

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 & green beans	Whole-grain muffin w/ mixed fruit cup
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	Oat bites & banana slices
Thursday	Spinach & cheese egg bites, breakfast potatoes & English muffin	Turkey meatball slider & apple sauce cup	Salisbury Steak, roast potatoes, carrots	Whole-grain crackers & cheese
Friday	Blueberry pancakes, turkey sausage & egg bites	Beef enchilada & spanish rice	Roast turkey with gravy, rice pilaf & sweet peas	Sliced pineapples & cheese cubes
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	Oat bites & bananas
Tuesday	Pancakes, egg bites & maple sausage	BBQ Chicken slider & baked beans	Chicken fajita bowl with yellow rice & black beans	Whole grain muffins & fruit cups
Wednesday	French toast, scrambled egg patty & cinnamon apples	Italian Turkey meatball slider & apple sauce cup	Beef & mash potatoes bake & green beans	Club crackers & cheddar cheese
Thursday	Broccoli & cheese egg bites, breakfast potatoes & tator tots	Chicken broccoli rice bake & fruit cup	Chicken pot pie & double corn	Cheese crackers & fruit cup
Friday	Breakfast sandwich with egg, cheese & maple sausage	Chicken & cheese pinwheels & mixed fruit cup	Beef spaghetti, broccoli & bread roll	Apple sauce & whole grain crackers
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

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 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	Goldfish crackers & Fruit Cups
Tuesday	Western-style omelet, breakfast potatoes & English muffin	Chicken quesadilla wedges, corn	Baked chicken with brown gravy, yellow rice & California blend vegetables	Graham crackers & unsweetened apple sauce
Wednesday	French toast sticks, egg bites & maple sausage	BBQ chicken slider, baked beans	Baked BBQ chicken thighs, roasted potatoes & green beans	Oat bites & 100% apple juice
Thursday	Breakfast casserole with egg, potato, cheese & turkey sausage	Turkey tacos roll up & red beans	Ground Beef Chili, yellow rice & corn	Whole-grain crackers & cheese sticks
Friday	Blueberry pancakes, scrambled egg patty & maple sausage	Turkey meatball slider & peach fruit cup	Chicken Alfredo, double broccoli	Oat bites & bananas
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

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 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	Oat bites & bananas
Tuesday	Spinach & cheese egg bites, breakfast potatoes & English muffin	Chicken quesadilla, black beans & peaches	Roast turkey with gravy, roasted potatoes & green beans	Whole grain muffins & fruit cups
Wednesday	Pancakes, scrambled egg patty & turkey sausage	BBQ chicken slider, corn & baked beans	BBQ baked chicken thighs, mashed potatoes & carrots	Club crackers & cheddar cheese
Thursday	Cheese omelet, breakfast potatoes & turkey sausage	Turkey meatball sub slider & apple sauce cup	Creamy chicken & rice bake, & mixed vegetables	Cheese crackers & fruit cup
Friday	Breakfast sandwich with egg, cheese & turkey sausage	Cheesy chicken & rice bake & roll	Chicken tetrazzini, pasta & California blend	Apple sauce & whole grain crackers
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

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.