Week 1 Summer Menu for
June 1st-7th / July 6th-12th / August 10th-16th, 2026

Vista Del Sol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cream Of Wheat Assorted Cold Cereal **Belgian Waffles** Fruit Topping Maple Syrup Crisp Bacon Milk Pineapple Juice	Malt-O-Meal Assorted Cold Cereal **Denver Scramble** Potato Wedge Toast/Jelly Milk Orange Juice	Farina Assorted Cold Cereal **Fried Egg** Fruit or Cheese Danish Hash Browns Milk Apple Juice	Oatmeal Assorted Cold Cereal **Cinnamon French Toast** Bacon Strawberry Garnish Milk Cranberry Juice	Cream Of Rice Assorted Cold Cereal **Scrambled Eggs** Sausage Link Orange Slices Milk Pineapple Juice	Ralston Assorted Cold Cereal **Pancakes** Fruit Topping Bacon Milk Orange Juice	Malt-O-Meal Assorted Cold Cereal **Fried Egg** Sausage Patty Rosemary Red Country Potatoes Milk Apple Juice
Snack	Crackers & Cheese	Fig Newtons	Orange Segments	Shortbread Cookies	Strawberry Mousse	Sliced Cantelope	Popcorn
Lunch	Green Salad **Roast Beef w/gravy** Mashed Potatoes Green Beans Wheat Roll Banana Pudding Milk Assorted Beverages	Tomato Cucumber Salad **Taco Tuesday** Spanish Rice Pico de Gallo Refried Beans Yellow Cake w/ Chocolate Frosting Milk Assorted Beverages	Caesar Salad **Roasted Turkey W/ Gravy** Ranch Whipped Potatoes Broccoli Florets Bread Roll Pumpkin Pie Milk Assorted Beverages	Waldorf Salad **Breaded Pork Loin W/ Gravy** Garlic Mashed Yams Peas Dinner Roll Fruit Cocktail Cake Milk Assorted Beverages	Carrot Raisin Salad **Oven Baked Catfish** Tarter Sauce / Lemon Wedge Scalloped Potatoes Green Beans Bread Pudding Milk Assorted Beverages	Caesar Salad **Cheese Manicotti W/ Marinara Sauce** Broccoli Garlic Bread Éclair Milk Assorted Beverages	Cole Slaw **Oven Baked Chicken** Carrots and Celery Roasted Red Potatoes Bread Coconut Cream Pie Milk Assorted Beverages
Dinner	Cream of Broccoli Soup **Cranberry Turkey Salad on Croissant** Potato Salad Fruit Wedge Blueberry Muffin Milk Assorted Beverages	Beef Barley Soup **B.L.T. Sandwich** Tater Puffs Pickle Spear Fresh Fruit Milk Assorted Beverages	Cream of Celery Soup **Vegetable Quiche** Cantaloupe Slice Spinach Salad Chocolate Chip Cookies Milk Assorted Beverages	Corn Chowder Soup **Beef Fajitas** w/peppers and onions on Flour Tortilla Pinto Beans Churros Milk Assorted Beverages	Vegetable Soup **Grilled Turkey Reuben on Rye w/Swiss cheese** Tater Tots Pickle Spear Peach Crumble Milk Assorted Beverages	Tomato Soup **Salisbury Steak W/ Mushroom Gravy** Mashed Potatoes Yellow Squash Ice Cream Milk Assorted Beverages	Cream of Mushroom Soup w/Crackers **Egg Salad Sandwich on Wheat** Cucumber & Dill Salad Fruit Jello Milk Assorted Beverages
Diabetic Snack Bev.	5 vanilla Wafers 4oz. Milk	1 oz. Cheese 6 Low Salt Crackers Water	4 Graham Crackers 4oz. Milk	1/2 Peanut Butter & S.F. Jelly Sandwich Apple Juice	6 Low Salt Crackers 1oz. Cheese Water	5 Vanilla Wafers 4oz. Milk	4 Graham Crackers 4oz. Milk

Protein: At least 15 grams or approx. 4oz. Per meal, with daily totals exceeding 46 grams
Vegetables: At least two servings, with 1/2 the plate or approx. 6oz. during lunch/dinner.
Calories: Approximately 550 - 650 Kcal per meal (based on a 1600 Kcal/day target).
Sodium: Daily intake should be 2300 mg.
Fluid Milk: 8 fluid ounces. Almond or Soy milk
Fruits/Vegetables: Approximately 1/2 cup or 4oz. Per day

