

2024 Week 5	Sunday October 20	Monday October 21	Tuesday October 22	Wednesday October 23	Thursday October 24	Friday October 25	Saturday October 26
Breakfast	Assorted Juice Oatmeal Assorted Cold Cereal  Scrambled Eggs Sausage Gravy with Biscuit Hash brown Triangle	Assorted Juice Oatmeal Assorted Cold Cereal  Egg & Cheese Muffin Blueberry Pancakes with Syrup Bacon	Assorted Juice Oatmeal Assorted Cold Cereal  Baked Omelet Creamed Chipped Beef over Toast Ham Slice	Assorted Juice Oatmeal Assorted Cold Cereal  Eggs Made to Order Bacon 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 Roasted Red Skin Potatoes Green Beans Baked Cod  Iced Key Lime Cake	Turkey Ala King Rice Pilaf  Grilled Ham Steak Red Beets Caramel Custard in Tart Shell	Beef Stir Fry Steamed Rice  Snap Peas Apricot Chicken  Spice Cake	Seafood Croquettes  Confetti Rice Sweet Country Pork Sausage  Zucchini Vanilla Ice Cream	Turkey Meatloaf with Gravy  Mashed Potatoes Carrot Coins Stuffed Green Peppers with Beef and Rice Chocolate Chip Cookies	BBQ Chicken Scalloped Potatoes Brussel Sprouts  Pasta Primavera  Fresh Strawberries with Whipped Cream	Beef Tips in Gravy  Mashed Potatoes  Lemon Buttered Baked Pollock Green & Yellow Squash  Rainbow Sherbet
Dinner	Chicken Noodle Soup  BBQ Pork on a Bun Cheese Tortellini with Marinara Sauce Broccoli Peanut Butter Cookies	Seafood Bisque  Crab Cake with Tartar Sauce  Lyonnais Potatoes Asparagus BBQ Chicken Sandwich Apple Pie	Chicken Tortilla Soup  Vegetable Frittata Chicken and Cheese Quesadilla with Sour Cream and Salsa Bowtie Pasta Salad Cinnamon Applesauce	Crab Bisque  Meat and Cheese Lasagna Garlic Bread Italian Romano Blend Chicken Salad Plate  Fruit Cup	Cream of Tomato Soup  Mushroom Swiss Burger Lettuce, Tomato & Pickle  Coleslaw Chicken Tenders French Fries  Watermelon	Ham, Green Beans & Potato Soup  Fish Sandwich Curly Fries Peas & Carrots Grilled Turkey Melt  Peach Pie	Cream of Asparagus Soup  Tuna Melt Sandwich Hot Dog with Chili on a bun Tatar Tots  Corn Sugar Cookies

Key: BW - Be Well (healthier item choice) | LS - Low Sodium | LF - Low Fat

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.