAUSAGE TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE SCRAMBLED EGGS W/ VEGGIES CHOICE OF CEREAL DANISH BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE BANANA SPLIT OATMEAL CHOICE OF CEREAL BACON SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE PANCAKES/SYRUP CHOICE OF CEREAL SAUSAGE BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE
NOON	SHEPHERD'S PIE BREADSTICK COOKIE MILK & COFFEE	CUBAN SANDWICH TATER TOTS CREAMY CUCUMBER SALAD MARBLED CHERRY BROWNIE MILK & COFFEE	CHICKEN AND NOODLES BRUSSEL SPROUTS FRESH BAKED BREAD ICE CREAM MILK & COFFEE	COOK'S CHOICE MILK & COFFEE	SWEET AND SOUR PORK RICE BROCCOLI BAKED CUSTARD MILK & COFFEE	STEAK SANDWICH POTATO WEDGES PEAR CRUMBLE MILK & COFFEE	CHICKEN & BISCUIT DICED BEETS SPECIAL K BARS MILK & COFFEE
EVE	ORANGE DIJON TURKEY STUFFING GREEN BEANS DINNER ROLL CAKE ROLL MILK & COFFEE	RAVIOLI BAKE TOSS SALAD / DRESSING GARLIC TOAST TIRAMISU DESSERT MILK & COFFEE	MAPLE BALSAMIC PORK LOIN SWEET POTATOES BROCCOLI & CAULIFLOWER UPSIDE DOWN RASPBERRY CAKE MILK & COFFEE	LONDON BROIL TENDERS MASHED POTATOES ROASTED ASPARAGUS FRUIT CRISP MILK & COFFEE	FRIED CHICKEN PARSLIED CARROTS CHEDDAR CORN CASSEROLE FROSTED CAKE MILK & COFFEE	TAVERN BATTERED POLLOCK FILLETS TARTAR SAUCE BAKED POTATO / MARG / SOUR CREAM CREAMY COLESLAW LEMON MOUSSE MILK & COFFEE	SWISS STEAK GARLIC PARMESAN MASHED POTATOES PEAS FRESH BAKED BREAD CANDY BAR BLONDIE MILK & COFFEE

Menus Approved By: RD Signature: Chelsea P, RD, LD



1:10/01/23, 10/29/23, 11/26/23, 12/24/23, 01/21/24, 02/18/24,
03/17/24, 04/14/24, 05/12/24



Mealtimes: Breakfast 730a-9am Lunch 11:30am-1pm Dinner 430pm-6pm
Choice of: Skim, 2% or Whole Milk at Each Meal Notes: Bread offered at meals and is available upon request

WEEK THREE MENU 11/12/23 – 11/18/23



Urbana Place
SENIOR LIVING
A Lifespark Community

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	JUICE OF CHOICE SCRAMBLED EGG CHOICE OF CEREAL BACON CINNAMON ROLL TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE FRENCH TOAST / SYRUP CHOICE OF CEREAL SAUSAGE TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE CHEESY SCRAMBLED EGGS CHOICE OF CEREAL BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE WAFFLES WITH SYRUP CHOICE OF CEREAL SAUSAGE TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE SCRAMBLED EGGS W/ VEGGIES CHOICE OF CEREAL DANISH BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE BANANA SPLIT OATMEAL CHOICE OF CEREAL BACON SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE PANCAKES/SYRUP CHOICE OF CEREAL SAUSAGE BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE
NOON	MUSHROOM & SWISS BURGER BAKED BEANS FRITOS CORN CHIPS BROWNIE MILK & COFFEE	CHICKEN WILD RICE SOUP CRACKERS HALF TURKEY SANDWICH CARROT & CELERY CAKE ROLL MILK & COFFEE	CLASSIC BEEF STEW TOSS SALAD / DRESSING FRESH BAKED BREAD CRANBERRY RICE KRISPIE BAR MILK & COFFEE	CHICKEN BACON RANCH SANDWICH POTATO WEDGES CREAMY COLESLAW SHERBERT MILK & COFFEE	PULLED PORK SALAD BBQ RANCH DRESSING CORNBREAD BROWNIE PIE MILK & COFFEE	CREAM OF TOMATO SOUP & CRACKERS GRILLED CHEESE SANDWICH TOSS SALAD W/ DRESSING ICE CREAM MILK & COFFEE	GOULASH SEASONAL VEGETABLES GARLIC BREAD COOKIE MILK & COFFEE
EVE	FRIED CHICKEN MASHED POTATOES GRAVY GREEN BEANS BREAD PUDDING MILK & COFFEE	SPAGHETTI W MEATSAUCE PARMESAN ROASTED BROCCOLI GARLIC BREAD CHOCOLATE PEANUT BUTTER QUAKE MILK & COFFEE	GERMAN SKILLET GREEN BEANS BREADSTICK CARAMEL APPLE CHEESECAKE BAR MILK & COFFEE	GARLIC ROASTED PORK SQUASH CORN PUMPKIN BAR/FROSTING MILK & COFFEE	BEEF TIPS W/ GRAVY MASHED POTATOES BRUSSEL SPROUTS W/ CRAISINS DINNER ROLL BROWNIE MILK & COFFEE	GARLIC HERB TILAPIA FILET GARDEN BLEND RICE RIVIERA VEGETABLES CHEDDAR GARLIC BISCUIT LEMON CHEESECAKE BARS MILK & COFFEE	ENCHILADA SHREDDED LETTUCE/TOMATO SOUR CREAM CORN CINNAMON SUGAR BLONDIE MILK & COFFEE

