

MONDAY 10-14-24
TUESDAY 10-15-24
WEDNESDAY 10-16-24
THURSDAY 10-17-24
FRIDAY 10-18-24
SATURDAY 10-19-24
SUNDAY 10-20-24
BREAKFAST

Baked Omelet	Egg & Potato Bake	Scrambled Eggs	Waffle & Syrup	Cheesy Scrambled Eggs	French Toast with Syrup	Scrambled Eggs
Cinnamon Raisin French Toast with Syrup	Cheesy Scrambled Eggs	Pancakes with Syrup	Denver Scrambled Eggs	Yogurt & Granola Parfait	Baked Cheese Omelet	Biscuit & Sausage Gravy
Hot Oatmeal	Cream of Wheat	Hot Oatmeal	Cream of Wheat	Hot Oatmeal	Cream of Wheat	Hot Oatmeal
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Fruit Muffin	Wheat Toast	Bacon	Breakfast Sausage	Wheat Toast	Turkey Sausage Link	Hash Brown Triangle
Orange Wedges	Cinnamon Coffee Cake	Wheat Toast	Wheat Toast	Grapes	Mini Danish	Mixed Berry Fruit Cup
	Fruit Cocktail	Banana	Sliced Pears		Cubed Melon	

LUNCH

Shrimp Scampi	Spinach & Cheese Baked Ziti	Beef Stroganoff	Roast Pork Butt	Shepherd's Pie	Chicken Parmesan	Old Fashioned Pot Roast
Smothered Pork Chop	Salisbury Steak	Turkey A La King	Monterey Chicken	Flounder Francaise	Swedish Meatballs	Lemon Breadcrumb Topped Cod
Rice Pilaf	Italian Blend Vegetables	Steamed Yellow Squash	Baked Sweet Potatoes	Roasted Root Vegetables	Spaghetti	Herbed Orzo
Green Beans	Garlic Bread	Wild Rice	California Vegetable Blend	Lemon Buttered Broccoli	Marinara Sauce	Roasted Beets
Cookies & Cream Pie	Barley Mushroom Pilaf	Biscuit	Baked Scalloped Apples	Strawberry Ice Cream Cup	Fresh Sauteed Zucchini	Frosted Chocolate Cake
	Gelatin Cake	Cranberry Pear Crisp	Cherry Pie		Au Gratin Potatoes	
					Sliced Peaches	

DINNER

Chicken, Rice, & Vegetable Soup	Cream of Broccoli Soup		Chicken & White Bean Chili			
Hamburger on a Bun Lettuce and Tomato	Seafood Salad on a Croissant	Beef Noodle Soup	Shredded Cheddar & Sour Cream	Beef Stuffed Pepper Soup	Turkey Noodle Soup	French Onion Soup
Quiche Lorraine	Caesar Salad with Chicken	Italian Sausage Sandwich	Southwestern Breakfast Casserole	Grilled Gouda Sandwich	Ham, Potato, & Green Bean Casserole	Broccoli Frittata
Squash Medley	Tater Tots	Hummus & Vegetable Wrap	Cornbread	Cajun Turkey Burger	Tuna Melt	Turkey Hoagie
Macaroni Salad	Coleslaw	French Fries	Sunshine Salad	Beer Battered Onion Rings	Capri Blend Vegetables	Parmesan Baked Tomato
Orange Creamsicle Salad	Garlic Parm Bread Sticks	Three Bean Salad	Chocolate Pudding Parfait	Dill Potato Salad	Fruits of the Forest Pie	Carrot & Raisin Salad
	Butterscotch Squares	Pineapple Chunks		Blueberry Buckle Cake		Snickerdoodle Cookies

 **VEGETARIAN**
 **VEGAN**
 **NOT MADE WITH GLUTEN**
 **BeWell**