

## MENU FOR THE WEEK OF SEPTEMBER 24 - 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Snack: Assorted Snack  Pineapple Carrot Jelly Salad, Potato Salad, Cheese Sticks & Rolled Ham  Grilled Chicken Burger w/ Lettuce & Tomato w/ Onion Rings OR Tossed Salad	Soup: Cream of Tomato Snack: Morning Glory Muffin  Toasted Denver w/ Eggs, Ham, Cheese & Green Onion  Salmon Salad Sandwich on Marble Rye	Soup: Chicken & Rice Snack: Morning Glory Muffin  Toasted Denver w/ Eggs, Ham, Cheese & Green Onion  Chef's Salad w/ Sliced Apples, Walnuts, Scoop of Tuna Salad, Lettuce, Tomato, Cucumbers, Carrots & Garlic Toast	Soup: Mushroom Barley Snack: Date Square  Stuffed French Toast, Turkey Sausage & Fruit Salad  Pulled BBQ Beef on a Whole Wheat Kaiser Bun	Soup: Carrot & Almond Snack: Lemon Slice  Grilled Cheese w/ Tomato & Asparagus  Double Stuffed Egg Salad Sandwiches	Soup: French Pea Snack: Lemon Slice  Grilled Cheese w/ Tomato & Asparagus  All Beef OR Vegetarian Hot Dog w/ Fried Onions & Baked Beans	Soup: Snack: Assorted Snack  Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices  Eggs Benedict w/ Poached Eggs, Hollandaise Sauce & Back Bacon on a Biscuit w/ Fruit Slices
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roast Pork Tenderloin w/ Apple Gravy, Mashed Potatoes, Braised Red Cabbage & Peas  Vegetarian Lasagna w/ Caesar Salad & Garlic Toast  Dessert: Banana Cream Pie	Grilled Mild Italian Sausages w/ Peppers, Caesar Salad & Garlic Bread Stick  Shrimp & Chicken Penne Alfredo w/ Tossed Salad  Dessert: Apple Strudel	1/4 Roasted Chicken, Mashed Potatoes & Bistro Mix  Dessert: Assorted Desserts	Shrimp Stuffed Sole, Scalloped Potatoes, Cauliflower & Corn  Salisbury Steak w/ Mushroom Gravy, Boiled Potatoes, Cauliflower & Corn  Dessert: Tiramisu	Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage & Steamed Vegetables  Chicken Souvlaki w/ Tzatziki Sauce, Brown Rice Pilaf & Steamed Vegetables  Dessert: Schokolade Bubba	Lightly Breaded Pickerel, Baby Potatoes & Sautéed Zucchini & Peppers  Vegetarian Manicotti w/ Spinach & Strawberry Salad & Garlic Toast  Dessert: Fresh Fruit Salad w/ Berries	BBQ Ribs, Baked Potato w/ Sour Cream, Broccoli & Corn  Dessert: Peach Cobbler w/ Ice Cream

## MEALS FOR THE CURRENT WEEK OF OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Snack: Assorted Snack	Soup: Lentil Snack: Pecan Streusel	Soup: Cabbage Borscht Snack: Pecan Streusel	Soup: Hamburger Soup Snack: Peanut Butter Cookie	Soup: Cream of Mushroom Snack: Blueberry Muffin	Soup: Beef Barley Snack: Blueberry Muffin	Soup: Snack: Assorted Snack
Waffles w/ Fruit Sauce & Country Ham	Tuna Melt on French Bread	Tuna Melt on French Bread	BLTC Sandwich	Reuben on Marble Rye	Reuben on Marble Rye	Scrambled Eggs, Bacon OR Turkey Sausage, Toast, Hash Browns & Fruit Slices
Wally Mushroom Burger w/ French Fries OR Tossed Salad	Chicken Salad Sandwich w/ Currants & Apples	Monte Cristo Sandwich	BBQ Chicken Quesadillas w/ Salsa & Sour Cream	Chopped Ham & Relish Sandwich	Chef's Salad w/ Boiled Egg, Cubed Cheese, Grilled Chicken & Tea Biscuit	Smoked Salmon on a Whole Wheat Bagel w/ Cream Cheese
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roast Turkey, Stuffing, Gravy, Mashed Potatoes, Brussels Sprouts & Honey Glazed Carrots	Beyond Meat Burger w/ Onion Rings OR Carrot Salad	Chicken Thighs in a Mushroom Cream Sauce, Wildrice Pilaf, Broccoli & Corn	Beef Pot Roast, Roasted Potatoes, Beets & Spaghetti Squash	Potato & Cheddar Perogies, Fried Onions, Grilled Kielbasa & Cauliflower & Apple Salad	Lightly Breaded Pickerel, Boiled Potatoes & Creamy Coleslaw	Grilled Chicken Parmesan, Stuffed Tomato, Potato Wedges & Sautéed Peppers
Dessert: Pumpkin Pie w/ Whipped Cream	Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast	Roasted Pork Loin Stuffed w/ Apricots & Prunes, Lemon Potatoes, Broccoli & Corn	Dessert: Stained Glass Jello	Chicken Adobo, Jasmine Rice, Lumpia & Steamed Carrots	Shepherd's Pie w/ Gravy & Vegetable Medley	Dessert: Frozen Yogurt Bar
	Dessert: Tropical Fruit Salad	Dessert: Assorted Dessert		Dessert: Fresh Fruit Salad w/ Berries	Dessert: Bread Pudding w/ Toffee Sauce	