Menus Approved By: RD Signature: Chelsea P, RD, LD



3:10/15/23, 11/12/23, 12/10/23, 01/07/24, 02/04/24, 03/03/24,
03/31/24, 04/28/24



Mealtime's: Breakfast 730a-9am Lunch 11:30am-1pm Dinner 430pm-6pm
Choice of: Skim, 2% or Whole Milk at Each Meal Notes: Bread offered at meals and is available upon request

WEEK FOUR MENU 11/19/23 – 11/25/23



Urbana Place
SENIOR LIVING
A Lifespark Community

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	JUICE OF CHOICE SCRAMBLED EGG CHOICE OF CEREAL BACON CINNAMON ROLL SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE FRENCH TOAST / SYRUP CHOICE OF CEREAL SAUSAGE BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE CHEESY SCRAMBLED EGGS CHOICE OF CEREAL BACON SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE WAFFLES WITH SYRUP CHOICE OF CEREAL SAUSAGE BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE SCRAMBLED EGGS W/ VEGGIES CHOICE OF CEREAL DANISH SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE BANANA SPLIT OATMEAL CHOICE OF CEREAL BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE PANCAKES/SYRUP CHOICE OF CEREAL SAUSAGE TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE
NOON	SMOKED SAUSAGE SAND W/ PEPPERS & ONIONS POTATO CHIPS ICE CREAM MILK & COFFEE	CRAB CAKE WITH RED PEPPER COULIS ON LETTUCE LEAF ROASTED LEMON ASPARAGUS SHERBET MILK & COFFEE	TURKEY TETRAZZINI CARROTS BREAD/MARG PUDDING PARFAIT MILK & COFFEE	TACO SALAD SOUR CREAM SALSA GINGERBREAD CAKE MILK & COFFEE	BAKED SWISS CHICKEN RICE PILAF SEASONAL VEGETABLES CARAMEL APPLE CRISP MILK & COFFEE	CALIFORNIA BURGER ON BUN FRENCH FRIES STRAWBERRY MILKSHAKE DESSERT MILK & COFFEE	CHICKEN CAESAR WRAP PASTA SALAD COOKIE MILK & COFFEE
EVE	SLOW ROASTED BRAISED BEEF MASHED POTATOES GRAVY GREEN BEANS W/ BACON ROLL/MARG FRUIT PIE MILK & COFFEE	CORNED BEEF AND CABBAGE BOILED POTATOES IRISH SODA BREAD MINT CHOCOLATE BROWNIE MILK & COFFEE	CRANBERRY CITRUS CHICKEN STUFFING GRAVY RIVIERA VEGTABLES COFFEE CREAM DESSERT MILK & COFFEE	BBQ RIBS ROASTED SWEET POTATOES PEAS STRAWBERRY CAKE MILK & COFFEE	CLASSIC MEATLOAF MASHED POTATOES ORANGE GLAZED BEETS DINNER ROLL PUMPKIN CRISP MILK & COFFEE	CATCH OF THE DAY BAKED POTATO OVEN ROASTED VEGETABLES DINNER ROLL CLASSIC CHEESECAKE MILK & COFFEE	HAM STEAK AU GRATIN POTATOES BROCCOLI BREAD/MARG CAKE ROLL MILK & COFFEE