Dining Room	Breakfast	Lunch	Dinner
2nd	7:15	11:15	4:30
1-1	7:30	11:30	4:15
3rd	7:45	11:45	4:45
1-2	8:00	12:15	5:00
(Tray Service)	8:30	12:30	5:30
Snacks	10:30	2:30	7:00

Week 2 Summer Menu for
June 8th-14th / July 13th-19th / August 17th-23rd, 2026

Vista Del Sol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Farina Assorted Cold Cereal **Ham & Cheese Omelet** O'Brien Potatoes Melon Wedge Milk Orange Juice	Oatmeal Assorted Cold Cereal **Scrambled Egg** Biscuit/Jelly Milk Pineapple Juice	Cream of Wheat Assorted Cold Cereal **French Toast w/Syrup** Crisp Bacon Milk Cranberry Juice	Oatmeal Assorted Cold Cereal **Fried Eggs** Hash Browns Milk Orange Juice	Ralston Assorted Cold Cereal **Pancakes** Sausage Pattie Milk Apple Juice	Oatmeal Assorted Cold Cereal **Scrambled Egg** Toast & Jelly Milk Pineapple Juice	Cream of Wheat Assorted Cold Cereal **Fried Eggs** Biscuit Milk Orange Juice
Lunch	Tomato Salad **Grilled Tuna Melt on Sourdough w/Swiss** Tater Puffs Pickle Spear Peach Crisp w/whipped cream Milk Assorted Beverages	Caesar Salad **Southern Fried Chicken** Corn on the Cob Baked Beans Bread roll Watermelon Milk Assorted Beverages	Green Salad **Orange Chicken** White Rice Egg Roll Lemon or Blueberry Oatmeal Bar Milk Assorted Beverages	Cole Slaw **Hot Dog on a bun** Sweet Potato fries Pickle Spear Strawberry Shortcake Milk Assorted Beverages	Cucumber Salad **Baked Fish** Cous Cous Zucchini Corn Bread Muffin Cheesecake w/Berries Milk Assorted Beverages	Green Salad **Pork Roast with Apple Sauce** Steamed Rice Broccoli w/ Cheese Sauce Dinner Roll Vanilla Ice Cream Milk Assorted Beverages	Caesar Salad **Meaty Lasagna** Vegetable Medley Garlic Bread Tapioca Pudding Milk Assorted Beverages
Dinner	Tomato Soup **Tri Tip w/gravy** Roasted Red Potatoes Broccoli Dinner Roll Marble Cake Milk Assorted Beverages	Turkey Noodle Soup w/Crackers **Cheese Ravioli** Italian Vegetables Garlic Bread Neapolitan Ice Cream Milk Assorted Beverages	Minestrone Soup **Hawaiian Pizza** Spinach Salad Chocolate Pudding Milk Assorted Beverages	Beef Barley Soup **Country Fried Chicken** Mashed Potatoes Green Beans Rocky Road Brownie Milk Assorted Beverages	Potato Soup **Cheeseburger** Shoestring Fries Pickle Pineapple Upside-down Cake Milk Assorted Beverages	Split Pea Soup **Chicken Salad on Croissant** Pasta Salad Fresh Fruit Wedge Pudding Parfait w/whip cream Milk Ice Cream Dinner Roll	Navy Bean Soup w/Crackers **Grilled Bacon & Swiss w/Tomato on Sourdough** Corn Chips Carrot Salad Chocolate Chip Cookies Milk Assorted Beverages
Diabetic Snack Bev.	6 Low Salt Crackers 1oz. Cheese Water	Oatmeal Cookie 4oz. Milk	4 Graham Crackers 4oz. Milk	1/2 Peanut Butter & S.F. Jelly Sandwich Apple Juice	4 Graham Crackers 4oz. Milk	6 Low Salt Crackers 1oz. Cheese Water	4 Graham Crackers 4oz. Milk

Protein: At least 15 grams or approx. 4oz. Per meal, with daily totals exceeding 46 grams
Vegetables: At least two servings, with 1/2 the plate or approx. 6oz. during lunch/dinner.
Calories: Approximately 550 - 650 Kcal per meal (based on a 1600 Kcal/day target).
Sodium: Daily intake should be 2300 mg.
Fluid Milk: 8 fluid ounces. Almond or Soy milk
Fruits/Vegetables: Approximately 1/2 cup or 4oz. Per day

Dining Room	Breakfast	Lunch	Dinner
2nd	7:15	11:15	4:30
1-1	7:30	11:30	4:15
3rd	7:45	11:45	4:45
1-2	8:00	12:15	5:00
(Tray Service)	8:30	12:30	5:30
Snacks	10:30	2:30	7:00

