MONICA'S COMFORT MEALS & CARE

4-WEEK ROTATING • 7-DAY CLIENT MEAL PLAN

WEEK 1 | Breakfast • Lunch • Hot Dinner • Snack

Day	Breakfast	Lunch	Hot Dinner	Snack
Monday	Pancakes, turkey sausage & cinnamon apples	Cheese chicken & rice bake & bread roll	Homestyle chicken stew, white rice & red beans	Mixed fruit & whole-grain muffin
Tuesday	Cheese omelet, breakfast potatoes & turkey sausage	Chicken quesadilla & black beans	Beef meatloaf, mashed potatoes & corn	Applesauce & graham crackers
Wednesday	French toast, scrambled egg patty & maple sausage	BBQ chicken slider & baked beans	Baked chicken with brown gravy, yellow rice & green beans	Banana slices & whole-grain crackers
Thursday	Spinach & cheese egg bites, breakfast potatoes & English muffin	Turkey meatball slider & apple sauce cup	Salisbury Steak, roast potatoes, carrots	Pineapple & cheese cubes
Friday	Blueberry pancakes, turkey sausage & egg bites	Beef enchilada & spanish rice	Roast turkey with gravy, rice pilaf & sweet peas	Fruit & Whole- grain crackers
Saturday	Breakfast casserole with egg, potato, cheese & maple sausage	Turkey taco roll-up & red beans	Shepherd's pie & green beans	Apples & peanut butter
Sunday	French toast sticks, turkey sausage & cinnamon peaches	Chicken & cheese pinwheels & fruit cup (outside tray)	Baked BBQ chicken thighs, White rice & mixed vegetables	Graham crackers & apple sauce

FREEZER & DELIVERY NOTE: Menu redesigned for weekly meal preparation. Breakfasts and hot meals emphasize items that freeze and reheat well. Light lunches use baked/reheatable wraps, sliders, quesadillas, pinwheels and meal cups rather than lettuce-based salads or delicate cold sandwiches.

DIETARY REQUESTS: Please notify us of food allergies, dislikes, texture needs, or requests for meals prepared without added salt. Some ingredients may naturally contain sodium. Menu items may change based on availability.

MONICA'S COMFORT MEALS & CARE

4-WEEK ROTATING • 7-DAY CLIENT MEAL PLAN

WEEK 2 | Breakfast • Light Lunch • Hot Dinner • Snack

Day	Breakfast	Lunch	Hot Dinner	Snack
Monday	Cheese omelet, breakfast potatoes & turkey sausage	Cheesy chicken & rice bake & mixed vegetables	Turkey meatloaf, mashed potatoes & corn	Juice & peanut butter crackers
Tuesday	Pancakes, egg bites & maple sausage	BBQ Chicken slider & baked beans	Chicken fajita bowl with yellow rice & black beans	Peaches & graham crackers
Wednesday	French toast, scrambled egg patty & cinnamon apples	Italian Turkey meatball slider & apple sauce cup	Shepherd's Pie & green beans	Applesauce & whole grain muffins
Thursday	Broccoli & cheese egg bites, breakfast potatoes & tator tots	Chicken broccoli rice bake & fruit cup	Chicken pot pie & double corn	Cheese Stick & Whole-grain crackers
Friday	Breakfast sandwich with egg, cheese & maple sausage	Chicken & cheese pinwheels & mixed fruit cup	Beef spaghetti, broccoli & bread roll	Pita bread & hummus
Saturday	Blueberry pancakes, turkey sausage & egg bites	Turkey quesadilla & black beans	Pulled pork, red beans & white Rice	Fruit cup & cheese crackers
Sunday	French toast casserole & maple sausage	Beef enchilada & Spanish rice	Salisbury Steak with Onion Gravy, mashed potatoes & green Beans	Whole-grain crackers & peanut butter

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MONICA'S COMFORT MEALS & CARE

4-WEEK ROTATING • 7-DAY CLIENT MEAL PLAN

WEEK 3 | Breakfast • Light Lunch • Hot Dinner • Snack

Day	Breakfast	Lunch	Hot Dinner	Snack
Monday	Pancakes, turkey sausage & cinnamon peaches	Cheesy chicken & rice bake w/ mixed vegetables	Turkey meatballs w/ marinara sauce, mashed potatoes & carrots	Pineapple & Goldfish crackers
Tuesday	Western-style omelet, breakfast potatoes & English muffin	Chicken quesadilla wedges, corn	Baked chicken with brown gravy, yellow rice & California blend vegetables	Apple slices & peanut butter
Wednesday	French toast sticks, egg bites & maple sausage	BBQ chicken slider, baked beans	Baked BBQ chicken thighs, roasted potatoes & green beans	Banana slices & muffins
Thursday	Breakfast casserole with egg, potato, cheese & turkey sausage	Turkey tacos roll up & red beans	Ground Beef Chili, yellow rice & corn	Cubed Cheese & graham crackers
Friday	Blueberry pancakes, scrambled egg patty & maple sausage	Turkey meatball slider & peach fruit cup	Chicken Alfredo, double broccoli	Fruit cup & wholegrain-crackers
Saturday	Cheese omelet, breakfast potatoes & turkey sausage	Chicken & cheese pinwheels & tater tots	Beef meatloaf, mashed potatoes & green beans	Whole-grain muffin & fruit cups
Sunday	French toast casserole & egg bites	Chicken broccoli rice bake & roll	Shepherd's pie & California blend vegetables	Goldfish crackers & Fruit Cups

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MONICA'S COMFORT MEALS & CARE

4-WEEK ROTATING • 7-DAY CLIENT MEAL PLAN

WEEK 4 | Breakfast • Light Lunch • Hot Dinner • Snack

Day	Breakfast	Lunch	Hot Dinner	Snack
Monday	French toast, turkey sausage & cinnamon apples	Beef enchilada & Spanish ice	Homestyle chicken stew, yellow rice & black beans	Pineapple & whole-grain crackers
Tuesday	Spinach & cheese egg bites, breakfast potatoes & English muffin	Chicken quesadilla, black beans & peaches	Roast turkey with gravy, roasted potatoes & green beans	Banana slices & whole-grain crackers
Wednesday	Pancakes, scrambled egg patty & turkey sausage	BBQ chicken slider, corn & baked beans	BBQ baked chicken thighs, mashed potatoes & carrots	Fruit cup & whole-grain crackers
Thursday	Cheese omelet, breakfast potatoes & turkey sausage	Turkey meatball sub slider & apple sauce cup	Cheesey chicken & rice bake, & mixed vegetables	Applesauce & whole-grain crackers
Friday	Breakfast sandwich with egg, cheese & turkey sausage	Cheesy chicken & rice bake & roll	Chicken tetrazzini, pasta & California blend	Fruit cup, & whole-grain muffin
Saturday	Blueberry pancakes, egg bites & turkey sausage	Turkey taco roll-up, red beans & peaches	Beef spaghetti, green beans & carrots	Fruit cup & cheese crackers
Sunday	French toast casserole & turkey sausage	Chicken & cheese baked pinwheels & roll	Baked chicken with gravy, mashed potatoes & mixed vegetables	Whole-grain crackers & peanut butter

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