

Menu applies: OCTOBER 5-11, NOVEMBER 2-8, NOVEMBER 30-DEC 6, DECEMBER 28- JAN 3, JANUARY 25-31

FALL/WINTER WEEK 3 LUNCH CHOICES

SUNDAY

Scallops & Bacon	Soup of the Day: Thai Vegetable
Baked Ham	
Fried Chicken Drumettes	
Butternut Squash	Ranch Broccoli
Pineapple Stuffing	Creamed Pearl Onions
Ice Cream Sundae	Chocolate Cream Pie

MONDAY

Veggie Stuffed Mushrooms	Soup of the Day: Minestrone
Haddock with Dill Sauce (or Plain)	
Grilled Steak Medallions	
Cheddar Mashed Potato	Baby Carrots
Wild Rice	Zucchini in Garlic Oil
Maple Walnut Cake	Orange Jell-O

TUESDAY

Fresh Fruit cup	Soup of the Day: Chicken Noodle
Turkey Meatloaf with Gravy	
Lobster Macaroni & Cheese Or Plain	
Peas	Roasted Mixed Vegetables
Baked Potato w/Sour Cream	Stewed Tomatoes
Chocolate Chip Cookies	Vanilla Pudding

WEDNESDAY

Mixed Green Salad	Soup of the Day: Curry Lentil
Shrimp Alfredo	
Orange Chicken	
Penne Pasta with Alfredo or Butter	Broccoli
White Rice	Rainbow Peppers
Pineapple Upside Down Cake	Vanilla Custard

THURSDAY

Petite Chef Salad	Soup of the Day: Clam Chowder
Spaghetti & Meatballs	
Corned Beef Dinner	
Garlic Knots	Carrots
Boiled Potato	Cabbage
Apple Squares	Chocolate Pudding

FRIDAY

Spinach Artichoke Dip with Naan Bread	Soup of the Day: Beef Barley
Grilled Chicken Breast Caesar Salad Plate	
Liver & Onions	
Apple Slaw	4 Bean Salad
Capri Blend Vegetables	Baked Potato
<i>Carrot, Summer Squash, Zucchini, Green Beans</i>	
Choice Ice Cream Cups	Pumpkin Pie

SATURDAY

Quinoa Salad	Soup of the Day: Butternut Squash & Black Bean Chili
American Chop Suey	
Spinach, Tomato & Feta Quiche	
Garlic Bread	Kale Veggie Blend
Sweet Potato Homefries	Cauliflower
Pear Pastry Square	Pineapple Tidbits

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

FALL/WINTER WEEK 3 SUPPER CHOICES

SUNDAY

Fresh Berries	Soup of the Day: Thai Vegetable
Beef Stew	
Egg Salad Plate	
Green Beans	Hash Brown Patty
Asparagus	Cheddar Herb Biscuit
Ambrosia	Ginger Cookies

MONDAY

Mediterranean Chickpea Salad	Soup of the Day: Minestrone
Hamburger/Cheeseburger or Veggie Burger	
Baked French Toast Casserole with Strawberries	
Steak Fries	Broccoli Slaw
Potato Salad	Wax Beans
Peaches	Baker's Choice Dessert

TUESDAY

Tomato, Cucumber, Mozzarella & Pesto Salad	Soup of the Day: Chicken Noodle
BBQ Pork Medallion	
Baked Herbed Chicken Thigh with Gravy	
Sautéed Bok Choy	Acorn Squash
4 Way Mixed Vegetables	Rice Pilaf
Cranberry Crisp	Angel Food Cake w/Strawberries

WEDNESDAY

Red Bean Salad with Feta & Peppers	Soup of the Day: Curry Lentil
Spinach Mushroom & Swiss Quiche	
Fried Haddock on Bun with Lettuce & Tomato	Tartar Sauce
Croissant	Sliced Beets
Home Fries	Cole Slaw
Choice Ice Cream Cup	Crème Horn

THURSDAY

Shrimp Cocktail	Soup of the Day: Clam Chowder
Roast Turkey with Gravy & Cranberry Sauce	
Grilled Swordfish Steak with Cilantro Lime Sauce	
Spaghetti Squash	Parslied Mashed Potatoes
Asparagus	Yams
Pear Crisp	Blueberry Turnover

FRIDAY

Cheese & Crackers	Soup of the Day: Beef Barley
Baked Shrimp with Crumb Topping	
Bacon, Mushroom & Onion Pizza or Cheese Pizza	
Rice Pilaf	Brussel Sprout
Corn O'Brien	Havard Beets
Cherry Jell-O	Baker's Choice Cookies

SATURDAY

Petite Romaine, Beet & Goat Cheese Salad	Soup of the Day: Butternut Squash & Black Bean Chili
Grilled Monte Cristo Sandwich	
Chicken Thighs w/ Rosemary Cream Sauce	
Carrot Raisin Salad	Mashed Potato
Green Beans w/ Almonds	Lima Beans
Banana Cake	Pistachio Pudding

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