



weekly menu

October 5-11

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Western Egg Scramble, Blueberry Muffin	Scrambled Eggs, Turkey Sausage Links, Fried Potatoes	Blueberry Pancake	Cheese Strata, Breakfast Ham, Biscuit	French Toast, Turkey Sausage Patty	Egg & Ham Bake, O'Brien Potatoes	Cheesy Scrambled Eggs, Bacon, Home Fries
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Turkey Shepherd Pie, Baby Lima Beans *	Liver & Onions, Whipped Potatoes, Sliced Carrots *	Cheese Lasagna, Seasoned Green Beans *	Lemon Pepper Baked Fish, Buttered Orzo, Pepper, Tomato Blend Vegetables *	Meatloaf, Scalloped Potatoes, Garlic Broccoli *	Cheese Ravioli, Zucchini & Tomatoes *	Southern Fried Chicken, Cheesy Grits, Herb Roasted Carrots *
	Herb Crusted Whiting, Rice Pilaf	Pork Loin w/Mushroom Fricassee	Chicken Coq Au Vin	Lemon Oregano Baked Chicken	Chicken Fried Rice	Turkey Pot Roast, Barley Risotto	Pork Stew w/Parsnips and Bacon
Dessert	Iced Chocolate Cake	Chocolate Marshmallow Brownie Parfait	Carrot Cake	Brownie	Applesauce Cake	Lemon Bar	Frosted Banana Cake
DINNER							
Soup	Beef Noodle Soup	Chicken Noodle Soup	Lentil & Kale Soup	Navy Bean Soup	Vegetable Soup	Garden Vegetable Soup	Split Pea Soup
Entrées	Cranberry Chicken Sandwich, Rosemary Roasted Potato Wedges *	Turkey & Swiss Melt, Chow Chow *	Beef Chili, Southern Succotash, Cornbread *	Turkey Burger on a Bun, Roasted Sweet Potato Wedges, Pineapple Coleslaw *	Bacon Grilled Cheese, Seasoned Peas *	Salisbury Steak, Garlic Smashed Red Bliss Potatoes, Sauteed Onions and Peppers *	Tuna Melt on Wheat, Oven Roasted Brussels Sprouts *
	Spinach & Tomato Frittata, Cauliflower, Pea and Onion Salad	Cottage Cheese and Fruit Plate	Cheese & Pork Quesadilla, Brown Rice	Vegetable Quiche	Baked Pollock Sandwich	Spinach & Swiss Quiche	Baked Ziti
Dessert	Cinnamon Pears	Mandarin Oranges	Apple & Oat Crisp	Winter Fruit Salad	Fruited Jell-o	Spiced Peaches	Pineapple Chunks



weekly menu

October 12 - 18

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Western Egg Scramble, Hashbrowns w/Onion	Scrambled Eggs, Turkey Sausage Links, Blueberry Muffin	Blueberry Pancake, Sausage Link	Cheese Strata, Biscuit	Pancake, Turkey Sausage Patty	Egg & Ham Bake, O'Brien Potatoes, Apple Muffin	Cheesy Scrambled Eggs, Bacon
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Salisbury Steak, Roasted Potato Wedges, Peas & Carrots *	Beef Top Round w/Garlic Sauce, Fried Rice, Sauteed Cabbage *	Open Face Turkey Sandwich, Sauteed Spinach *	Ginger Apple Pork Roast, Baked Sweet Potato, Steamed Corn *	Pork Burgundy, Seasoned Green Beans, *	Fish Provencal, Brown Rice Pilaf, Sauteed Broccoli *	Herb Baked Chicken Quarter, Red Potatoes, Roasted Beets *
	Smothered Chicken Thigh	BBQ Pork	Tortellini Primavera	Baked Fish Vera Cruz	Linguine w/Clam Sauce	Beef Stuffed Pepper	Crab Cake
Dessert	Blueberry Buckle	Lemon Poppyseed Cake	Chocolate Chip Cookie	Peach Cobbler Cake	Iced Brownie	Banana & Oranges	Iced Chocolate Cake
DINNER							
Soup	Tomato Florentine	Navy Bean Soup	Garden Vegetable Soup	Ham & Black Bean Soup	Tortilla Soup	Pinto Bean Soup	Split Pea Soup
Entrées	Roasted Pork Loin, Spanish Rice, Stewed Pinto Beans *	Seafood Salad, French Fries *	Chicken Cheesesteak, Sauteed Mushroom & Onion *	Roast Beef & Cheddar Melt, Potato Salad, Cilantro Coleslaw *	Beef Macaroni Casserole, Buttered Carrots *	Pork and Rice Casserole, Corn Salad *	Turkey Sloppy Joe, Sweet Potato Fries, Creamy Coleslaw *
	Tortellini Primavera	Chicken Pot Pie w/Biscuit, Lemon Broccoli	Tuna & White Bean Casserole	Shrimp Quesadilla	Chicken Fajita, Refried Beans	Black Bean Burger on a Bun, Marinated Cucumber	Vegetable Frittata
Dessert	Sliced Pears	Scalloped Apples	Mandarin Oranges	Pineapple Chunks	Winter Fruit Salad	Spice Cake	Cantaloupe



