

Menu applies: SEPTEMBER 21-27, OCTOBER 19-25, NOVEMBER 16-22, DECEMBER 14-20, JANUARY 11-17

FALL/WINTER WEEK 1 LUNCH CHOICES

SUNDAY

Chilled Shrimp Cocktail
Soup of the Day: Potato Leek

Yankee Pot Roast with Pea & Carrot Gravy
Balsamic Braised Chicken Breast

Mashed Potatoes
Red Beans & Rice

Spinach
Creamed Pearl Onions

Build Your Own Sundae

M&M Cookies

MONDAY

Grapes
Soup of the Day: Tomato

Meatloaf & Gravy
Chicken Cordon Bleu

Oven Brownd Potatoes
Peas

Baby Carrots
Roasted Mushroom
Pepper & Onion

Baker’s Choice Dessert

Pineapple Tidbits

TUESDAY

Tomato Mozzarella Pesto Salad
Soup of the Day: Thai Vegetable

Baked Cod with Lemon Wedge
Salisbury Steak

Mashed Sweet Potato
Wild Rice

Roasted Curry Cauliflower
Wax Beans w/ Red Pepper

Vanilla Custard

Brownies

WEDNESDAY

Guacamole & Naan
Soup of the Day: Veggie Chili

Cheese Enchiladas
Coconut Shrimp

Spanish Rice
Pinto Beans

Vegetable Ratatouille
Cucumber Lime Salad

Strawberry Shortcake

Ambrosia

THURSDAY

Fresh Fruit Cup
Soup of the Day: Turkey Harvest Vegetable

Corned Beef Dinner
Roast Pork Tenderloin

Turnip
Boiled Potato

Cabbage
Carrots

Crème Horn

Cranberry Crisp

FRIDAY

Kale Slaw
Soup of the Day: Italian Pasta & Chickpea

Spinach, Broccoli & Swiss Quiche
Barbeque Chicken Thigh

Green Beans
Cauliflower w/Red Pepper

Hash Brown Patty
Cheddar & Herb Biscuit

Choice Ice Cream Cup

Maple Walnut Cake

SATURDAY

Petite Chef Salad
Soup of the Day: Corn Chowder

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

Brown Bread
Mashed Sweet Potato

Cole Slaw
Cider Vinegar Braised Kale

Cherry Pie

Chocolate Pudding

**All Desserts have a Sugar-Free option
**All Ice Cream has Lactose-Free option

FALL/WINTER WEEK 1 SUPPER CHOICES

SUNDAY

Spinach Mushroom Orange Salad
Soup of the Day: Potato Leek

Beef Stuffed Bell Peppers
Tuna Salad Plate

Sweet Potato Fries
Brown Rice

Beets
Green Beans

Apple Pie

Vanilla Pudding

MONDAY

Red Bean Salad with Feta & Peppers
Soup of the Day: Tomato

Vegetable Lasagna
Fried Haddock with Tartar Sauce

Spinach
Cole Slaw

French Fries
Buttered Corn

Carrot Cake

Orange Jell-O

TUESDAY

Petite Cobb Salad
Soup of the Day: Thai Vegetable

Baked Macaroni & Cheese
Grilled Ham Steak with Pineapple Ring

Stewed Tomatoes
Mushrooms with Thyme & Garlic

Turnip
Butternut Squash

Blueberry Turnover

Pears

WEDNESDAY

Carrot & Raisin Salad
Soup of the Day: Veggie Chili

Blackened Haddock
Shake & Bake Chicken w/Gravy & Cranberry Sauce

Asparagus
Capri Blend Vegetables

Parslied Potatoes
Stuffing

Carrot, Zucchini, Summer Squash, Green Beans

Choice Ice Cream Cup

Pumpkin Nut Cookies

THURSDAY

Carrot & Celery Sticks with Ranch Dip
Soup of the Day: Turkey Harvest Vegetable

Seafood Alfredo
Cranberry Walnut Chicken Salad on a Croissant

Brussel Sprouts
Broccoli with Lemon

Penne Pasta Butter or Alfredo
Garlic Bread

Banana Chocolate Chip Bars

Pistachio Pudding

FRIDAY

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

Grilled Shrimp Caesar Salad Plate
Pepperoni or Cheese Pizza

Tater Tots
Brown Rice

Zucchini
Beets

Baker’s Choice Cookies

Apple Sauce

SATURDAY

Quinoa Salad
Soup of the Day: Corn Chowder

Chicken Nuggets with Dipping Sauce
Spaghetti & Meatballs

Spaghetti Squash
Broccoli

Potato Salad
Dinner Roll

Lemon Jell-O

Raspberry Bismarck

**All Desserts have a Sugar-Free option
**All Ice Cream has Lactose-Free option