

**Fountain View of Lowell
September 2019- Breakfast**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Hot Or Cold Cereal Cheesy Scrambled eggs Bacon Toast</i>	2 <i>Hot Or Cold Cereal Choice Of Eggs Yogurt Toast</i>	3 <i>Hot Or Cold Cereal Scrambled Eggs Breakfast Bread Toast</i>	4 <i>Hot Or Cold Cereal French Toast Sausage Links</i>	5 <i>Hot or Cold Cereal Breakfast Casserole Toast</i>	6 <i>Hot or Cold Cereal Scrambled eggs Yogurt/fruit Toast</i>	7 <i>Hot or Cold Cereal Breakfast quiche Coffeecake Toast</i>
8 <i>Hot or Cold Cereal Cheese Omelet Bacon Toast</i>	9 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>	10 <i>Hot or Cold Cereal Choice of eggs Hash Brown Patty Toast</i>	11 <i>Hot or Cold Cereal Funnel cakes with Fruit Sausage links</i>	12 <i>Hot or Cold Cereal Scrambled eggs Cinnamon Rolls Toast</i>	13 <i>Hot or Cold Cereal Choice of Eggs Yogurt/fruit Toast</i>	14 <i>Hot or Cold Cereal Banana Chocolate Pancake Squares Sausage patties</i>
15 <i>Hot or Cold Cereal Scrambled Eggs Bacon Toast</i>	16 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>	17 <i>Hot or Cold Cereal Scrambled eggs Breakfast Bread Toast</i>	18 <i>Hot or Cold Cereal Pancakes Sausage links</i>	19 <i>Hot or Cold Cereal Breakfast Casserole Toast</i>	20 <i>Hot or Cold Cereal Scrambled eggs Yogurt/fruit Toast</i>	21 <i>Hot or Cold Cereal Choice Of Eggs Sausage Patty Toast</i>
22 <i>Hot or Cold Cereal Egg Frittatas Bacon Toast</i>	23 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>	24 <i>Hot or Cold Cereal Choice of eggs Sausage Links Toast</i>	25 <i>Hot or Cold Cereal Sausage Gravy & Biscuits</i>	26 <i>Hot or Cold Cereal Scrambled eggs Muffins Toast</i>	27 <i>Hot or Cold Cereal Choice Of Eggs Yogurt/fruit Toast</i>	28 <i>Hot or Cold Cereal Choice of eggs Sausage Patty Toast</i>
29 <i>Hot or Cold Cereal Scrambled Eggs Bacon Toast</i>	30 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>					

Menu Is Subject To Change

**Fountain View of Lowell
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Turkey pot Roast Mashed Potatoes Bean Blend Pie</i>	2 <i>Labor Day Chicken Drumstick Macaroni Salad Corn Strawberry Cake</i>	3 <i>Baked Ham Scalloped Potatoes Capri Vegetables Jell-O With Fruit</i>	4 <i>Chicken Taco salad Refried Beans Ice Cream</i>	5 <i>Meatloaf Mashed Potatoes & Gravy Peas Cheesecake</i>	6 <i>Baked fish Rice Pilaf Brussel sprouts Brownie</i>	7 <i>Open Face Hot Pork Sandwich California Blend Strawberry Shortcake</i>
8 <i>Swiss Steak Mashed Potatoes & Gravy Carrots Poor Man's Pie</i>	9 <i>Sweet and sour chicken over rice Cauliflower & cheese Homemade cake</i>	10 <i>Ham Loaf Sweet Potatoes Broccoli Cranberry chill</i>	11 <i>Pork Chops Stuffing & Gravy Baked Apples Ice cream</i>	12 <i>Beef Pot roast Potatoes & Carrots Cookie bar</i>	13 <i>Chicken Fettuccini Alfredo Ambrosia Salad Breadstick Banana pie</i>	14 <i>Spaghetti with meat sauce Tossed salad Garlic roll Angel food cake</i>
15 <i>Baked Turkey Squash Green Beans Cranberries Pie</i>	16 <i>Hamburger Lettuce/tomato Onion/pickle Potato salad Homemade cake</i>	17 <i>Orange Chicken Breast Hash Brown Patty Corn Layered Jell-O</i>	18 <i>Lasagna casserole Spinach Cheesy Biscuit Ice cream</i>	19 <i>Salisbury Steak Potatoes & gravy Yellow Beans Cheese cake</i>	20 <i>Cod Fillet Baked potato Apple salad Layered dessert</i>	21 <i>Beef stew Warm biscuit Fruity lettuce salad Lemon bars</i>
22 <i>Baked ham Scalloped Potatoes Vegetable Blend Pie</i>	23 <i>Chef salad Cheese Bread Homemade cake</i>	24 <i>Baked Chicken Thigh Oven Potatoes Tossed Salad Cookie</i>	25 <i>BBQ Meatballs Oven fried potato California blend Ice cream</i>	26 <i>Country Fried Steak Mashed Potatoes & Gravy Harvard Beets Jell-O</i>	27 <i>Beef Tips Over Noodles Stewed Tomatoes Frosted Brownie</i>	28 <i>Chicken Pot Pie Tossed salad or cottage cheese Fruit Crisp</i>
29 <i>Roast Beef Potatoes & gravy Glazed Carrots Pie</i>	30 <i>Taco Salad Refried Beans Homemade cake</i>					