weekly menu

October 19 - 25

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Western Egg Scramble, Hashbrowns w/Onion	Scrambled Eggs, Turkey Sausage Links, Blueberry Muffin	Blueberry Pancake, Sausage Link	Poached Egg, Breakfast Ham, O'Brien Potatoes	French Toast, Turkey Sausage Patty	Egg & Ham Bake, Sausage Patty	Cheesy Scrambled Eggs, Bacon
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Swedish Meatballs, Whipped Potatoes, Parmesan Lima Beans * Glazed Ham	Sesame Chicken, White Rice, Sauteed Cabbage * Rosemary Pork Loin	Stuffed Shells, Garlic Bread, Steamed Broccoli * Turkey Fricassee, Orzo	Brunswick Stew, Vegetable Brown Rice, Roasted Turnips * Crab Cake, Creamy Coleslaw	Smother Chicken Thigh, Baked Sweet Potato, Roasted Cauliflower * Pepper Steak, Brown Rice	Sausage Kielbasa, Pierogies w/Onion, Cabbage & Carrot Stew * White Bean, Broccoli Pasta	Turkey a la King, Sauteed Spinach * Leek & Swiss Quiche
Dessert	Snickerdoodle Cookie	Frosted Coconut Cake	Brownie	Pineapple Chunks	Oatmeal Raisin Cookie	Iced Yellow Cake	Cherry Cake
DINNER							
Soup	Vegetable Garden Soup	Ginger Carrot Soup	Vegetable Garden Soup	Black Bean Soup	Tomato Basil Soup	Chicken & Rice Soup	Split Pea Soup
Entrées	Chicken & Dumplings, Roasted Herb Carrots * Cheese & Vegetable Quesadilla, Garden Vegetable Mix	Tuna Noodle Casserole, Steamed Peas * Vegetable Paella	Turkey Sloppy Joe, Potato Chip * Seafood Salad Plate	Manicotti w/Mushroom Spinach Sauce, Sauteed Onions & Peppers * Chef Salad	Grilled Cheese, Broiled Tomato * Braised Pork Shoulder, White Rice, Seasoned Green Beans	Italian Beef Sandwich, Broccoli Salad * Antipasto Salad	BBQ Pulled Chicken on a Bun, Creamy Coleslaw * Beef Shepherd Pie
Dessert	Apricots	Blushing Pears	Mandarin Oranges	Peanut Butter Icebox Pie	Winter Fruit Salad	Peaches	Scalloped Apples



weekly menu

October 26 – November 1

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Western Egg Scramble Hashbrown Potato with Onion, Toast	Scrambled Eggs, Turkey Sausage Links, Fried Potatoes, Blueberry Muffin	Blueberry Pancake, Sausage Links	Cheese Strata, O'Brien Potatoes	French Toast, Turkey Sausage Patty	Egg & Ham Bake, Baked Oatmeal	Cheesy Scrambled Eggs, Bacon, Home Fries
LUNCH							
Starter	Iceberg Salad	Romaine Salad	Iceberg Salad	Romaine Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Entrées	Southern Kettle Beef, Whipped Potatoes, Steamed Baby Carrots *	Rosemary Pork Loin, Red Potatoes, Yellow Squash w/Thyme *	Rosemary Chicken Thigh, Cornbread Stuffing, Butternut Squash *	Pork Chop with Apples, White Rice, Brussels Sprouts *	Baked Ziti, Braised Greens with Peppers *	Herb Baked Chicken, Rice Pilaf, Green Peas *	Roast Beef w/Gravy, Whipped Potatoes, Steamed Broccoli *
	Turkey Meatballs	Broccoli Cheese Quiche	Cheese Quiche	Baked Whitefish	Cider Braised Chicken Breast, Roasted Sweet Potato	Tomato, Spinach, Mozzarella Tortellini	Parmesan Crusted Tilapia
Dessert	Frosted Marble Cake	Peanut Butter Brownie	Frosted Pumpkin Cake	Pear Halves w/Vanilla Sauce	Frosted Banana Cupcake	Blueberry Buckle	Starburst Gelatin Cake
DINNER							
Soup	Chicken Noodle Soup	Cabbage Soup	Beef Vegetable Soup	Bacon Corn Chowder	Garden Vegetable Soup	Tomato Rice Soup	Minestrone Soup
Entrées	Ham & Swiss Melt, Tater Tots, Marinated Tomato Salad *	Fireman BBQ Chicken, Macaroni & Cheese, Roasted Mixed Vegetables *	Turkey Reuben, Roasted Sweet Potato Wedges, Confetti Coleslaw *	Spaghetti w/Meatballs, Steamed Broccoli *	Beef & Pork Chili, Cornbread, Carrot Raisin Salad *	Hamburger, Potato Salad, Beets *	Roasted Pork Loin, White Rice, Pepper Tomato Blend Vegetables *
	Tuna Noodle Casserole	Vegetable Lasagna	Tuna Pasta Salad	Chicken Santa Fe, Rosemary Oven Roasted Potatoes	Egg Salad on Wheat	Chef Salad w/ Turkey & Egg	Chicken Fettuccine Alfredo
Dessert	Mandarin Oranges	Spiced Peaches	Blushing Pineapple Tidbits	Chocolate Chip Cookies	Scalloped Apples	Fruit Salad	Pear Slices