



October 16th - October 22nd

Monday October 16th

Breakfast

Breakfast Tostadas GF
Cream of Wheat
Hard Boiled Eggs

Lunch

Apple Glazed Pork
Tenderloin with Carrots
GF
Baked potatoes GF
Glazed Carrots GF

Dinner

Smothered Burritos
Beans
Rice
Corn

Soup

Loaded baked Potato
Soup GF
Lentil and Chick Pea

Tuesday October 17th

Breakfast

Ham and Cheese
Croissants
Oatmeal

Lunch

Stuffed Acorn Squash
GF
Grilled Flat Irons GF
Roasted Red Potatoes
GF
Italian Roasted
Vegetables GF

Dinner

Beef Stroganoff
Egg Noodles
Roasted Broccoli

Soup

Tortellini Tomato Soup
with Italian Sausage
and Spinach
Vegetarian Minestrone

Wednesday October 18th

Breakfast

Eggs Benedict
Malt O meal

Lunch

Fajitas
Beans
Rice
Corn

Dinner

Turkey Burger
Sweet potato Wedges
Vegetables

Soup

Corn and Green Chili
Ham and Bean

Thursday October 19th

Breakfast

Breakfast Enchiladas
Grits

Lunch

Maple Glazed Chicken
GF
Mashed Sweet Potatoes
GF
Vegetables GF

Dinner

Stuffed Shells
Vegetables

Soup

Broccoli Cheese Soup
Chicken Noodle Soup

Friday October 20th

Breakfast

English Muffin Egg White
Sandwiches
Cream of Wheat

Lunch

Beef Stew
Vegetarian Stew GF
Baguette
Vegetables GF

Dinner

Baked Honey Mustard
Chicken
Rice
Vegetables

Soup

Tomato Basil Bisque
New England Clam
Chowder

Saturday October 21st

Breakfast

Biscuits and Gravy
Oatmeal

Lunch

Brisket
Mac and Cheese
Potato Wedges
Green Beans

Dinner

Beef Stew
Vegetables

Soup

Chefs Choice Soup

Sunday October 22nd

Breakfast

Breakfast Burrito
Malt O meal
Hard Boiled Eggs

Lunch

Fried Chicken
Mashed Potatoes GF
Vegetables GF

Dinner

Polynesian Chicken
Rice
Vegetables

Soup

Chefs Choice Soup

*Items are subject to change upon availability