

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Oatmeal Boiled Eggs Ham WW Toast	Cream of Wheat Scrambled Eggs Muffin or Toast Greek Yogurt	Oatmeal Scrambled Eggs Breakfast Sausage WW Toast	Cream of Wheat Boiled Eggs Rye Toast or WW Toast	Oatmeal Fried Egg Scrambled Eggs WW Toast	Cream of Wheat Boiled Egg Bacon WW Toast	Oatmeal Scrambled Eggs Raisin Toast or WW Toast
Lunch Corn Chowder Salami and Swiss Sandwich WW Bread Bread and Butter Pickles Carrot Cake	Resident's Choice Tuna Melt WW Bun Tomato Slices Peach Crisp	Chicken Noodle Spinach, Mushroom and Feta Quiche Tossed Salad Cherry Custard Pie	Oma's Goulash Soup Pepperoni & Mushroom Pizza Buns Caesar Salad Oreo Pumpkin Cheesecake	Cream of Chicken Red Lentil Pasta and Zucchini Bake Garlic Toast Orange Date Cake	Minestrone Oktoberfest Sausage with Sauerkraut Mixed Vegetables Assorted Desserts	German Vegetable Pancakes w/ Syrup Turkey Breakfast Sausage Mango Spears
PM Snack Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Dinner Tossed Salad Beef Stroganoff Egg Noodles Sunrise Vegetable Mix Diced Pears	Tossed Salad Cranberry BBQ Chicken Thighs Whipped Potatoes Cocktail Vegetable Mix Lemon Pudding w/ whipped topping	Tossed Salad Lemon Butter Pork Chops Rice Fall Medley Vegetable Mix Assorted Desserts	Tossed Salad Baked Chicken Thighs Noodles with Alfredo Sauce Kalebonzo Mix Vegetables Apricots	Tossed Salad Ginger Beef Fried Rice Oriental Vegetable Strawberry Jello	Tossed Salad Fish n' Chips Ketchup and Tartar Sauce Coleslaw Diced Peaches	Tossed Salad Pork Roast with Gravy Whipped Potatoes Scandinavian Mix Vegetables Espresso Ice Cream
HS Snack Muffins	Loaves	Cheese & Crackers	Cookies	Cinnamon Buns	Cheese & Crackers	Cinnamon Twists

All meals are served with 2% Milk, Assorted Juices, Coffee, & Tea

Registered Dietitian Approval:



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Lunch Cream of Tomato Grilled Cheese Sandwich WW Bread Four Bean Salad Blueberry Upside Down Cake	Bean & Bacon Soup Hamburger and Macaroni Casserole Mixed Vegetables Lemon Cream Cake	Green Bean Soup Fish Sticks Sweet Potato Fries Tartar Sauce Apple Pie	Beet Borscht Macaroni & Cheese w/ Herbed Stewed Tomatoes Crown Jewel Dessert	Potato and Sausage Steak & Mushroom Pot Pie Gravy Diced Carrots Butter Tart Bar	Cream of Mushroom Egg Salad Sandwich WW Bread Cucumber Salad Assorted Desserts	Ham and Cabbage Cheesy Breakfast Casserole Orange Segments Brownies
PM Snack Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Dinner Tossed Salad Chicken & Stuffing Casserole Buttered Orzo Old Fashioned Mix Vegetables Mandarin Oranges	Tossed Salad Liver and Onions Boiled Potatoes Montego Mix Vegetables Orange Jello	Tossed Salad Farmer Sausage Noodles with Cream Sauce Peas Assorted Desserts	Tossed Salad Pork Chops in a Mushroom Gravy Scalloped Potatoes PEI Mix Vegetables Banana Pudding w/ whipped topping	Tossed Salad Oven Fried Chicken Whipped Potatoes Broccoli with Cheese Sauce Fruit Cocktail	Tossed Salad Potato and Chive Crusted Cod Cheesy Zucchini Rice Fall Medley Vegetable Mix Diced Peaches	Tossed Salad Roast Beef w/ Gravy Yorkshire Pudding Whipped Potatoes Cauliflower Au Gratin w/ Red Peppers Blueberry Ripple Ice Cream
HS Snack Muffins	Loaves	Cheese & Crackers	Cookies	Cheese Onion Buns	Cheese & Crackers	Cinnamon Twists

