

Fall & Winter Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Assorted Juices Oatmeal Boiled Whole Wheat Toast	Assorted Juices Cream of Wheat Poached Eggs Raisin Toast	Assorted Juices Oatmeal Scrambled Eggs, Bacon Whole Wheat Toast	Assorted Juices Cream of Wheat Cheddar Cheese Whole Wheat Toast	Assorted Juices Oatmeal Poached Eggs Whole Wheat Toast	Assorted Juices Cream of Wheat Sausage Pancakes, Syrup	Assorted Juices Oatmeal Boiled Eggs Raisin Toast
Lunch						
Tomato Soup Grilled Cheese Sandwich Pickles	Vegetable Noodle Soup Fish Burger Coleslaw	Butternut Squash Soup Cheese & Potato Perogies Fried Onions Garlic Sausage Sour Cream	Vegetable Rice Soup Spinach, Onion, & Feta Quiche Caesar Salad	Cream of Chicken Soup Corned Beef & Swiss Cheese on Rye Pickles	Navy Bean Soup Chicken Pot Pie Gravy Cocktail Mix Vegetable	Lentil Soup Turkey Salad Sandwich Pickled Beets
Mixed Fruit	Yogurt	Ice Cream	Watermelon	Mandarin Oranges	Assorted Desserts	Apricots
Alternative						
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
PM Snack						
Butter Tart	Brownies	Cinnamon Bun	Muffins	Assorted Loaf	Brownies	Cookies
Dinner						
Spaghetti & Meatballs Italian Mix Vegetable	Chicken Cordon Bleu Whipped Potatoes Mixed Vegetable	Sweet & Sour Pork Rice Pilaf Oriental Mixed Vegetable	Beef Stroganoff Buttered Noodles Broccoli	Breaded Pollock Tartar Sauce Tater Gems Corn	Glazed Pork Loaf Whipped Potatoes Carrots	Baked Chicken Breast Roasted Potatoes Bistro Mix Vegetable
Assorted Desserts	Banana Cake	Vanilla Mousse	Chocolate Cake	Raspberry Jello	Ice Cream	Strawberry Rhubarb Pie
HS Snack						
Assorted Loaf	Cookies	Cheese & Crackers	Cookies	Cinnamon Bun	Cheese & Crackers	Cupcakes

Fall & Winter Menu

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Assorted Juices Oatmeal Boiled Whole Wheat Toast	Assorted Juices Cream of Wheat Poached Eggs Raisin Toast	Assorted Juices Oatmeal Scrambled Eggs, Bacon Whole Wheat Toast	Assorted Juices Cream of Wheat Cheddar Cheese Whole Wheat Toast	Assorted Juices Oatmeal Poached Eggs Whole Wheat Toast	Assorted Juices Cream of Wheat Sausage Pancakes, Syrup	Assorted Juices Oatmeal Boiled Eggs Raisin Toast
Lunch Beef Barley Soup Tuna Melt Coleslaw Banana	Navy Bean Soup Veggie Burger Lettuce, Tomato, Cheese, Potato Salad Mandarin Oranges	Chicken Noodle Soup Lasagna Mixed Vegetable Fruit Cocktail	Cream of Vegetable Grilled Ham & Cheese Sandwich Sandwich Tomato Salad Apricots	Minestrone Soup Mini Sub Sandwich Pickles Potato Chips Fruit Yogurt	Split Pea Soup Macaroni & Cheese Stewed Tomatoes Caramel Pudding	Chicken Rice Soup Salmon Salad Sandwich Tossed Salad Tropical Fruit
Alternative Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
PM Snack Butter Tart	Brownies	Cinnamon Bun	Muffins	Assorted Loaf	Brownies	Cookies
Dinner Baked Ham Scalloped Potatoes Broccoli Assorted Desserts	Turkey Schnitzel Gravy Whipped Potatoes Brussels Sprouts Lemon Pudding Whipped Topping	Resident's Choice Meal Strawberry Jello Whipped Topping	Salisbury Steak Gravy, Fried Onions Corn Whipped Potatoes Carrot Cake	Battered Haddock French Fries Coleslaw Tartar Sauce Ice Cream	Herb Chicken Thighs Baby Potatoes, Gravy PEI Blend Vegetable Trifle Square	Roast Pork, Gravy Whipped Potatoes Mixed Vegetables Banana Cream Pie
HS Snack Assorted Loaf	Cookies	Cheese & Crackers	Cookies	Cinnamon Bun	Cheese & Crackers	Cupcakes