Week 3 Summer Menu for
June 15th-21st / July 20th-26th / August 24th-30th, 2026

Vista Del Sol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Malt-O-Meal Assorted Cold Cereal **French Toast/Syrup** Bacon Milk Pineapple Juice	Ralston Assorted Cold Cereal **Western Scramble** O'Brien Potatoes English Muffin Milk Prune Juice	Oatmeal Assorted Cold Cereal **Omelet** Bacon Danish Milk Orange Juice	Cream Of Rice Assorted Cold Cereal **Pancake/Syrup** Sausage Link Milk Cinnamon Applesauce	Farina Assorted Cold Cereal **Fried Egg** Crisp Bacon Milk Cranberry Cocktail	Oatmeal Assorted Cold Cereal **Scrambled Eggs w/Salsa** Hash Browns Danish Milk Apple Juice	Cream Of Rice Assorted Cold Cereal **Belgian Waffles** Apple Topping Bacon Milk Pinapple Juice
Lunch	Green Salad **Oven Roasted Chicken** Capri Vegetables Red Potatoes Baked Apple Slices Milk Assorted Beverages	Beet Salad **Fish Sandwich** Sweet Potato Fries Cole Slaw Chocolate Ice Cream Milk Assorted Beverages	Cucumber Salad **Corned Beef w/ Mustard Sauce** Oven Roasted Potatoes Cabbage & Carrots Bread Butterscotch Squares Milk Assorted Beverages	Tossed Salad **Chicken Fried Chicken with Country Gravy** Mashed Potato Corn Cob Roll Fresh Fruit Milk Assorted Beverages	Carrot Raisin Salad **Baked Filet of Fish w/Lemon** Au Gratin Potatoes Tuscany Vegetables Dinner Roll Strawberry Shortcake Milk Assorted Beverages	Oriental Salad **Baked Ham** Sweet Potatoes Seasoned Broccoli Peach Crisp w/whipped cream Milk Assorted Beverages	Waldorf Salad **BBQ Brisket of Beef** Baked Beans Corn Dinner roll Chocolate Pudding Milk Assorted Beverages
Dinner	Vegetable Soup **Sloppy Joe on a Bun** Steak Fries Tropical Fruit Chocolate Brownie Milk Assorted Beverages	Lentil Soup **Roast Turkey w/ Gravy** Mashed Potatoes Almond Green Beans Roll Citrus Fruit Cup Milk Assorted Beverages	Cream of Mushroom Soup **Baked Penne Pasta w/Sausage** Italian Vegetables Parmesan Garlic Bread Lemon Cake w/Frosting Milk Assorted Beverages	Tomato Rice Soup with Crackers **Pork Loin/Gravy** Oriental Vegetables Mashed Potatoes Bread Peanut Butter Bar Milk Assorted Beverages	Chicken Vegetable Soup **Beef Tips & Noodles** Seasoned Carrots Dinner Roll Fruited Gelatin Milk Assorted Beverages	Corn Chowder Soup **Turkey Meatloaf with gravy** Roasted Red Potatoes Carrot Coins Bread Ice Cream Milk Assorted Beverages	Homemade Bean Soup with Crackers **Tuna Salad Sandwich on Wheat** Potato Puffs Pickle Spear Blushed Pears Milk Assorted Beverages
Snack	Apple Juice & Grahams	Milk & Crackers	Pinapple Juice & Cookie	Orange Juice & Grahams	Milk & Grahams	Orange Juice & Crackers	Orange Juice & Grahams
Diabetic Snack Bev.	6 Low Salt Crackers 1oz. Cheese Water	2 Cookies 4oz. Milk	4 Graham Crackers 4oz. Milk	2 Diabetic Cookies 4oz. Milk	4 Graham Crackers 4oz. Milk	6 Low Salt Crackers 1oz. Cheese Water	4 Graham Crackers 4oz. Milk

Protein: At least 15 grams or approx. 4oz. Per meal, with daily totals exceeding 46 grams
Vegetables: At least two servings, with 1/2 the plate or approx. 6oz. during lunch/dinner.
Calories: Approximately 550 - 650 Kcal per meal (based on a 1600 Kcal/day target).
Sodium: Daily intake should be 2300 mg.
Fluid Milk: 8 fluid ounces. Almond or Soy milk
Fruits/Vegetables: Approximately 1/2 cup or 4oz. Per day

Dining Room	Breakfast	Lunch	Dinner
2nd	7:15	11:15	4:30
1-1	7:30	11:30	4:15
3rd	7:45	11:45	4:45
1-2	8:00	12:15	5:00
(Tray Service)	8:30	12:30	5:30
Snacks	10:30	2:30	7:00