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Lunch Chicken Gumbo Captain Burger Romaine & Tomato Tartar Sauce Macaroni Salad Resident's Choice Dessert	Potato and Leek Ham Sandwich WW Bread Cottage Cheese w/ Fruit Chocolate Cake	Beef Noodle Soup Quiche Loraine Mennonite Style Iceberg Salad Blueberry Pie	Boston Baked Bean Turkey Sandwich WW Bread Carrot Raisin Salad Butterscotch Square	Chicken Rice Soup Wieners and Baked Beans Cucumber Salad Cheesecake with Fruit Topping	Cabbage Roll Soup Ham and Scalloped Potato Casserole Mixed Vegetables Assorted Desserts	Broccoli & Cheese Cinnamon French Toast with Syrup Breakfast Sausage Strawberries with Whipped Topping
PM Snack Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Dinner Tossed Salad Italian Breaded Pork Chops Whipped Potatoes Brussel Sprouts Tropical Fruit Salad	Tossed Salad Meatballs with Creamy Basil Orzo Steamed Green and Yellow Squash Strawberry Pudding w/ whipped topping	Tossed Salad Chicken Stew with Biscuits Sweet Potato Mash Scandinavian Mix Vegetables Assorted Desserts	Tossed Salad Beef and Spinach Lasagna Seasoned Turnips Diced Peaches	Tossed Salad Pepper Steak Whipped Potatoes California Mix Vegetables Lime Jello	Tossed Salad Battered Sole Rice Pilaf Green Beans Diced Pears	Tossed Salad Roast Turkey w/ Gravy and Stuffing Whipped Potatoes Brown Sugar Butternut Squash Rum Raisin Ice Cream
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Lunch Vegetable Soup Bologna Sandwich WW Bread Sweet Pickles Sticky Toffee Pudding Cake	Carrot and Red Lentil Soup Hamburgers WW Bun French Fries Pickle Slices Vanilla Bean Cake	Ham & Corn Chowder Chicken & Leek Pot Pie Gravy Caesar Salad Baker's Choice Pie	Chicken Noodle Beef and Butternut Squash Chili with Garlic Toast Green Island Dessert	Cream of Celery Resident's Choice Lunch Mandarin Orange Cake	Komst Borscht Salmon Salad Sandwich WW Bread Coleslaw Assorted Desserts	Italian Wedding Potato Pancakes Sour Cream Pickled Beets Spice Cake
PM Snack Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Dinner Tossed Salad Beef Tips and Gravy Whipped Potatoes Yellow and Orange Carrots Mousse	Tossed Salad Crispy Ranch Chicken Thighs Whipped Potatoes Winter Blend Vegetables Butterscotch Pudding w/ whipped topping	Tossed Salad Catch of the Day Potato Wedges Brussel Sprout Casserole Diced Peaches	Tossed Salad Farmer Sausage Cottage Cheese Perogies with Cream Sauce Red Cabbage Assorted Desserts	Tossed Salad Lemon Chicken Rice Broccoli Raspberry Jello	Tossed Salad Meatloaf with Tomato Sauce Whipped Potatoes Old Fashioned Vegetable Mix Tropical Fruit Salad	Tossed Salad Honey Mustard Glazed Ham Scalloped Potatoes Sliced Carrots Rainbow Ice Cream
HS Snack Muffins	Loaves	Cheese & Crackers	Cookies	Cheese Onion Buns	Cheese & Crackers	Cinnamon Twists

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Registered Dietitian Approval:  RD

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Breakfast Oatmeal Boiled Eggs Ham WW Toast	Cream of Wheat Scrambled Eggs Muffin or Toast Greek Yogurt	Oatmeal Scrambled Eggs Breakfast Sausage WW Toast	Cream of Wheat Boiled Eggs Rye Toast or WW Toast	Oatmeal Fried Egg Scrambled Eggs WW Toast	Cream of Wheat Boiled Egg Bacon WW Toast	Oatmeal Scrambled Eggs Raisin Toast or WW Toast
Lunch Cauliflower Cheese Chicken Burger Lettuce and Tomato w/ Garlic Dill Mayo Tossed Salad Oatmeal Cake w/ Caramel Icing	Tomato Barley Soup Roast Beef, Swiss Cheese Sandwich w/ Horseradish Mayo Pea Salad Coconut Tarts	Vegetable Soup Cod Nuggets French Fries Ketchup Tartar Sauce Pumpkin Pie	Cheeseburger Soup Turkey & Swiss Sandwich Spinach Salad Bread Pudding with Custard Sauce	Mulligatawny Hot Dogs Ketchup/Mustard Potato Salad Rice Pudding with Raisins	Beef Barley Asparagus and Cheese Frittata Cottage Cheese Salad Assorted Desserts	Chicken Vegetable Waffles with White Sauce Breakfast Sausage Orange Segments
PM Snack Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Dinner Tossed Salad Lemon Pepper Cod Roasted Baby Potatoes Steamed Zucchini Apricots	Tossed Salad Chicken Paprika Buttered Noodles PEI Mix Vegetables Diced Peaches	Tossed Salad Potato and Cheese Perogies w/ Fried Onions/ Sour Cream Garlic Sausage Harvard Beets Assorted Desserts	Tossed Salad Honey Garlic Pork Strips Rice Oriental Mix Veg Chocolate Pudding w/ whipped topping	Tossed Salad Resident's Choice Dinner Tropical Fruit Salad	Tossed Salad Salisbury Steak with Gravy Roasted Garlic Whipped Potatoes San Francisco Mix Vegetables Fruit Cocktail	Tossed Salad Parmesan Chicken Breast Whipped Potatoes Green Beans Assorted Ice Cream
HS Snack Muffins	Loaves	Cheese & Crackers	Cookies	Cinnamon Buns	Cheese & Crackers	Cinnamon Twists

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