

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 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
<b>Lunch</b> 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
<b>PM Snack</b> Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<b>Dinner</b> 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
<b>HS Snack</b> Muffins	Loaves	Cheese & Crackers	Cookies	Ice Cream Sandwich	Scones	Coffee Cake

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

Registered Dietitian Approval:  RD

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<b>Lunch</b> 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
<b>PM Snack</b> Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<b>Dinner</b> 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
<b>HS Snack</b> Muffins	Loaves	Cheese & Crackers	Cookies	Ice Cream Sandwich	Scones	Coffee Cake

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<b>Lunch</b> 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
<b>PM Snack</b> Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<b>Dinner</b> 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
<b>HS Snack</b> Muffins	Loaves	Cheese & Crackers	Cookies	Ice Cream Sandwich	Scones	Coffee Cake

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<b>Lunch</b> 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
<b>PM Snack</b> Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<b>Dinner</b> 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
<b>HS Snack</b> Muffins	Loaves	Cheese & Crackers	Cookies	Ice Cream Sandwich	Scones	Coffee Cake

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<b>Lunch</b> 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
<b>PM Snack</b> Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<b>Dinner</b> 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
<b>HS Snack</b> Muffins	Loaves	Cheese & Crackers	Cookies	Ice Cream Sandwich	Scones	Coffee Cake

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