

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Pineapple Juice Chilled Plums Creamy Wheat Confetti Eggs French Toast	2. Orange Juice Chunky Applesauce Crispy Rice Cereal Egg Sausage Bake White Toast	3. Apple Juice Fresh Grapes Oatmeal Pancakes Scrambled Eggs	4. Pineapple Juice Pineapple Cheerios Scrambled Eggs Sausage Links Coffee Cake	5. Orange Juice Canned Fruit Creamy Wheat Boiled Egg White Toast
6. Apple Juice Mandarin Oranges Crispy Rice Cereal Scrambled Eggs with Ham	7. Pineapple Juice Canned Fruit Oatmeal Omelet Muffin	8. Orange Juice Fresh Grapes Cornflakes Waffle Sausage Patty	9. Apple Juice Canned Fruit Creamy Wheat Scrambled Eggs Whole Wheat Toast	10. Pineapple Juice Chilled Pears Raisin Bran Sausage Links Cinnamon Toast	11. Orange Juice Pineapple Oatmeal Scrambled Eggs English Muffin	12. Apple Juice Mandarin Oranges Cheerios Western Omelet White Toast
13. Orange Juice Fresh Cantaloupe Raisin Bran Scrambled Eggs Toast	14. Apple Juice Strawberries Oatmeal Pancakes Sausage Links	15. Pineapple Juice Fruit Cocktail Cheerios Confetti Eggs Danish	16. Orange Juice Crushed Pineapple Creamy Wheat Sausage Gravy Biscuit Scrambled Eggs	17. Apple Juice Mandarin Oranges Crispy Rice Cereal Baked Cheese Omelet White Toast	18. Pineapple Juice Fresh Grapes Oatmeal Scrambled Eggs Hash Brown Potatoes	19. Orange Juice Fruit Cocktail Cornflakes Boiled Eggs Whole Wheat Toast
20. Apple Juice Fruit Cup Creamy Wheat Scrambled Eggs & Cheese	21. Pineapple Juice Mandarin Oranges Raisin Bran Sausage Patty Whole Wheat Toast	22. Orange Juice Fresh Grapes Oatmeal Scrambled Eggs English Muffin	23. Apple Juice Chunky Applesauce Cheerios Scrambled Eggs Whole Wheat Toast	24. Pineapple Juice Canned Fruit Creamy Wheat Pancakes Sausage Links	25. Orange Juice Canned Fruit Crispy Rice Cereal Scrambled Eggs Bacon	26. Apple Juice Mandarin Oranges Oatmeal French Toast Scrambled Eggs
27. Pineapple Juice Strawberries Cornflakes Scrambled Eggs With ham & Cheese	28. Orange Juice Fresh Grapes Creamy Wheat Scrambled Eggs Whole Wheat Toast	29. Apple Juice Canned Fruit Raisin Bran Sausage Gravy Biscuit Scrambled Eggs	30. Pineapple Juice Chilled Peaches Oatmeal Scrambled Eggs Sausage Links Muffin	31. Orange Juice Pineapple Cheerios Boiled Egg Whole Wheat Toast		

# October Breakfast



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Fried Chicken Mashed Potatoes Cream Gravy Whole Kernal Corn Bread Apple Crisp	2. Potato Bacon Soup Chicken Salad Croissant Saltine Crackers Mixed Fruit	3. Green Pepper Steak Cheesy Potatoes Seasoned Cauliflower Bread Bread Pudding	4. Sausage on a Bun Potato Salad Baked Beans Mandarin Oranges	5. Chicken Dijon Duchess Potatoes Seasoned Beets Bread Cream Cheese Bar
6. Unstuffed Cabbage Green Beans Dinner Roll Rice Crispy Treat	7. Polish Sausage Sauerkraut Augratin Potatoes Jello with Whipped Topping	8. Mac & Cheese Stewed Tomatoes Dinner Roll Chocolate Cake	9. Chicken Alfredo Glazed Carrots Garlic Bread Spice Cookie	10. Hot Roast Beef Sandwich Mashed Potatoes Buttered Corn Oreo Dessert	11. Roast Turkey Stuffing Gravy Winter Squash Strawberry Rhubarb pie	12. Pork Roast Whipped Potatoes Harvard Beets Bread Praline Cake
13. Beef Stew Corn O'Brien Biscuit German Chocolate Brownie	14. Chicken Rice Soup Gr.Bologna Sandwich Coleslaw Banana Crème Pudding	15. Sloppy Joe on a Bun French Fries Cream Corn Fruit Salad	16. Chicken Divan Mashed Potatoes Broccoli Bread Chocolate Pudding	17. Bean Soup Beef & Swiss Sandwich Cucumber Salad No Bake Cookie Saltine Crackers	18. Breakfast Casserole Sausage Links Croissant Roll Strawberries	19. Baked Ham Cheesy Potatoes Dice Carrots Boston Crème Pie
20. Fried Chicken Breast Potato Salad Baked Beans Bread Chilled Pears	21. Spaghetti with Meat Sauce Waxed Beans Garlic Bread Chocolate Lush	22. Fish Platter Fried Potatoes Zucchini Casserole Bread Ice Cream	23. Sweet/Sour Chicken Rice Fortune Cookie Oriental Blend Veggies Yellow Cake	24. Broccoli & Cheese Soup Bologna & Cheese Sandwich Tomato Juice Peaches	25. Chicken Strips Macaroni Salad Green Peas Bread Frosted Brownie	26. Roast Pork & Rose- mary Roasted New Potatoes Green Bean Casserole Sweet Potato Pie
27. Chicken Pot Pie Seasoned Broccoli Biscuit Apple Crisp	28. Chili Deli Croissant Chilled Pears Saltine Crackers	29. Meatballs Buttered Noodles Parmesan Green Beans Bread Golden Peach Crumble	30. Meatloaf Baked Potato Sour Cream Green Peas Dinner Roll Lemon Pudding Parfait	31. Chicken Patty on a Bun Potato Chips Coleslaw Silver White Cake		

