




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>What's For Breakfast in November?</h1>					1. Pineapple Juice Crushed Pineapple Cheerios Scrambled Eggs Sausage Links Muffin	2. Orange Juice Canned Fruit Creamy Wheat Boiled Egg White Toast
3. Apple Juice Mandarin Oranges Crispy Rice Cereal Scrambled Eggs with Ham Danish	4. Pineapple Juice Canned Fruit Oatmeal Omelet White Toast	5. Orange Juice Fresh Grapes Corn Flakes Waffle Sausage Patty	6. Apple Juice Canned Fruit Creamy Wheat Scrambled Eggs Cinnamon Toast	7. Pineapple Juice Chilled Pears Fruit Loops Sausage Links Croissant	8. Orange Juice Crushed Pineapple Oatmeal Scrambled Eggs English Muffin	9. Apple Juice Mandarin Oranges Cheerios Western Omelet Coffee Cake
10. Orange Juice Fresh Oranges Fruit Loops Scrambled Eggs Pancakes/Syrup	11. Apple Juice Strawberries Oatmeal Sausage Links White Toast	12. Pineapple Juice Fruit Cocktail Cheerios Confetti Eggs Danish Pastry	13. Orange Juice Crushed Pineapple Creamy Wheat Sausage Gravy Biscuit Scrambled Eggs	14. Apple Juice Mandarin Oranges Crispy Rice Cereal Baked Cheese Omelet Cinnamon Roll	15. Pineapple Juice Fresh Grapes Oatmeal Scrambled Eggs Hash Brown Potatoes White Toast	16. Orange Juice Fruit Cocktail Corn Flakes Boiled Eggs Donuts
17. Apple Juice Fruit Cup Creamy Wheat Scrambled Eggs with Cheese White Toast	18. Pineapple Juice Mandarin Oranges Fruit Loops Sausage Patty Muffin	19. Orange Juice Fresh Grapes Oatmeal Scrambled Eggs English Muffin	20. Apple Juice Chunky Applesauce Cheerios Scrambled Eggs Pancakes	21. Pineapple Juice Canned Fruit Creamy Wheat Sausage Links Whole Wheat Toast	22. Orange Juice Canned Fruit Crispy Rice Cereal Scrambled Eggs French Toast	23. Apple Juice Mandarin Oranges Oatmeal Bacon Scrambled Eggs
24. Pineapple Juice Strawberries Corn Flakes Scrambled Eggs with Ham & Cheese Donuts	25. Orange Juice Fresh Grapes Creamy Wheat Scrambled Eggs Whole Wheat Toast	26. Apple Juice Canned Fruit Fruit Loops Sausage Gravy Biscuit Scrambled Eggs	27. Pineapple Juice Chilled Peaches Oatmeal Scrambled Eggs Sausage Links Whole Wheat Toast	28. Orange Juice Crushed Pineapple Cheerios Boiled Egg Cinnamon Roll	29. Apple juice Mandarin Oranges Creamy Wheat Scrambled Eggs Bacon Cinnamon Toast	30. Pineapple Juice Chilled Pears Crispy Rice Cereal Breakfast Sandwich
Menu Items Are Subject to Change Without Notice						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>What's For Lunch in November?</h1>					1. Sausage on a Bun Potato Salad Baked Beans Mandarin Oranges Dill Pickle	2. Chicken Dijon Duchess Potatoes Spinach Bread Cream Cheese Bar
3. Unstuffed Cabbage Green Beans Dinner Roll Fresh Fruit Medley	4. Polish Sausage Sauerkraut Au Gratin Potatoes Jello w/Whipped Topping	5. Macaroni & Cheese Stewed Tomatoes Dinner Roll Chocolate Cake	6. Chicken Alfredo Glazed Carrots Garlic Bread Spice Cookie	7. Hot Roast Beef Sand. Mashed Potatoes Buttered Corn Oreo Dessert	8. Roast Turkey Stuffing Gravy Winter Squash Strawb. Rhub. Pie	9. Pork Roast Whipped Potatoes Harvard Beets Bread Praline Cake
10. Beef Stew Corn O'Brien Biscuit Frosted Brownie	11. Chicken Rice Soup Gr. Bologna Sand. Coleslaw Banana Crème Pudding	12. Sloppy Joe on a Bun French Fries Cream Corn Fruit Salad	13. Chicken Divan Mashed Potatoes Broccoli Bread Chocolate Pudding	14. Bean Soup Beef & Swiss Sand. Cucumber Salad No Bake Cookie	15. Breakfast Casserole Sausage Links Croissant Roll Strawberries	16. Baked Ham Cheesy Potatoes Steamed Cabbage Dinner Roll Boston Cream Pie
