

# ***Ecumen Point Pleasant Heights Menu ~ January 2019***

***Breakfast 7:30-8:30 am Lunch Sat.-Thur. 12:00-1:00 pm Supper Fri. Night 4:30 pm***

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday<br>Supper 4:30 p.m.   | Saturday   |
|--|---|---|--|--|--|--|
|    |    | <b>1</b><br>*Crumb Topped Cod<br>Or<br>*Cranberry Chicken Salad<br><br>Scalloped Potatoes<br>Baked Squash<br><br>Chocolate Pudding<br><br>Soup: Italian Wedding                 | <b>National Cream Puff Day 2</b><br>*Stuffed Green Peppers<br>Or<br>*Turkey Bacon Ranch Wrap<br><br>Roasted Red Potatoes<br>Broccoli<br><br>Cream Puff<br><br>Soup: Cream of Broccoli  | <b>3</b><br>*Shrimp Stir Fry<br>Or<br>*Sloppy Joe<br><br>Steamed White Rice<br>Eggroll<br><br>S'mOreo Rice Krispy<br>Treat<br><br>Soup: Cream of Broccoli          | <b>National Spaghetti Day 4</b><br>*Spaghetti w/ Meat sauce<br>Or<br>*Grilled Turkey & Cheese<br><br>Sweet Potato Tots<br>Green Beans<br><br>Fruited Jello<br><br>Soup: Chicken Noodle | <b>5</b><br>* Grilled Chicken Sandwich<br>Or<br>*BBQ Pork Sandwich<br><br>French Fries<br>Carrot Raisin Salad<br><br>Chocolate Cake<br><br>Soup: Chicken Noodle                |
| <b>6</b><br>*Pot Roast<br>Or<br>* Bowl of Soup & Roll<br><br>Mashed Potatoes &<br>Gravy<br>Peas & Carrots<br><br>Apple Pie Ala mode<br><br>Soup: Navy Bean w/<br>Ham | <b>7</b><br>*Smothered Chicken<br>Or<br>*Chili Dog<br><br>Baked Potato<br>California Veggie<br><br>Tapioca Pudding<br><br>Soup: Navy Bean w/<br>Ham   | <b>8</b><br>*Soft Shell Tacos<br>Or<br>*Chef Salad<br><br>Mexican Rice<br>Corn<br><br>Brownie Ala Mode<br><br>Soup: Vegetable Beef  | <b>9</b><br>*Pork Chops in Mushroom<br>Gravy<br>Or<br>*Grilled Reuben<br><br>Mashed Potatoes<br>Green Beans<br><br>Angel Food Cake<br><br>Soup: Vegetable Beef                         | <b>10</b><br>* Beef Stroganoff<br>Or<br>* Grilled Cheese<br><br>Peas & Pearl Onions<br>French Fries<br><br>Caribbean Coconut<br>Fudge Bar<br><br>Soup: Tomato      | <b>11</b><br>*Battered Fish<br>Or<br>*Sausage Or Pepperoni Pizza<br><br>Sweet Potato Tots<br>Coleslaw<br><br>Blackberry Cobbler<br><br>Soup: Tomato                                    | <b>Saturday Brunch 12</b><br>*Pancakes<br>*Scrambled Eggs<br>*Bacon<br>Fruit Cup<br><br>Caramel Rolls  |
| <b>13</b><br>*BBQ Ribs<br>Or<br>*Bowl of Soup & Roll<br><br>Baked Potato<br>Baby Carrots<br><br>Sour Cream Raisin Pie<br><br>Soup: Potato & Ham<br>Chowder           | <b>14</b><br>*Chicken Lo Mein<br>Or<br>* BLT Sandwich<br><br>Eggroll<br>Tequila Berry Salad<br><br>Bread Pudding<br><br>Soup: Potato & Ham<br>Chowder | <b>Strawberry Ice Cream Day 15</b><br>*Tuna Casserole<br>Or<br>*Taco Salad<br><br>Sautéed Squash<br>Pickled Beets<br><br>Strawberry Ice Cream<br><br>Soup: Tomato<br>Florentine | <b>16</b><br>*Chicken Parmesan Over<br>Linguini<br>Or<br>*Chicken Cordon Blue<br>Sandwich<br><br>Green Beans<br>Onion Rings<br><br>Apple Crisp Ala Mode<br><br>Soup: Tomato Florentine | <b>17</b><br>*Hot Turkey Sandwich<br>Or<br>* Fish Sandwich<br><br>Mashed Potato & Gravy<br>Buttered Corn<br><br>Lemon Bar<br><br>Soup: White Bean<br>Chicken Chili | <b>18</b><br>*Fried Chicken<br>Or<br>*Grilled Bacon, Tomato &<br>Cheddar<br><br>Fried Potato Wedges<br>3- Bean Salad<br><br>7 Layer Bar<br><br>Soup: White Bean Chicken<br>Chili       | <b>19</b><br>*California<br>Cheeseburger<br>Or<br>*Tuna Salad Sandwich<br><br>Tater Tots<br>Pickled Beets<br><br>Pistachio<br>Pudding Parfait<br><br>Soup: Beef Noodle<br>Soup |

