

Menu applies: NOVEMBER 3RD – NOVEMBER 9TH / DECEMBER 1ST - DECEMBER 7TH / DECEMBER 29TH – JANUARY 4TH

FALL/WINTER WEEK 3 LUNCH CHOICES

SUNDAY

Scallops & Bacon Soup of the Day: Thai Vegetable
 Baked Ham
 Fried Chicken
 Butternut Squash 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

Red Bean Salad with Feta & Peppers
 Soup of the Day: Curry Lentil
 Chicken Alfredo
 Chef's Special
 Penne Pasta with Alfredo or Butter Fresh Broccoli
 Chef's Choice Chef's Choice
 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

Crackers & Cheddar Cheese
 Soup of the Day: Beef Barley
 Cheese Pizza or Bacon, Mushroom & Onion Pizza
 Baked Shrimp with Crumb Topping
 Rice Pilaf Brussel Sprouts
 Corn O'Brien Harvard Beets
 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

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

Petite Mixed Green Salad 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

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 Waffle Fries
Carrot, Summer Squash, Zucchini, Green Beans
 Raspberry 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

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