

JIREH HOMES, LLC
Assisted Living Facility
2086.E Aloe .P
Chandler, Az 85286

REGULAR DIET MENU

Breakfast	Lunch	Dinner	Snack
Scrambled eggs, toast, fresh fruit, tea	Grilled chicken, mashed potatoes, steamed spinach	Beef stew, rice, sautéed vegetables	Yogurt with granola
Oatmeal with honey and bananas, herbal tea	Lentil soup, whole grain bread, side salad	Grilled fish, roasted sweet potatoes	Cheese and crackers
Pancakes with syrup, scrambled eggs, juice	Chicken curry, brown rice, steamed broccoli	Baked tilapia, sautéed green beans	Mixed nuts and dried fruit
Boiled eggs, avocado toast, black coffee	Beef stir-fry, vegetable fried rice	Roasted chicken, mashed potatoes	Fresh fruit salad
French toast, bacon, orange juice	Fish fillet, quinoa, stir-fried vegetables	Spaghetti with meatballs, garlic bread	Peanut butter sandwich
Omelet with cheese and mushrooms, whole wheat toast	Baked chicken, green peas, roasted potatoes	Vegetable stew, rice	Crackers with hummus
Porridge with nuts and raisins, herbal tea	Grilled steak, mashed yams, sautéed greens	Baked salmon, couscous, steamed carrots	Apple slices with peanut butter
Toast with butter and jam, scrambled eggs	Lentil stew, chapati, cucumber salad	Roasted turkey, vegetable rice	Yogurt with fruit
Oatmeal with cinnamon, banana, tea	Beef goulash, mashed potatoes, steamed peas	Pan-seared fish, quinoa, roasted zucchini	Cheese and crackers
Scrambled eggs, toast, fresh fruit, juice	Chicken stew, brown rice, stir-fried spinach	Beef stir-fry, steamed vegetables	Boiled egg with nuts
Pancakes with honey, scrambled eggs, milk	Grilled lamb, mashed potatoes, sautéed beans	Baked fish, couscous, roasted peppers	Handful of mixed nuts
Omelet with tomatoes, whole wheat toast, coffee	Chicken curry, vegetable rice, steamed greens	Beef stew, chapati, carrot salad	Yogurt with granola
French toast, sausage, fresh juice	Grilled fish, mashed sweet potatoes, green beans	Chicken soup, whole grain bread	Cheese and grapes

Note: This menu is designed to offer a balanced diet with fresh, nutritious ingredients to meet the dietary needs of all residents. Meals are carefully planned to provide variety and ensure optimal health and well-being.