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**Fountain View of Lowell
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Hamburger Vegetable Soup Cheese & Crackers Caramel Drizzled Custard</i>	2 <i>Mini Corn Dogs Onion Rings Cottage Cheese & Fruit Cookie</i>	3 <i>Chicken Stew Over Biscuit Coleslaw Fruit</i>	4 <i>Hearty Cabbage & Ham Soup Crackers Homemade Slice Bread Brownie</i>	5 <i>Turkey Club Corn Nuggets Pudding Parfaits</i>	6 <i>Ham & Cheese Sandwich Potato chips Pears Cookie</i>	7 <i>Sloppy Joes Tater Tots Pickles Ice Cream</i>
8 <i>Pizza Pasta salad Fruit</i>	9 <i>Bologna & Cheese sandwich Sliced tomato Potato chips Pudding</i>	10 <i>Italian Sausage with peppers and onions Hash brown patty Fruit</i>	11 <i>Tomato soup Crackers Grilled cheese Cookie Bar</i>	12 <i>BBQ Boneless Ribs Twice Baked Potatoes Fruit</i>	13 <i>French Dip Sweet Potato Tots Pickle Cookie</i>	14 <i>Chicken Breast On Bun Tomato/Lettuce Macaroni Salad Ice Cream</i>
15 <i>Tuna Salad Sandwich Tomato/Lettuce Potato chips Fruit</i>	16 <i>Creamy Chicken Rotini Casserole Coleslaw Cookie</i>	17 <i>Chili Cottage Cheese Salad Cornbread Fruit</i>	18 <i>Pigs in Blanket Potato Wedges Cottage Cheese Salad Cupcake</i>	19 <i>Bacon, Lettuce & Tomato Sandwich Potato Wedges Fruit</i>	20 <i>Hot Beef On Bun Cup Of Mushroom & Rice Soup Rice Crispy Treat</i>	21 <i>Chicken Quesadillas Marinated Cucumbers Ice Cream</i>
22 <i>Creamy Broccoli Soup Tossed Salad Roll Fruit</i>	23 <i>Polish Sausage On Bun Oven Potatoes Pudding</i>	24 <i>Chicken Salad On Croissant Cheese & Crackers Fruit</i>	25 <i>Burger Sliders Onion/Pickles Potato Salad Cookie Bars</i>	26 <p style="text-align: center;"><u>FAMILY</u> <u>RESIDENT</u> <u>PICNIC</u></p>	27 <i>Oven Roasted Brats On Bun Zucchini Sticks Pickle Spear Cupcake</i>	28 <i>Hotdog On Bun Potato chip Coleslaw Ice Cream</i>
29 <i>Beef Ravioli Warm Applesauce Snickerdoodles</i>	30 <i>Potato Soup Turkey Sliders Crackers Dessert Bar</i>					

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