

MONDAY 10-21-24

TUESDAY 10-22-24

WEDNESDAY 10-23-24

THURSDAY 10-24-24

FRIDAY 10-25-24

SATURDAY 10-26-24

SUNDAY 10-27-24

BREAKFAST

Blueberry Pancakes with Syrup
Egg & Cheese Muffin
 Cream of Wheat
 Assorted Cereal
 Bacon
 Sliced Peaches

Baked Omelet
Cinnamon Raisin French Toast with Syrup
 Hot Oatmeal
 Assorted Cereal
 Fruit Muffin
 Orange Wedges

Egg & Potato Baked
Cheesy Scrambled Eggs
 Cream of Wheat
 Assorted Cereal
 Wheat Toast
 Cinnamon Coffee Cake
 Fruit Cocktail

Scrambled Eggs
Pancakes and Syrup
 Hot Oatmeal
 Assorted Cereal
 Bacon
 Wheat Toast
 Banana

Waffle and Syrup
Denver Scrambled Eggs
 Cream of Wheat
 Assorted Cereal
 Breakfast Sausage
 Wheat Toast
 Sliced Pears

Cheesy Scrambled Eggs
Yogurt & Granola Parfait
 Hot Oatmeal
 Assorted Cereal
 Wheat Toast
 Grapes

French Toast with Syrup
Baked Cheese Omelet
 Cream of Wheat
 Assorted Cereal
 Hard Boiled Egg
 Mini Danish
 Cubed Melon

LUNCH

Orange Chicken Stir Fry
Baked Pork Chop in Mushroom Gravy
 Sauteed Green Beans
 Cauliflower Au Gratin
 Coconut Cream Pie

Herbed Baked Chicken with Gravy
Baked Cod with Cocktail
 Quinoa Pilaf with Cranberry & Squash
 Sliced Carrots
 Fresh Fruit Cup

Roasted Pork Loin & Sauerkraut
Stuffed Peppers
 Mashed Potatoes
 Peas
 Cherry Pie

Chicken Pot Pie
Pork Chop in Peach Mustard Sauce
 Seasoned Rice
 Green Bean Amandine
 Autumn Fruit Cobbler

Salmon Fillet
Chop Steak with Mushrooms
 Buttered Egg Noodles
 Fresh Sauteed Zucchini
 Baked Apples

Veal Cacciatore
Penne Pasta Ratatouille
 Red Potatoes with Garlic
 Caesar Salad
 Orange Cake

Baked Meatloaf with Tomato Sauce
Brown Gravy
Roast Turkey with Gravy
 Mashed Potatoes
 Maple Glazed Carrots
 Pumpkin Mousse

DINNER

Portuguese Kale Soup
Homestyle Beef Macaroni & Cheese
California Turkey Salad
 Marinated Artichoke Salad
 Wheat Dinner Roll
 Vanilla Pudding Parfait

Italian Wedding Soup
Pot Roast Sandwich
Apricot Glazed Baked Ham
 Mashed Potatoes
 Lettuce Layer Salad
 Peanut Butter Cookies

Yankee Bean Soup
Cold Turkey Rueben
Spinach & Feta Pizza
 Pasta Salad
 Yellow & Green Squash
 Citrus Gelatin Parfait

Chicken Noodle Soup
Tuna & Bow Tie Noodle Casserole
Pittsburgh Steak Salad
 Sugar Snap Peas
 Wheat Dinner Roll
 Dirt Pudding

Cabbage Soup
Grilled Bratwurst
Egg Salad with Crackers
 Red & Green Salad with Dijon Vinaigrette
 Seasoned Potato Wedges
 Lemon Bar

Beef Rice Soup
Chicken Tenders with Country Gravy
Grilled Swiss & Tomato Sandwich
 French Fries
 Broccoli Slaw
 Peaches & Cream

Split Pea Soup
BBQ Pork on a Bun
Portobello Cheddar Quiche
 Macaroni Salad
 Pineapple Gelatin Salad



VEGETARIAN



VEGAN



NOT MADE WITH GLUTEN



- BeWell