Fall & Winter Menu

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Breakfast</u> Assorted Juices Oatmeal Boiled Whole Wheat Toast	Assorted Juices Cream of Wheat Poached Eggs Raisin Toast	Assorted Juices Oatmeal Scrambled Eggs, Bacon Whole Wheat Toast	Assorted Juices Cream of Wheat Cheddar Cheese Whole Wheat Toast	Assorted Juices Oatmeal Poached Eggs Whole Wheat Toast	Assorted Juices Cream of Wheat Sausage Pancakes, Syrup	Assorted Juices Oatmeal Boiled Eggs Raisin Toast
<u>Lunch</u> Vegetable Soup Turkey & Swiss Cheese Sandwich Salad	Vegetable Rice Soup Chicken Pot Pie Mixed Vegetables Gravy	Cream of Vegetable Soup Pepperoni Pizza Caesar Salad	Navy Bean Soup Vegetarian Lasagna Garlic Toast	Chicken Noodle Soup Reuben Sandwich Pickled Beets	Lentil Soup Tuna Salad Sandwich Coleslaw	Chicken Rice Soup Spinach & Cheese Quiche Tossed Salad
Banana	Assorted Desserts	Apricots	Sliced Strawberries	Raspberry Yogurt	Pears	Pineapple
<u>Alternative</u> Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<u>PM Snack</u> Butter Tart	Brownies	Cinnamon Bun	Muffins	Assorted Loaf	Brownies	Cookies
<u>Dinner</u> Beef Cannelloni Tomato Sauce Italian Mixed Vegetable	Honey Glazed Ham Scalloped Potatoes Corn	Beef Stroganoff Pasta Broccoli	Chicken Kiev, Gravy Whipped Potatoes Carrots	Lemon Pepper Cod French Fries Mixed Vegetables White Sauce Vanilla Swirl Cake	BBQ Chicken Thighs Potato Salad Baked Beans	Roast Beef, Gravy Whipped Potatoes Carrots
Assorted Desserts	Blueberry Jell-O Whipped Topping	Ice Cream	Banana Pudding	Carrot Cake	Carrot Cake	Apple Cream Pie
<u>HS Snack</u> Assorted Loaf	Cookies	Cheese & Crackers	Cookies	Cinnamon Bun	Cheese & Crackers	Cupcakes

Fall & Winter Menu

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Assorted Juices Oatmeal Boiled Whole Wheat Toast	Assorted Juices Cream of Wheat Poached Eggs Raisin Toast	Assorted Juices Oatmeal Scrambled Eggs, Bacon Whole Wheat Toast	Assorted Juices Cream of Wheat Cheddar Cheese Whole Wheat Toast	Assorted Juices Oatmeal Poached Eggs Whole Wheat Toast	Assorted Juices Cream of Wheat Sausage Pancakes, Syrup	Assorted Juices Oatmeal Boiled Eggs Raisin Toast
Lunch Cannelloni Tomato Sauce Mixed Vegetables	Ham Salad Sandwich Pickled Beets	Tuna Melt Coleslaw	Wieners & Beans Toast	Cheese Pizza Caesar Salad	Chicken Salad Sandwich Beet Salad	Beef Lasagna Broccoli
Fruit Cocktail	Peaches	Assorted Desserts	Fruit Salad	Banana	Strawberries	Ice Cream
Alternative Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
PM Snack Butter Tart	Brownies	Cinnamon Bun	Muffins	Assorted Loaf	Brownies	Cookies
Dinner Chicken Balls Sweet & Sour Sauce Rice Pilaf Oriental Vegetable	Meatloaf Gravy Whipped Potatoes Carrots	Roast Pork Gravy Roasted Potatoes Creamed Corn	Beef Stew Cheese Biscuit Green Beans	Battered Haddock French Fries Peas	Pork Cutlet Gravy Whipped Potato Butternut Squash	Roast Chicken Creamed Potato Casserole Mixed Vegetables
Pecan Streusel Cake	Cherry Jell-O Whipped Topping	Ice Cream	Iced Cake	Lemon Mousse	Chocolate Pudding	Pumpkin Pie Whipped Topping
HS Snack Assorted Loaf	Cookies	Cheese & Crackers	Cookies	Cinnamon Bun	Cheese & Crackers	Cupcakes