Menus Approved By: RD Signature: Chelsea P, RD, LD



4:10/22/23, 11/19/23, 12/17/23, 01/14/23, 02/11/24, 03/10/24,
04/07/24, 05/05/24



Mealtimes: Breakfast 730a-9am Lunch 11:30am-1pm Dinner 430pm-6pm
Choice of: Skim, 2% or Whole Milk at Each Meal Notes: Bread offered at meals and is available upon request

WEEK TWO MENU 12/3/23 – 12/9/23



Urbana Place
SENIOR LIVING
A Lifespark Community

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	JUICE OF CHOICE SCRAMBLED EGG CHOICE OF CEREAL BACON CINNAMON ROLL SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE FRENCH TOAST / SYRUP CHOICE OF CEREAL SAUSAGE BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE CHEESY SCRAMBLED EGGS CHOICE OF CEREAL BACON SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE WAFFLES WITH SYRUP CHOICE OF CEREAL SAUSAGE BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE SCRAMBLED EGGS W/ VEGGIES CHOICE OF CEREAL DANISH SAUSAGE LINK TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE BANANA SPLIT OATMEAL CHOICE OF CEREAL BACON TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE	JUICE OF CHOICE PANCAKES/SYRUP CHOICE OF CEREAL SAUSAGE TOAST MARGARINE/JELLY SEASONAL FRESH FRUIT MILK & COFFEE
NOON	CHILI CHILI FIXINS CORNBREAD BROWNIE MILK & COFFEE	BBQ SLOPPY JOE POTATO CHIPS TOSS SALAD/ DRESSING ICE CREAM MILK & COFFEE	WISCONSIN CHEESE SOUP CRACKERS OPEN FACE TUNA MELT CREAMY CUMBER SALAD COOKIE MILK & COFFEE	CORN CHIP CHICKEN SHREDDED LETTUCE/TOMATO SEASON BLACK BEANS CHURRO MILK & COFFEE	APPLE TURKEY CRANBERRY SALAD W/ DRESSING FRESH BAKED BREAD APPLE CRUMB BAR MILK & COFFEE	PHILLY CHICKEN SANDWICH W/ PEPPERS & ONIONS POTATO WEDGES GREEN BEANS BLACK FOREST PARFAIT MILK & COFFEE	FLATBREAD PIZZA CAESAR SALAD COOKIE MILK & COFFEE
EVE	MALASSES GLAZED HAM AU GRATIN POTATOES BRUSSEL SPROUTS DINNER ROLL FRUIT PIE MILK & COFFEE	GARLIC PARMESAN CHICKEN PASTA WITH MARINARA SAUCE ROASTED LEMON BROCCOLI GARLIC BREAD SALATED CARMEL CRUMB BAR MILK & COFFEE	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BUTTERED PEAS ABROSIA DESSERT MILK & COFFEE	GARLIC ROASTED PORK SQUASH CORN PUMPKIN BAR/FROSTING MILK & COFFEE	SLOW ROASTED BRAISED BEEF ROASTED POTATOES, CARROTS & ONIONS FRESH BAKED BREAD BANANA FOSTER POKE CAKE MILK & COFFEE	PECAN CRUSTED TILAPIA FILET MACARONI AND CHEESE CREAMY COLESLAW LEMON BAR MILK & COFFEE	SALISBURY STEAK W/ MUCHROOM GRAVY BAKED POTATO SEASONAL VEGETABLE DINNER ROLL CHEF'S CHOICE DESSERT MILK & COFFEE

Menus Approved By RD Signature: Chelsea P, RD, LD



2:10/08/23, 11/05/23, 12/03/23, 12/31/23, 01/28/24, 02/25/24,
03/24/24, 04/21/24



Mealtime's: Breakfast 730a-9am Lunch 11:30am-1pm Dinner 430pm-6pm
Choice of: Skim, 2% or Whole Milk at Each Meal Notes: Bread offered at meals and is available upon request