

SEPTEMBER 2026 WEEK 1

	MONDAY 08/31	TUESDAY 09/01	WEDNESDAY 09/02	THURSDAY 09/03	FRIDAY 09/04	SATURDAY 09/05	SUNDAY 09/06
BREAKFAST							
CHOICE OF CEREAL	MAIN: CHEDDAR CHEESE OMELET	MAIN: PANCAKES	MAIN: APPLE STUDEL	MAIN: FRENCH TOAST	MAIN: SCRAMBLED EGGS W/ CHEESE	MAIN: EGG BITES W/ BACON, CHEESE, HASHBROWNS	MAIN: DANISH PASTRY
CHOICE OF BEVERAGE	SIDE: TOAST	SIDE: SAUSAGE LINKS	SIDE: FRIED EGGS	SIDE: BACON	SIDE: TOAST	SIDE: CINNAMON BURST	SIDE: FRIED EGGS
LUNCH							
MAIN/ENTREE STARCH/SIDE VEGETABLE DESSERT	MINI BEEF CORN DOGS SEASONED WAFFLE FRIES MAC & CHEESE BITES VEGETABLES FUNNEL CAKES	COUNTRY FRIED STEAKS MASHED POTATO W/ COUNTRY GRAVY VEGETABLES CREAM PIE	CREAM OF MUSHROOM CHICKEN BREAST ROASTED POTATOES VEGETABLES CAKE	ORANGE CHICKEN W/ STEAMED RICE VEGETABLE EGG ROLLS VEGETABLES SMORES PUDDING PARFAIT	CATCH OF THE DAY GARDEN BLEND RICE VEGETABLES POPSICLES	SWISS STEAKS MASHED POTATOES VEGETABLES CHEESECAKE W/ BLUEBERRY SAUCE	BBQ CHICKEN THIGH MAC & CHEESE VEGETABLES BARS
DINNER							
MAIN/ENTREE STARCH/SIDE VEGETABLE DESSERT- FRUIT	BEER BRATS ON A BUN BAKED BEANS POTATO CHIPS APPLE SLICES	GRILLED CHICKEN SANDWICH ON A BUN SEASONED FRIES APRICOTS	BURGER W/ LETTUCE & TOMATO PASTA SALAD SEASONAL FRUIT	SWEDISH MEATBALLS W/ PASTA VEGETABLES GARLIC TOAST GRAPES	CHICKEN SALAD ON A CROISSANT 3 BEAN SALAD FRUIT COCKTAIL	TATER TOT HOT DISH VEGETABLES PEARS	BEEF TACO SALAD LETTUCE, TOM, CHEESE, SOUR CREAM, 3 COLOR TORTILLA STRIPS PINEAPPLES

SEPTEMBER 2026 WEEK 2

	MONDAY 09/07	TUESDAY 09/08	WEDNESDAY 09/09	THURSDAY 09/10	FRIDAY 09/11	SATURDAY 09/12	SUNDAY 09/13
BREAKFAST							
CHOICE OF CEREAL	MAIN: SCRAMBLED EGGS	MAIN: PANCAKES	MAIN: CINNAMON RAISIN TOAST	MAIN: WAFFLES	MAIN: CHEESE OMELET	MAIN: FRENCH TOAST	MAIN: DONUTS
CHOICE OF BEVERAGE	SIDE: MINI MUFFINS BACON	SIDE: SAUSAGE LINKS	SIDE: FRIED EGGS BANANA	SIDE: BACON	SIDE: TOAST	SIDE: SAUSAGE LINKS	SIDE: SCRAMBLE PATTY
LUNCH							
MAIN/ENTREE STARCH/SIDE VEGETABLE DESSERT	BBQ BONELESS PORK RIBS ASIAN SLAW SEASONED FRIES POPSICLES	KIELBASA MAC & CHEESE BITES VEGETABLES FUDGE BROWNIE	SPAGHETTI & MEATBALLS GARLIC TOAST VEGETABLES BARS	SALISBURY STEAK MASHED POTATO W/ GRAVY CORN COOKIES	CATCH OF THE DAY LEMON WEDGE POTATO WEDGES VEGETABLES VANILLA CREAM PUFF	PANKO CRUSTED CHICKEN BREAST W/ MARINARA SAUCE ROASTED POTATO VEGETABLES ICE CREAM	ROASTED TURKEY MASHED POTATOES W/ GRAVY VEGETABLES PEACH COBBLER
DINNER							
MAIN/ENTREE STARCH/SIDE VEGETABLE DESSERT- FRUIT	ALL BEEF HOT DOG ON A BUN POTATO SALAD CHIPS PEARS	CHICKEN KIEV WILD RICE BLEND VEGETABLES PEACHES	TUNA SALAD SANDWICH W/ LETTUCE & TOMATO FRIES VEGETABLES SEASONAL FRUIT	RANCH TURKEY CLUB SALAD DINNER ROLLS WATERMELON	ROAST BEEF SANDWICH CHICKEN NOODLE SOUP FRUIT COCKTAIL	CHICKEN ALFREDO GARLIC TOAST VEGETABLES APRICOTS	CHICKEN TACO BOWL CHEESE, LETTUCE, DICED TOMATO, SOUR CREAM CILANTRO LIME RICE TROPICAL FRUIT



