

		Regular						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal Type	Breakfast	Cottage Cheese & Fruit Plate Raisin Bran Molasses Muffins • Margarine	Scrambled Egg Ls Sausage Patty Pancakes • Syrup • Margarine	Baked Omelet w/Cheese Bagels With Cream Cheese	Scrambled Egg Waffles With Fruit Topping	French Toast • Margarine • Syrup Yogurt	Hard Boiled Eggs Crispy Bacon English Muffin • Margarine • Jelly	Egg & Bacon Breakfast Sandwich Fresh Fruit Cup
	Lunch	Vegetarian Vegetable Soup • Saltine Crackers Roast Beef • Brown gravy Buttered Asparagus Baked Potato • Sour Cream Dinner Roll • Margarine Apple Streusel Pie  Egg Salad On Lettuce Pickled Beet Salad	Turkey a la King Broccoli Florets Roasted Red Potatoes Dinner Roll • Margarine Oatmeal Cookie  Chicken White Bean Chili Side Salad w/Choice of Dressing Herbed Rice	Spaghetti • Meatballs/sauce Tomato & Cucumber Salad Garlic Bread Peach Crisp  Alice Springs Chicken (Heart Healthy) Italian Green Beans Dinner Roll • Margarine	Oven Fried Chicken Green Beans Baked Sweet Potato Bites Dinner Roll • Margarine Lemon Meringue Pie  Crab Salad & Tomato Plate Carrot Raisin Salad (Vegetarian) Potato Salad	Baked Marinated Pork Chop Roasted Root Vegetables Garlic Rice Frosted Orange Cake Chef Salad Broccoli Salad Potato Chips	Breaded Baked Fish • Tartar Sauce • Lemon Wedge Green Beans Almondine Colorful Coleslaw Dinner Roll • Margarine Applesauce  Hot Turkey Sandwich • Gravy Glazed Carrots	Sliced Baked Ham Italian Green Beans Bkd Sweet Potato Dinner Roll • Margarine Diced Pears  Chicken Patty on Bun • Lettuce/tomato Slice Baked Butternut Squash
	Dinner	Barley and Bean Soup Chicken & Dumplings Vegetable Blend Fruit Cup  Baked Cod Broccoli Macaroni & Cheese	Pasta Fagioli Soup Garlic Cheese Ravioli Corn Cobbette Tossed Salad w/ Dressing Cheesecake w/ Strawberry Top  Baked Chicken (no skin) Roasted Garlic Zucchini Potato Wedges	Sf Cream of Mushroom Soup Bratwurst on a Bun Seasoned Cabbage Apple Slices  Fish Sticks • Tartar Sauce Green Peas French Fries • Ketchup	Minestrone Soup (Vegetarian) Turkey Casserole w/ Fresh Vegetables Parslied Noodles Iced Chocolate Cake  Chicken Tenders Spinach Mexican Corn	Butternut Squash Soup (Meat Free) Beef Quesadillas Mixed Vegetables Steamed Rice Pumpkin Dessert Bar  Autumn Pork Loin Buttered Asparagus Creamy Parmesan Noodles	Sweet Potato Vegetable Soup Turkey Taco Salad Low Na Rice Pilaf Banana Pudding  Maryland Crabcakes Cut Green Beans Au Gratin Potatoes	Tomato & Sweet Basil Soup Meatballs Sea. Brussel Sprouts Spaghetti Garlic Bread Chocolate Chip Cookies  Grilled Ham & Cheese Sandwich Tomato Slices