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| <p><b>Sunday Brunch</b> 20</p> <p>*Biscuits &amp; Gravy<br/>*Denver Scramble<br/>*Sausage<br/>Fruit Cup</p> <p>Cranberry Orange<br/>Muffins</p>                               | <p>21</p> <p>*BBQ Chicken Legs<br/>Or<br/>*Grilled Ham<br/>&amp; Cheese sandwich</p> <p>Scalloped Potatoes<br/>Peas &amp; Carrots</p> <p>Vanilla Pudding</p> <p>Soup: Chicken &amp;<br/>Dumpling</p> | <p>22</p> <p>*Lasagna w/ Garlic<br/>Toast<br/>Or<br/>*Turkey Cobb Salad</p> <p>Glazed Carrots<br/>Cheesy Cauliflower</p> <p>Scotcharoo Bar</p> <p>Soup: Chicken &amp;<br/>Dumpling</p> | <p>23</p> <p>*Chicken Wild Rice Casserole<br/>Or<br/>*Monte Cristo</p> <p>Onion Rings<br/>Steamed Spinach</p> <p>Honey Bun Cake</p> <p>Soup: Cabbage Soup</p> | <p>24</p> <p>*Salisbury Steak<br/>Or<br/>*Southwest Chicken<br/>Wrap</p> <p>Mashed Potato &amp; Gravy<br/>California Medley</p> <p>Carrot Cake</p> <p>Soup: Cabbage Soup</p> | <p>25</p> <p>*Lemon Pepper Tilapia<br/>Or<br/>*Seafood Salad Croissant</p> <p>Baked Potato<br/>Coleslaw</p> <p>Fudge Jumble Bar</p> <p>Soup: Clam Chowder</p> | <p>26</p> <p>*Chicken Drummies<br/>Or<br/>*Egg Salad Croissant</p> <p>Sweet Potato Fries<br/>Peas &amp; Cheese Salad</p> <p>Rhubarb Crisp<br/>Ala Mode</p> <p>Soup: Clam Chowder</p> |
| <p>27</p> <p>*Country Fried Steak<br/>Or<br/>* Bowl of Soup &amp; Roll</p> <p>*Mashed Potato &amp;<br/>Gravy<br/>Peas</p> <p>*Pecan Pie</p> <p>Soup: Wisconsin<br/>Cheese</p> | <p>28</p> <p>*Chicken Ala King<br/>over Biscuit<br/>Or<br/>*Rodeo Burger</p> <p>Green Beans<br/>Coleslaw</p> <p>Lemon Cake</p> <p>Soup: Wisconsin<br/>Cheese</p>                                     | <p>29</p> <p>*Sweet &amp; Sour<br/>Meatballs<br/>Or<br/>*Southwestern Chicken<br/>Salad</p> <p>Steamed Rice<br/>Broccoli</p> <p>Banana Dessert</p> <p>Soup: Minestrone</p>             | <p>30</p> <p>* Goulash<br/>Or<br/>* Chicken Tenders</p> <p>French Fries<br/>Wax Beans</p> <p>Peach Crisp Ala Mode</p> <p>Soup: Minestrone</p>                 | <p>31</p> <p>*Salmon<br/>Or<br/>*Roast Beef Wrap</p> <p>Rice Pilaf<br/>Broccoloi Bacon Salad</p> <p>Banana Cake</p> <p>Soup: Split Pea w/ Ham</p>                            | <p><b>Kitchen Phone<br/>651-766-4466</b></p>  | <p><b>Menu<br/>Subject To<br/>Change</b></p>   |