

Menu applies: SEPTEMBER 25<sup>TH</sup>-OCTOBER 1<sup>ST</sup> / OCTOBER 23<sup>RD</sup>- OCTOBER 29<sup>TH</sup> / NOVEMBER 20<sup>TH</sup> – NOVEMBER 26<sup>TH</sup>

**FALL WEEK 1 LUNCH CHOICES**

**SUNDAY**

Chilled Shrimp Cocktail  
Soup of the Day: Potato Leek

Yankee Pot Roast with Pea & Carrot Gravy  
Fried Chicken

Mashed Potatoes Spinach  
Red Beans & Rice Creamed Pearl Onions

Build Your Own Sundae M&M Cookies

**FALL WEEK 1 SUPPER CHOICES**

**SUNDAY**

Spinach Mushroom Orange Salad  
Soup of the Day: Potato Leek

Beef Stuffed Bell Peppers  
Tuna Steak with Mustard Dill Sauce

Sweet Potato Fries Tomato & Cucumber Salad  
Brown Rice Green Beans

Apple Pie Vanilla Pudding

**MONDAY**

Grapes Soup of the Day: Thai Vegetable

Meatloaf & Gravy  
Chicken Cordon Bleu

Oven Browned Potatoes Baby Carrots  
Peas Roasted Mushroom  
Pepper & Onion

Baker's Choice Dessert Pineapple Tidbits

**MONDAY**

Crackers & Cheese Soup of the Day: Thai Vegetable

BBQ (or Plain) Chicken Thigh  
Fried Haddock with Tartar Sauce

Spinach French Fries  
Snap Peas Buttered Corn

Carrot Cake Orange Jell-O

**TUESDAY**

Cucumber Tomato Mozzarella Pesto Salad  
Soup of the Day: Tomato

Baked Cod with Lemon Wedge  
Salisbury Steak

Mashed Sweet Potato Cauliflower  
Wild Rice Wax Beans w/ Red Pepper

Vanilla Custard Brownies

**TUESDAY**

Petite Cobb Salad Soup of the Day: Tomato

Baked Macaroni & Cheese  
Grilled Ham Steak with Pineapple Ring

Stewed Tomatoes Mashed Turnip  
Sautéed Radishes Butternut Squash

Blueberry Turnover Pears

**WEDNESDAY**

Guacamole & Naan Soup of the Day: Veggie Chili

Cheese Enchiladas  
Chef's Special

Spanish Rice Vegetable Ratatouille  
Chef's Choice Chef's Choice

Strawberry Shortcake Ambrosia

**WEDNESDAY**

Carrot & Raisin Salad Soup of the Day: Veggie Chili

Vegetable Lasagna  
Shake & Bake Chicken w/Gravy & Cranberry Sauce

Asparagus Bread Stick  
Capri Blend Vegetables Stuffing  
*Carrot, Zucchini, Summer Squash, Green Beans*

Choice Ice Cream Cup Pumpkin Nut Cookies

**THURSDAY**

Fresh Fruit Cup  
Soup of the Day: Turkey Harvest Vegetable

Corned Beef Dinner  
Roast Pork Tenderloin

Turnip Cabbage  
Boiled Potato Carrots

Crème Horn Cranberry Crisp

**THURSDAY**

Petite Tossed Salad  
Soup of the Day: Turkey Harvest Vegetable

Seafood Alfredo  
Cranberry Walnut Chicken Salad on a Croissant

Brussel Sprouts Penne Pasta Butter or Alfredo  
Broccoli Garlic Bread

Banana Chocolate Chip Bars Pistachio Pudding

**FRIDAY**

Crackers & Cheese Soup of the Day: Italian Pasta & Chickpea

Grilled Salmon with Mango Salsa  
Pepperoni Or Cheese Pizza

Tater Tots Zucchini  
Brown Rice Beets

Choice Ice Cream Cup Maple Walnut Cake

**FRIDAY**

Kale Slaw Soup of the Day: Italian Pasta & Chickpea

Spinach, Broccoli, Swiss Quiche  
Creamy Chicken Stew

Green Beans Hash Brown Patty  
Cauliflower w/Red Pepper Cheddar & Herb Biscuit

Baker's Choice Cookies Apple Sauce

**SATURDAY**

Petite Chef Salad Soup of the Day: Corn Chowder

Franks & Beans with Red Relish  
Roast Turkey with Gravy with Cranberry Sauce

Brown Bread Cole Slaw  
Mashed Sweet Potato Roasted Carrots

Cherry Pie Chocolate Pudding

**SATURDAY**

Petite Caesar Salad Soup of the Day: Corn Chowder

Chicken Nuggets with Dipping Sauce  
Spaghetti & Meatballs

Spaghetti Squash French Fries  
Broccoli Dinner Roll

Lemon Jell-O Raspberry Bismarck

\*\*All desserts have a Sugar-Free option & all Ice Cream has Lactose-Free option

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