



October 9th - October 15th

Monday October 9th

Breakfast
Breakfast Pizza
Oatmeal

Lunch
Beef and Broccoli GF
Green Bean and
Mushroom Stir Fry GF
Rice GF
Dim Sum

Dinner
Chicken Picatta
Rice
Vegetables

Soup
Chicken Gumbo
Butternut Squash

Tuesday October 10th

Breakfast
French Toast
Malt O meal

Lunch
Beef, Chicken, and
Cheese Enchilada
Casserole GF
Mexican Quinoa GF
Corn GF

Dinner
Black Bean Burrito
Vegetables

Soup
Sweet Potato Red Lentil
Bisque GF
Steak and Ale Chowder

Wednesday October 11th

Breakfast
Biscuits and Gravy
Grits

Lunch
Asiago Chicken
Mashed Yukons GF
Asparagus GF

Dinner
Chicken Alfredo
Pasta
Vegetables

Soup
Chicken and Wild Rice
Garden Vegetable

Thursday October 12th

Breakfast
Breakfast Burritos
Green chili
Cream of Wheat
Hard Boiled Eggs

Lunch
Meatball Subs
Vegetarian Californian
Sandwich
Steak Fries GF
Vegetables GF
Brussels Sprouts Salad
GF

Dinner
Pot Roast
Roasted Potatoes
Roasted Vegetables

Soup
Taco Soup GF
Fired Roasted Vegetable

Friday October 13th

Breakfast
Frittata GF
Oatmeal

Lunch
Chili Con Carna GF
Corn Bread
Vegetarian Chili GF
Vegetables GF

Dinner
Pulled Pork Sandwich
Brioche Bun
Potato Wedges
Vegetables

Soup
French Onion Soup GF
Mushroom Brie Bisque

Saturday October 14th

Breakfast
Skillet GF
Malt O meal
Hard Boiled Eggs

Lunch
Ham GF
Scalloped Potatoes
Carrots GF

Dinner
Greek Penne and
Chicken
Vegetable

Soup
Chefs Choice Soup

Sunday October 15th

Breakfast
French Toast
Grits

Lunch
Baked Ziti
Vegetables GF
Garlic toast

Dinner
Italian Meatballs
Pasta
Vegetables

Soup
Chefs Choice Soup

*Items are subject to change upon availability