Week 4 Summer Menu for
May 18th-24th / June 22nd-28th / July 27th-August 2nd, 2026

Vista Del Sol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oatmeal Assorted Cold Cereal **Huevos Rancheros** Refried Beans Milk Orange Juice	Ralston Assorted Cold Cereal **Pancake Square/Syrup** Crisp Bacon Milk Prune juice	Oatmeal Assorted Cold Cereal **Ham, Egg, Cheese Bite** Hash Brown Milk Apple Juice	Malt-O-Meal Assorted Cold Cereal **Orange French Toast** Syrup Bacon Milk Cranberry Juice	Cream Of Wheat Assorted Cold Cereal **Spinach, Mushroom & Cheese Scramble** Potato Pancake Banana Nut Muffin Milk Pineapple Juice	Oatmeal Assorted Cold Cereal **Scrambled Eggs** Toast/Jelly Sausage Link Milk Apple Juice	Cream Of Wheat Assorted Cold Cereal **Biscuits and Gravy** Scrambled Eggs O'Brien Potatoes Milk Pineapple Juice
Lunch	Green Salad **Roast Turkey w/Gravy** Sweet Potatoes Green Beans Dinner Roll Pecan Pie Milk Assorted Beverages	Cucumber Salad **Barbeque Ribs** Cauliflower Corn Parkerhouse Roll Pineapple Upside Down Cake Milk Assorted Beverages	Beet Salad **Parmesan Crusted Chicken** White Rice Creamed Spinach w/Mushrooms Boston Cream Pie Milk Assorted Beverages	Green Salad **Roast Beef w/Gravy** Oven Roasted Potatoes Seasoned Zucchini Bread Apple Crisp Milk Assorted Beverages	Tomato Salad **Baked Fish Filet** Tater Tots Peas 'n' Onions Bread Zucchini bread Milk Assorted Beverages	Orange Pineapple Salad **Smothered Chicken Breast** Cous Cous Sauteed Vegetables Bread Fresh Fruit Milk Assorted Beverages	Green Salad **Roasted Pork w/ Giblet gravy** Mashed Potatoes Capri Vegetables Dinner Roll Coconut Cream Pie Milk Assorted Beverages
Dinner	Cream of Celery Soup **Macaroni and Cheese w/Ham** Green Peas & Pearl Onions Wheat Roll Fresh Fruit Milk Assorted Beverages	Corn Chowder **Margherita Pizza** Spinach Salad Bigneit Milk Assorted Beverages	Split Pea Soup **Penne Pasta Bolognaise** Broccoli Angel fruit roll Milk Assorted Beverages	Vegetable Soup **Grilled Cheese** Steak Fries Pickle Ice Cream Milk Assorted Beverages	Egg Drop Soup **Beef Teriyaki** Fried Rice Oriental Vegetables Almond Cookie Milk Assorted Beverages	Cream of Broccoli Soup **Salisbury Steak with Gravy** Baked Potato Vegetable Normandy Bread Roll Brownies Milk Ice Cream	Chicken Noodle Soup with Crackers **Vegetable Lasagne** Garlic Bread Chocolate Pudding Milk Assorted Beverages
Snack	Milk & Wafers	Pinapple Juice & Crackers	Apple Juice & Cookies	Milk & Wafers	Orange Juice & Crackers	Jello	Milk & Wafers
Diabetic Snack Bev.	2 Cookies 4oz. Milk	6 Low Salt Crackers 1oz. Cheese Water	1/2 Peanut Butter & S.F. Jelly Sandwich Apple Juice	2 Diabetic Cookies 4oz. Milk	6 Low Salt Crackers 1oz. Cheese Water	4 Graham Crackers 4oz. Milk	1/2 Sandwich 4oz. Milk

Protein: At least 15 grams or approx. 4oz. Per meal, with daily totals exceeding 46 grams
Vegetables: At least two servings, with 1/2 the plate or approx. 6oz. during lunch/dinner.
Calories: Approximately 550 - 650 Kcal per meal (based on a 1600 Kcal/day target).
Sodium: Daily intake should be 2300 mg.
Fluid Milk: 8 fluid ounces. Almond or Soy milk
Fruits/Vegetables: Approximately 1/2 cup or 4oz. Per day

Dining Room	Breakfast	Lunch	Dinner
2nd	7:15	11:15	4:30
1-1	7:30	11:30	4:15
3rd	7:45	11:45	4:45
1-2	8:00	12:15	5:00
(Tray Service)	8:30	12:30	5:30
Snacks	10:30	2:30	7:00