EMERALD CREST

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SEPTEMBER 2026 WEEK 3

	MONDAY 09/14	TUESDAY 09/15	WEDNESDAY 09/16	THURSDAY 09/17	FRIDAY 09/18	SATURDAY 09/19	SUNDAY 09/20
BREAKFAST							
CHOICE OF CEREAL	MAIN: BREAKFAST EGG ROLL W/ HOLLANDISE SAUCE	MAIN: EGG& CHEESE CROISSANT	MAIN: WAFFLES	MAIN: PANCAKES	MAIN: FRENCH TOAST	MAIN: FRIED EGGS	MAIN: CINNAMON ROLL
CHOICE OF BEVERAGE	SIDE: MINI MUFFINS	SIDE: BACON	SIDE: SAUSAGE LINKS	SIDE: BACON	SIDE: SAUSAGE LINKS	SIDE: CINNAMON BURST TOAST	SIDE: SCRAMBLED EGGS
LUNCH							
MAIN/ENTREE	CHICKEN TENDERS	APPLEWOOD SMOKED PORK LOIN W/ SWEET & SOUR SAUCE	CORDON BLUE	MEATLOAF	CHEESEBURGER	CHICKEN PARM	BRAISED PORK ROAST
STARCH/SIDE	MAC & CHEESE	ROASTED POTATO	WILD RICE PILAF	MASH POTATO W/ GRAVY	CASSEROLE DINNER ROLLS	CASSEROLE GARLIC TOAST	BAKED POTATO W/ SOUR CREAM
VEGETABLE	VEGETABLES	ASIAN SLAW	VEGETABLES	DINNER ROLL	VEGETABLES CAKE	VEGETABLES BAR	VEGETABLES
DESSERT	CREAM PIE	ICE CREAM BAR	CHEESECAKE	COOKIE			SHERBERT
DINNER							
MAIN/ENTREE	HAM & SWISS	SEAFOOD	COLD TURKEY	CHICKEN	2 CHEESE	SHRIMP BEER	GREEK SALAD
STARCH/SIDE	SANDWICH	SALAD SERVED ON A BED OF LETTUCE	SANDWICH	PESTO PENNE	GRILLED	BATTER	W/ CHICKEN
VEGETABLE	MINSTRONE	PICKLED BEETS	BROCCOLI SOUP	VEGETABLES	CHEESE BASIL	ALASKAN	MINI GARLIC
DESSERT-	SOUP	TROPICAL	VEGETABLES	GARLIC TOAST	TOMATO SOUP	WHITE ALE	CHEDDAR
FRUIT	CRACKERS PINEAPPLE	FRUIT	SEASONAL FRESH FRUIT	GRAPES	CRACKERS PEARS	POTATO WEDGE VEGETABLES APRICOTS	BISCUIT PEACHES