17. Fried Ch. Breast Potato Salad Baked Beans Bread Chilled Pears	18. Cheese Ravioli Marinara Sauce Northwest Veggie Cheddar Biscuit Assorted Cookies	19. Fish Platter with Fried Potatoes Zucchini Casserole Bread Ice Cream	20. Sweet/Sour Chicken Rice Fortune Cookie Asian Blend Veggie Veggie Egg Roll Yellow Cake	21. Broccoli & Ch. Soup Bologna & Ch. Sandwich Tomato Juice Peaches Saltine Crackers	22. Chicken Strips Macaroni Salad Green Peas Bread Frosted Brownie	23. Roast Pork & Rosemary Roasted New Potatoes Green Bean Casserole Bread Sweet Potato Pie
24. Chicken Pot Pie Seasoned Broccoli Biscuit Apple Crisp	25. Salisbury Steak With Gravy Mashed Potatoes Cabbage Bread Chocolate Pie	26. Beef Stroganoff Buttered Noodles Northwest Veggies Dinner Roll Strawberry Poke Cake	27. Meatloaf Baked Potato w/Sour Cream Green Peas Cheddar Biscuits Lemon Pudding Parfait	28. Roast Turkey Home Made Stuffing Gr. Bean Casserole Home Made Bread Cherry Dessert	29. Lasagna Broccoli Garlic Bread Oatmeal Cookie	30. Chicken Patty on a Bun Potato Chips Coleslaw Silver White Cake
				**Menu Items Are Subject to Change Without Notice**		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>What's For Dinner in November?</h1>					1. Spaghetti with Meat Sauce Sicilian Medley Veggies Bread Stick Peach Pie	2. Honey Glazed Ham Sweet Potatoes Dill Carrots Dinner Roll Lemon Bar
3. Meatballs Buttered Noodles Prince Charles Veggies Bread Golden Peach Crumble	4. Tomato Basil Soup Tuna Salad Sand. Poached Pears Saltine Crackers	5. BBQ Pork on a Bun Roasted Potatoes Parm. Green Beans Ice Cream	6. Taco Casserole Refried Beans Dinner Roll Banana Cream Pie	7. Sausage Omelet Home Made Cinnamon Roll Fried Apples	8. Hamburger on a Bun Pasta Salad Green Beans Mixed Fruit	9. Spaghetti with Meat Sauce Waxed Beans Garlic Bread Chocolate Layer Pie
10. Baked Chicken Mashed Potatoes Gravy Scand. Blend Veggies Dinner Roll Cherry Crisp	11. Meatloaf Baked Potatoes Peas & Carrots Bread Fruit Mix	12. Fish Sticks Mac & Cheese Buttered Peas Bread Pineapple Upside Down Cake	13. Cheddar Ch. Soup Egg Salad Sand. Pickled Beets Spiced Peaches Saltine Crackers	14. Kielbasa Fried Potatoes Sauerkraut Bread Cherry Chip Cake	15. Chicken & Dumpling Fr. Style Green Beans Biscuit Ambrosia with Whipped Topping	16. Swiss Steak Scalloped Potatoes Seasoned Beets Bread Ice Box Dessert
17. Pizza Bake Sicilian Medley Veggie Bread Stick Rice Crispy Treat	18. Chicken Patty on a Bun Tator Tots Buttered Corn Banana Bars	19. Swedish Meatballs Buttered Noodles Scand. Blend Veggie Dinner Roll Apple Cobbler	20. Belgium Waffles Sausage Patty Strawberry Filling Variety Juice	21. Hamburger on a Bun Potato Chips Coleslaw Chocolate Chip Cookie	22. Beef Barley Soup Ham & Ch. Sandwich Buttered Carrots Chunky Applesauce Saltine Crackers	23. Unstuffed Peppers Rice Buttered Corn Bread Fruit Cup
24. Hot Dog on a Bun Onion Rings Baked Beans Molasses Cookies	25. Chil Deli Croissant Chilled Pears Saltine Crackers	26. Chicken Fricassee Cheesy Potatoes Red Cabbage Bread Peanut Butter Cookie	27. Crm. Mushroom Soup Turkey & Ch. Sandwich Tomato Juice Spice Cake	28. Baked Ham Fried Potatoes Prince Charles Veggie Dinner Roll Strawberries & Cream	29. French Toast Bake Scrambled Egg with Sauteed Onions Fried Apples	30. Goulash Mixed Veggies Corn Bread Blueberry Crisp
						
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Weekly Menu Substitutions

Week of 11/03/2024 to 11/09/2024

- Grilled Cheese Sandwich
- Waffles & Syrup
- Chicken Strips
- BBQ Chicken on a Bun

Week of 11/17/2024 to 11/23/2024

- BLT Sandwich
- French Toast & Sausage Links
- Chicken Nuggets
- Chimichangas

Week of 11/10/2024 to 11/16/2024

- Hamburger on a Bun
- Hot Dog on a Bun
- Macaroni & Cheese
- Grilled Ham & Cheese

Week of 11/24/2024 to 11/30/2024

- Corn Dogs
- Fried Chicken Breast
- Scrambled Eggs, Sausage Links, Toast
- Pizza



Ombudsman : Julia Tipmore-Region 7

989-450-8632 or 866-485-9393

****Menu Substitutions are for residents only. Guest trays will be the menu item of the day****