Week 5 Summer Menu for
May 25th-31st / July 29th-July 5th / August 3rd-9th, 2026

Vista Del Sol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oatmeal Assorted Cold Cereal **Belgian Waffles** Strawberry Topping Bacon Milk Cranberry Juice	Cream of Wheat Assorted Cold Cereal **Fried Eggs** Toast & Jelly Milk Orange Juice	Farina Assorted Cold Cereal **Omelet** Toast/Jelly Hash Browns Milk Pineapple Juice	Oatmeal Assorted Cold Cereal **Pancakes/Syrup** Sausage Link Garnish Milk Orange Juice	Cream Of Rice Assorted Cold Cereal **Scrambled Egg & Ham** Danish Milk Apple Juice	Farina Assorted Cold Cereal **Spanish Omelet** Fried Potatoes Bacon Milk Orange Juice	Oatmeal Assorted Cold Cereal **Fried Egg** Blueberry Coffee Cake Milk Orange Juice
Lunch	Apple Salad **BBQ Chicken** Baked Beans Corn on the Cob Wheat Roll Peanut Butter Cookie Milk Assorted Beverages	Coleslaw **Breaded Pork Cutlet** Augratin Potatoes Mixed Vegetables Dinner Roll Coconut Cake Milk Assorted Beverages	Green Salad **Meatloaf with Gravy** Mashed Potatoes Summer Squash Dinner Roll Fresh Fruit Cup Milk Assorted Beverages	Iceberg Salad **Stuffed Shells w/ Marinara Sauce** Scandinavian Vegetables Garlic Bread Peach Pie Milk Assorted Beverages	Summer Pear Salad **Baked Catfish** Potato Wedges Yellow Squash Bran Muffin Butterscotch Square Milk Assorted Beverages	Three Bean Salad **Hawaiian Pizza** Caesar Salad Assorted Ice Cream Milk Assorted Beverages	Green Salad **Pork Loin** Mashed Potatoes Creamed Spinach Dinner Roll Cheesecake Milk Assorted Beverages
Dinner	Chicken Noodle **BLT on Wheat Toast** Shoestring Fries Fruited Gelatin Milk Assorted Beverages	Lentil Soup **Turkey Burger w/Cheese** Sweet Potato Fries Pickle Spear Mint Chocolate Chip Ice Cream Milk Assorted Beverages	Vegetable Soup **Chicken Ranch Sandwich on Roll** Pickle spear Steak Fries Chocolate Mousse Milk Assorted Beverages	Cream of Tomato Soup **Grilled Ham & Cheese w/Tomato** Fried potato wafers Pickle wedge German Chocolate Cake Milk Assorted Beverages	Navy Bean Soup **Chicken Stir Fry** Steamed Rice Egg Roll Banana Pudding Milk Assorted Beverages	Corn Chowder **Turkey Loaf w/Gravy** Smashed Yams Green Beans Dinner Roll White Cake w/Chocolate Frosting Milk Assorted Beverages	Vegetable Soup w/Crackers **Hot Dog** Tater Puffs Cole Slaw Carrot Cake Milk Assorted Beverages
Snack	Apple Juice with Crackers	Fruit Punch & Grahams	Milk & Wafers	Orange Juice & Grahams	Milk & Wafers	Apple Juice & Graham	Apple Juice & Graham Crackers
Diabetic Snack Bev.	6 Low Salt Crackers 1oz. Cheese Water	4 Graham Crackers 4oz. Milk	2 Diabetic Cookies 4oz. Milk	6 Low Salt Crackers 1oz. Cheese Water	4 Graham Crackers 4oz. Milk	1/2 Sandwich 4oz. Milk	2 Plain or Diabetic Cookies 4oz. Milk

Protein: At least 15 grams or approx. 4oz. Per meal, with daily totals exceeding 46 grams
Vegetables: At least two servings, with 1/2 the plate or approx. 6oz. during lunch/dinner.
Calories: Approximately 550 - 650 Kcal per meal (based on a 1600 Kcal/day target).
Sodium: Daily intake should be 2300 mg.
Fluid Milk: 8 fluid ounces. Almond or Soy milk
Fruits/Vegetables: Approximately 1/2 cup or 4oz. Per day

Dining Room	Breakfast	Lunch	Dinner
2nd	7:15	11:15	4:30
1-1	7:30	11:30	4:15
3rd	7:45	11:45	4:45
1-2	8:00	12:15	5:00
(Tray Service)	8:30	12:30	5:30
Snacks	10:30	2:30	7:00