

Menu applies: OCTOBER 12-18, NOVEMBER 9-15, DECEMBER 7-13, JANUARY 4-10, FEBRUARY 1-7

FALL/WINTER WEEK 4 LUNCH CHOICES

SUNDAY

Crab Cake with Roasted Garlic Aioli
Soup of the Day: Chicken Rice

Chicken Cordon Bleu with White Cream Sauce
Prime Rib with Onion Gravy

Baked Sweet Potato
Red Skin Garlic Mashed Potato

Sautéed Mushrooms
Bok Choy

Build Your Own Sundae
Cranberry Nut Bar

MONDAY

Cheese & Crackers
Soup of the Day: Harvest Vegetable

Grilled Salmon Greek Salad Plate
Teriyaki Steak Medallions

Brown Rice
Corn

Broccoli
Pea Pods & Water Chestnuts

Chocolate Cake
Raspberry Whip

TUESDAY

Tomato, Basil, Mozzarella Salad
Soup of the Day: Cream of Broccoli

Shake & Bake Chicken with Gravy & Cranberry Sauce
Crabmeat Roll

Roasted Potatoes
Peas & Onions

Diced Carrots
Spinach in Garlic Oil

Baker's Choice Dessert
Fruit Cocktail

WEDNESDAY

Chips & Guacamole
Soup of the Day: French Onion

Sweet & Sour Meatballs
Shrimp Quesadilla

Buttered Egg Noodles
Corn

Braised Red Cabbage
Sautéed Onions & Peppers

Pecan Pie
Lemon Pudding

THURSDAY

Spanakopita
Soup of the Day: Corn Chowder

Roast Turkey with Gravy & Cranberry Sauce
Macaroni & Cheese

Roasted Acorn Squash
Parslied Mashed Potato

Turnip & Parsnip
Stewed Tomatoes

Mandarin Oranges
Macaroons

FRIDAY

Fresh Pineapple
Soup of the Day: Roasted Pumpkin & Coconut

Baked Haddock with Herbed Butter
Feta, Red Pepper & Pesto OR Hamburger & Onion Pizza

Wild Rice
Dinner Roll

Fresh Asparagus
San Francisco Blend
Broccoli, Yellow Carrots, Red Pepper, Green Beans

Choice Ice Cream Cup
Baker's Choice Cookies

SATURDAY

Red Pepper Hummus & Naan bread
Soup of the Day: Haddock Chowder

Franks & Beans with Red Relish
Tuna Melt on Multigrain

Brown Bread
Waffle Fries

Sliced Beets
4 Way Mixed Vegetable

Blueberry Shortcake
Tapioca Pudding

FALL/WINTER WEEK 4 SUPPER CHOICES

SUNDAY

Carrot & Celery Sticks with Onion Dip
Soup of the Day: Chicken Rice

Shrimp Skewer with Mango Salsa
Turkey BLT Croissant

Basmati Rice
Waffle Fries

Zucchini
Cucumber & Tomato Salad

Blueberry Pie
Lemon-Lime Jell-O

MONDAY

Vegetable Stuffed Mushrooms
Soup of the Day: Harvest Vegetable

Roast Pork Tenderloin with Caramelized Onions
Baked Scallops with Crumb Topping

Green Beans w/ Red Pepper
Cole Slaw

Sweet Potato Fries
Roasted Baby Red Potatoes

Apple Turnover
Pears

TUESDAY

Petite Cobb Salad
Soup of the Day: Cream of Broccoli
Egg, Bacon, Chicken, Avocado, Bleu Cheese

Southwestern Turkey Chili
Grilled Pastrami & Swiss on Marble Rye

Roasted Mixed Veggies
Asparagus

Rice Pilaf
Corn Bread Muffin

Oatmeal Cookies
Butterscotch Pudding

WEDNESDAY

Potato Pancakes with Apple Sauce or Sour Cream
Soup of the Day: French Onion

Veal Schnitzel
BBQ Chicken Thigh

Zucchini
Dill Carrots

German Potato Salad
Baked Potato w/ Sour Cream

Choice Ice Cream Cup
Whoopie Pie

THURSDAY

Petite Caesar Salad
Soup of the Day: Corn Chowder

Clam Cakes with Tartar Sauce
Shepherd's Pie

Apple Slaw
Cauliflower

Spinach
Wax Beans

Spice Cake
Bread Pudding

FRIDAY

Four Bean Salad
Soup of the Day: Roasted Pumpkin & Coconut

BBQ Ribs
Chicken Tender Salad Plate

Brussels Sprouts
Cucumber Slaw

Succotash
Cheddar Mashed Potato

Apple Crisp
Cherry Mousse Pie

SATURDAY

Petite Chef Salad
Soup of the Day: Haddock Chowder

Cheese Manicotti Marinara
Chicken Stew

Harvest Vegetable Blend
Summer Squash

French Fries
Cheddar Herb Biscuit

Blonde Brownie
Raspberry Jell-O

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

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