

COMPANY NAME SAMPLE MENU #1

Day	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Corn flakes or Cheerios – 8 oz Fruit – 4 oz Toast w/Jelly – 1 oz Milk, Coffee, Juice; Water – 8oz.	Cheese/ crackers – 3.5 oz Milk, Juice; Water – 8 oz	Hamburger on Bun - 1 oz Fries, lettuce, tomato, and pickles – small plate Fruit – 8 oz Tea, Milk, or Juice - 8 oz	Vanilla Yogurt - 8 oz	Chicken – 4 oz. Vegetables – 4 oz, Rolls – 1 oz Milk, Coffee, Juice; Water – cup & Ice Cream
Tuesday	Raisin Bran or Cheerios – 8 oz Muffins – 3.5 oz Fruit – ½ cup Milk, Coffee, Juice; Water – 8 oz.	Banana Bread – 3.5 oz Milk, Juice; Water – 8 oz.	Chicken Soup – bowl – 16 oz Crackers – 4 each Fruit –8 oz Tea, Milk, or Juice - 8 oz	Apple and Orange Slices – 6 each – 4 oz	Steak 4 oz. & Potatoes, 4 oz. Salad – 4 oz. Roll , Custard – 4 oz. Milk, Coffee, Juice or Water – 8 oz.
Wednesday	Eggs and Cheese Toast – 1 slice, egg and one slice bread Fruit 4 oz Milk, Coffee, Juice; Water - 8 oz	Chocolate or Vanilla Pudding - 4 oz	Turkey and Cheese Sandwich w/Lettuce, Tomatoes; Pickles Wheat Bread, Chips Jello – 4 oz Tea, Milk, or Juice - 8 oz	Yogurt or Apple Sauce – 8 oz.	Beef Stew – 8 oz. Corn Bread – 1 oz. Fresh Fruit – 4 oz. Milk, Coffee, Juice or Water - 8 oz

(Pack of Four Menus are for Monday – Sunday; includes snacks, three daily meals, and beverages)

Get More Information:

For additional information on getting licensed as a care home or non-medical home care provider in your state contact the office of Care Enterprise, LLC **Call: 770-966-5236**, **Email: contact@careenterprisellc.com**, or **Website: www.careenterprisellc.com**.