

Menu applies: September 20<sup>th</sup> – 26<sup>th</sup>, October 18<sup>th</sup>- 24<sup>th</sup>, November 15<sup>th</sup> – 21<sup>st</sup>, December 13<sup>th</sup> – 19<sup>th</sup>

**FALL WEEK 1 LUNCH CHOICES**

**SUNDAY**

Chilled Shrimp Cocktail  
Soup of the Day: Tomato Basil Rice

Yankee Pot Roast with Pea & Carrot Gravy  
Baked Herbed Chicken Leg with Cranberry Sauce

Rice Pilaf  
Mashed Potato

Broccoli  
Creamed Pearl Onions

Build Your Own Sundae  
M&M Cookies

**FALL WEEK 1 SUPPER CHOICES**

**SUNDAY**

Spinach Mushroom Orange Salad  
Soup of the Day: Tomato Basil Rice

Beef Stuffed Bell Peppers  
Tuna Steak with Mustard Dill Sauce

Sweet Potato Fries  
Brown Rice

Tomato & Cucumber Salad  
Green Beans

Apple Pie  
Vanilla Pudding

**MONDAY**

Petite Tossed Salad  
Soup of the Day: Veggie Chili

Meatloaf & Gravy  
Chicken Cordon Bleu

Oven Brownd Potatoes  
Peas

Baby Carrots  
Roasted Mushroom  
Pepper & Onion

Baker's Choice Dessert  
Pineapple Tidbits

**MONDAY**

Crackers & Cheese  
Soup of the Day: Veggie Chili

BBQ (or Plain) Chicken Thigh  
Fish & Chips

Spinach  
Snap Peas

French Fries  
Buttered Corn

Carrot Cake  
Orange Jell-O

**TUESDAY**

Cottage Cheese  
Soup of the Day: Cream of Broccoli

Baked Cod With Lemon Wedge  
Salisbury Steak

Mashed Sweet Potato  
Wild Rice

Cauliflower  
Wax Beans w/ Red Pepper

Vanilla Custard  
Brownies

**TUESDAY**

Petite Cobb Salad  
Soup of the Day: Cream of Broccoli

Baked Macaroni & Cheese  
Grilled Ham Steak with Pineapple Ring

Stewed Tomatoes  
Sautéed Radishes

Mashed Turnip  
Butternut Squash

Blueberry Turnover  
Pears

**WEDNESDAY**

Petite Caesar Salad  
Soup of the Day: Lentil

Shake & Bake Chicken with Cranberry Sauce  
Chef's Special

Roasted Baby Red Potatoes  
Chef's Choice

Vegetable Ratatouille  
Chef's Choice

Strawberry Shortcake  
Ambrosia

**WEDNESDAY**

Carrot & Raisin Salad  
Soup of the Day: Lentil

Vegetable Lasagna  
Open-Face Turkey Sandwich w/Gravy & Cranberry Sauce

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

Bread Stick  
Stuffing

Choice Ice Cream Cup  
Pumpkin Nut Cookies

**THURSDAY**

Fresh Fruit Cup  
Soup of the Day: Harvest Vegetable

Corned Beef Dinner  
Roast Pork Tenderloin

Turnip  
Boiled Potato

Cabbage  
Carrots

Crème Horn  
Cranberry Crisp

**THURSDAY**

Petite Tossed Salad  
Soup of the Day: Harvest Vegetable

Seafood Alfredo  
Smothered Beef Tips

Brussel Sprouts  
Broccoli

Penne Pasta Butter or Alfredo  
Garlic Bread

Lemon Bars  
Pistachio Pudding

**FRIDAY**

Crackers & Cheese  
Soup of the Day: French Onion

Grilled Salmon with Mango Salsa  
Pepperoni Or Cheese Pizza

Tater Tots  
Brown Rice

Zucchini  
Beets

Choice Ice Cream Cup  
Maple Walnut Cake

**FRIDAY**

Kale Slaw  
Soup of the Day: French Onion

Spinach, Broccoli, Swiss Quiche  
Chicken Stew

Green Beans  
Cauliflower w/Red Pepper

Home Fries  
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

Baked Beans  
Mashed Sweet Potato

Cole Slaw  
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  
Broccoli

French Fries  
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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