# October Lunch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Fisherman's Sandwich Garlic Butter Noodles Carrots Lemon Meringue Pie	2. Honey Glazed ham Boiled Potatoes Cabbage Dinner Roll Strawberries/Cream	3. Corn Chowder Turkey & Cheese Sandwich Tomato Slices Fruit Cup	4. Spaghetti with meat sauce Italian Medley Veggies Breadstick Peach Pie	5. Honey Glazed Ham Sweet Potatoes Dill Carrots Dinner Roll Lemon Bar
6. Roast Chicken Buttered Penne Brussel Sprouts Biscuit Strawberry Poke Cake	7. Tomato Basil Soup Tuna Salad Sandwich Poached Pears Saltine Crackers	8. BBQ Pork on a Bun Roasted Potatoes Prince Charles Veggies Ice Cream	9. Hamburger Pie Japanese Veggies Dinner Roll Cheesecake	10. Sausage Omelet Home Made Cinnamon Rolls Escalloped Apples	11. Hamburger Deluxe Pasta Salad Green Beans Mixed Fruit	12. Cheese Ravioli Marinara Sauce Italian Medley Veggies Breadstick Assorted Cookie
13. Baked Chicken Mashed Potatoes & Gravy Scand. Blend Veggies Dinner Roll Cherry Crisp	14. Meatloaf Baked Potatoes Peas & Carrots Bread Fruit Mix	15. Macaroni & Cheese Buttered Peas Bread Pineapple Upside Down Cake	16. Cheddar Cheese Soup Egg Salad Sandwich Pickled Beets Spice Peaches	17. Kielbasa Fried Potatoes Sauerkraut Bread Cherry Chip Cake	18. Chicken & Dumplings French Style Green Beans Biscuit Ambrosia	19. Swiss Steak Scalloped Potatoes Seasoned Beets Bread Ice Box Dessert
20. Baked Zitti With Italian Sausage Italian Medley Veggies Bread Rice Crispy Treat	21. Chicken Patty on a Bun Tator Tots Buttered Carrots Banana Bars	22. Swedish Meatballs Buttered Noodles Scand. Blend Veggies Dinner Roll Apple Cobbler	23. Belgium Waffles Sausage Patty Strawberry Filling	24. Hamburger on a Bun Potato Chips Coleslaw Chocolate Chip Cookie	25. Beef Barley Soup Ham & Cheese Sandwich Buttered Carrots Chunky Applesauce	26. Unstuffed Peppers Rice Buttered Corn Bread Fruit Cup
27. Hot Dog on a Bun Onion Rings Baked Beans Molasses Cookies	28. Chili Deli Croissant Chilled Pears Saltine Crackers	29. Chicken Fricassee Cheesy Potatoes Red Cabbage Bread Assorted Cookie	30. Cr. Of Mushroom Soup Ham & Swiss Sandwich Tomato Juice Spice Cake	31. Roast Beef Mashed Potatoes Winter Squash Dinner Roll Ice Cream		

# October Dinner



# Weekly Menu Substitutions

## Week of 09/29/2019 to 10/05/2019

- Chicken Patty on a Bun
- Swedish Meatballs
- Egg Salad Sandwich
- Omelet & Toast

## Week of 10/06/2019 to 10/12/2019

- Grilled Cheese Sandwich
- Waffles & Syrup
- Chicken Strips
- Pepper Steak

## Week of 10/13/2019 to 10/19/2019

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

## Week of 10/20/2019 to 10/26/2019

- BLT Sandwich
- French Toast & Syrup
- Chicken Nuggets
- Hot Roast Beef Sandwich

## Week of 10/27/2019 to 11/02/2019

- Hamburger on a Bun
- Fried Chicken Breast
- Scrambled Eggs, Sausage Links
- Fish & Chips



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