EMERALD CREST

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SEPTEMBER 2026 WEEK 4

	MONDAY 09/21	TUESDAY 09/22	WEDNESDAY 09/23	THURSDAY 09/24	FRIDAY 09/25	SATURDAY 09/26	SUNDAY 09/27
BREAKFAST							
CHOICE OF CEREAL	MAIN: FRENCH TOAST STICKS	MAIN: WAFFLE STICKS	MAIN: BACON & CHEESE EGG BAKE	MAIN: PANCAKES	MAIN: MINI FRUIT MUFFIN	MAIN: DENVER SCRAMBLE	MAIN: HAM, CHEESE, & VEGETABLE FRITTATA
CHOICE OF BEVERAGE	SIDE: FRIED EGGS	SIDE: BACON	SIDE: SAUSAGE LINK	SIDE: BACON	SIDE: SAUSAGE LINK SCRAMBLE PATTY	SIDE: CINNAMON BURST TOAST	SIDE: TOAST
LUNCH							
MAIN/ENTREE	BBQ MEATBALLS	CREAMY CHICKEN	ROAST BEEF	CHICKEN ALA KING	SALMON PATTY ON A BUN W/ GARLIC AOLI	CHICKEN FRIED RICE	CHICKEN TENDERS W/ HONEY
STARCH/SIDE	MAC & CHEESE	PASTA SALAD	MASHED POTATOES W/ GRAVY	MINI GARLIC CHEDDAR BISCUITS	ROASTED POTATO	VEGETABLE EGG ROLLS	MUSTARD SHOESTRING FRIES
VEGETABLE	VEGETABLES	GARLIC TOAST	VEGETABLES BARS	VEGETABLES	VEGETABLES	VEGETABLES	FRIES
DESSERT	POPSICLES	BROWNIE		ICE CREAM BAR	COOKIES	CARMEL CHEESE CAKE	CAKE
DINNER							
MAIN/ENTREE	BONELESS CHICKEN WINGS W/ BBQ & HONEY MUSTARD SAUCE	HAM & SWISS SANDWICH LOADED	CHEESY HASH BROWNS W/ DICED HAM	CHICKEN CHOW MEIN	TURKEY CRANBERRY SALAD ON A CROISSANT	SLOPPY JOE ON A BUN	PEPPERONI PIZZA
STARCH/SIDE	FRIES	POTATO SOUP	VEGETABLES	OVER WHITE RICE	VEGETABLE	POTATO WEDGES	GARDEN SALAD W/ DRESSING
VEGETABLE	VEGETABLES	VEGETABLES	DINNER ROLL	W/ CRISPY NOODLES	BEEF BARLEY SOUP	VEGETABLES	SALAD W/ DRESSING
DESSERT- FRUIT	MANDARIN ORANGES	FRUIT COCKTAIL	MIXED MELONS	GRAPES	PEARS	APPLE SAUCE W/ CINNAMON	GARLIC TOAST PEACHES



EMERALD CREST

memory care a ministry of cassia*

SEPTEMBER 2026 WEEK 5

	MONDAY 09/28	TUESDAY 09/29	WEDNESDAY 09/30	THURSDAY 10/01	FRIDAY 10/02	SATURDAY 10/03	SUNDAY 10/04
BREAKFAST							
CHOICE OF CEREAL	MAIN: CHEDDAR CHEESE OMELET	MAIN: PANCAKES	MAIN: APPLE STUDEL	MAIN: FRENCH TOAST	MAIN: SCRAMBLED EGGS W/ CHEESE	MAIN: EGG BITES W/ BACON, CHEESE, HASHBROWNS	MAIN: DANISH PASTRY
CHOICE OF BEVERAGE	SIDE: TOAST	SIDE: SAUS AGE LINKS	SIDE: FRIED EGGS	SIDE: BACON	SIDE: TOAST	SIDE: CINNAMON BURST	SIDE: FRIED EGGS
LUNCH							
MAIN/ENTREE STARCH/SIDE VEGETABLE DESSERT	SWEDISH MEATBALLS W/ PASTA VEGETABLES GARLIC TOAST ICE CREAM SANDWICH	COUNTRY FRIED STEAKS MASHED POTATO W/ COUNTRY GRAVY VEGETABLES CREAM PIE	CREAM OF MUSHROOM CHICKEN BREAST ROASTED POTATOES VEGETABLES CAKE	ORANGE CHICKEN W/ STEAMED RICE VEGETABLE EGG ROLLS VEGETABLES SMORES PUDDING PARFAIT	CATCH OF THE DAY GARDEN BLEND RICE VEGETABLES RAINBOW SHERBERT	SALISBURY STEAK MASHED POTATO W/ GRAVY VEGETABLES COOKIES	BBQ CHICKEN THIGH MAC & CHEESE VEGETABLES BARS
DINNER							
MAIN/ENTREE STARCH/SIDE VEGETABLE DESSERT- FRUIT	BEER BRATS ON A BUN BAKED BEANS POTATO CHIPS TROPICAL FRUIT	GRILLED CHICKEN SANDWICH ON A BUN W/ LET & TOM VEGETABLES WAFFLE FRIES PEACHES	BURGER W/ LETTUCE & TOMATO POTATO SALAD GRAPES	MINI BEEF CORN DOGS FRIES VEGETABLES CANTALOPE	CHICKEN SALAD ON A CROISSANT 3 BEAN SALAD FRUIT COCKTAIL	TATER TOT HOT DISH VEGETABLES PEARS	BEEF TACO SALAD LETTUCE, TOM, CHEESE, SOUR CREAM, 3 COLOR TORTILLA STRIPS PINEAPPLES