



Abbot Senior Living
Zanesville's Most Affordable Senior Living

Sample Meal Plan

Breakfast: 7:30

Lunch: 12:00

Dinner: 4:30

* Alternate Menu Available w/ One Hour Notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Choice of Cereal						
Eggs - Your Way						
Bacon or Sausage						
Toast						
LUNCH						
Roast Beef						
Mashed Potatoes w/ Gravy						
Brussel Sprouts						
Dinner Roll						
Cherry Pie						
DINNER						
Chili w/ Cheese						
Peanut Butter Sandwich						
Celery/Carrot Sticks						
Novelty Ice Cream Item						
*Juice, Coffee, Tea, Milk & Lemonade available at all meals						



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Choice of Cereal						
Pancakes						
Eggs - Your Way						
Bacon or Sausage						
Toast						
LUNCH						
Bratwurst						
Pasta Salad						
Fruit Cup						
Chocolate Cake						
DINNER						
Sausage Gravy Over Biscuits						
Green Peas						
Lemons Bars						
*Juice, Coffee, Tea, Milk & Lemonade available at all meals						



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BREAKFAST						
Choice of Cereal						
Oats						
Eggs - Your Way						
Bacon or Sausage						
Toast						
LUNCH						
Ham/Green Beans/ Potatoes						
Fresh Homemade Bread						
Peaches						
Peppermint Cookies						
DINNER						
Grilled Cheese Sandwich						
Tomato Soup						
Conn's Chips						
Peanut Butter No-Bakes						
*Juice, Coffee, Tea, Milk & Lemonade available at all meals						



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BREAKFAST						
Choice of Cereal						
Waffles						
Eggs - Your Way						
Bacon or Sausage						
Toast						
LUNCH						
Spaghetti & Meatballs						
Garlic Bread						
Garden Salad						
Biscotti w/ Coffe						
DINNER						
BBQ Pork Sandwich						
Baked Beans						
Cole Slaw						
Cheesecake Squares						
*Juice, Coffee, Tea, Milk & Lemonade available at all meals						



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BREAKFAST						
Choice of Cereal						
French Toast						
Eggs - Your Way						
Bacon or Sausage						
Toast						
LUNCH						
Baked Tilapia						
Rice Pilaf						
Carrots						
7-Up Salad						
DINNER						
Tossed Salad						
Pizza						
Fudge Brownies						
*Juice, Coffee, Tea, Milk & Lemonade available at all meals						



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Choice of Cereal						
Cheese Omelet w/ Hash Browns						
Eggs - Your Way						
Bacon or Sausage						
Toast						
LUNCH						
Overstuffed Cabbage Rolls						
Fresh Bread / Butter						
Cottage Cheese						
Pineapple Upside-Down Cake						
DINNER						
Chicker Salad on Croissant						
Banana Nut Bread						
Fresh Fruit						
*Juice, Coffee, Tea, Milk & Lemonade available at all meals						



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Choice of Cereal						
Eggs - Your Way						
Bacon or Sausage						
Toast						
LUNCH						
Baked Chicken						
Dressing						
Broccoli w/ Cheese						
Banana Pudding						
DINNER						
Hamburger						
French Fries						
Tomato / Cucumbers						
Strawberry Brownie						
*Juice, Coffee, Tea, Milk & Lemonade available at all meals						