



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						



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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						



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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						



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