

2023	Sunday Sept 15	Monday Sept 16	Tuesday Sept 17	Wednesday Sept 18	Thursday Sept 19	Friday Sept 20	Saturday Sept 21
Breakfast	Assorted Juice Oatmeal Assorted Cold Cereal Scrambled Eggs Sausage Gravy with Biscuit Hashbrown Triangle	Assorted Juice Oatmeal Assorted Cold Cereal Egg & Cheese Muffin Blueberry Pancakes with Syrup Bacon	Assorted Juice Oatmeal Assorted Cold Cereal Baked Omelet Cinnamon Raisin French Toast with Syrup Ham Slice	Assorted Juice Oatmeal Assorted Cold Cereal Egg & Potato Bake Cheesy Scrambled Eggs Cinnamon Coffee Cake Assorted Toast	Assorted Juice Oatmeal Assorted Cold Cereal Scrambled Eggs Pancakes with Syrup Bacon Assorted Toast	Assorted Juice Oatmeal Assorted Cold Cereal Denver Scrambled Eggs Waffle with Syrup Breakfast Sausage Assorted Toast	Assorted Juice Oatmeal Assorted Cold Cereal Cheesy Scrambled Eggs Yogurt & Granola Parfait Assorted Toast
Lunch	Chicken & Mushrooms with Wine Sauce Baked Cod Roasted Red Skin Potatoes Green Beans Iced Key Lime Cake	Turkey Ala King Grilled Ham Steak Parley Potatoes Red Beets Caramel Custard in Tart Shell	Beef Stir Fry Apricot Chicken Steamed Rice Snap Peas Spice Cake	Meatloaf w/ Filling & Gravy Sweet Country Pork Sausage Confetti Rice Cauliflower Lemon Meringue Pie Happy Birthday Charles K.!	Turkey Meatloaf Vegetable Lasagna Mashed Potatoes Carrot Coins Chocolate Chip Cookies	BBQ Chicken Pasta Primavera Scalloped Potatoes Brussel Sprouts Fresh Strawberries with Whipped Cream	Beef Tips in Gravy Lemon Buttered Baked Pollock Mashed Potatoes Green & Yellow Squash Rainbow Sherbet
Dinner	Seafood Bisque BBQ Pork on a Bun Spaghetti & Meatballs Galic Bead stick Broccoli Boston Cream Pie Happy Birthday Peter P.!	Portuguese Kale Soup Crab Cake BBQ Chicken Sandwich Lyonnais Potatoes Asparagus Fruit Cup	American Bounty Vegetable Soup Vegetable Frittata Vegetable Quesadilla Bowtie Pasta Salad Cinnamon Applesauce	Cream of Chicken Rice Soup Grilled Cheese Chicken Salad Plate Garlic Bread Italian Romano Blend Fruit Cup	Tomato Soup Mushroom Swiss Burger Lettuce, Tomato & Pickle Chicken Tenders Coleslaw Watermelon	Ham, Green Beans & Potato Soup Fish Sandwich Grilled Turkey Melt French Fries Peas & Carrots Peach Pie	Cream of Asparagus Soup Tuna Melt Sandwich Hot Dog French Fries Corn Sugar Cookies

Milk, water and assorted hot and cold beverages available at every meal. Hot or cold sandwiches, soups and cottage cheese & a fruit plate are always available.