

2024 Week 1	Sunday October 27	Monday October 28	Tuesday October 29	Wednesday October 30	Thursday October 31	Friday November 1	Saturday November 2
<b>Breakfast</b>	Assorted Juice Oatmeal Assorted Cold Cereal  Cheesy Scrambled Eggs  Pancakes with Syrup  Bacon Banana	Assorted Juice Oatmeal Assorted Cold Cereal  Denver Omelet Waffle with Syrup  Bacon Fruit Cup	Assorted Juice Oatmeal Assorted Cold Cereal  Cheesy Scrambled Eggs Yogurt & Granola  Assorted Toast  Fruit Cup	Assorted Juice Oatmeal Assorted Cold Cereal  Eggs to Order Texas French Toast Toast with Syrup  Bacon Cubed Melon	Assorted Juice Oatmeal Assorted Cold Cereal  Baked Omelet Cinnamon Raisin French Toast with Syrup  Ham Slice  Blueberry Muffin	Assorted Juice Oatmeal Assorted Cold Cereal  Egg & Cheese Muffin Blueberry Pancakes with Syrup  Bacon	Assorted Juice Oatmeal Assorted Cold Cereal  Scrambled Eggs Sausage Gravy over Biscuit Hash brown Triangle  Banana
	<b>Lunch</b>	Baked Flounder with Lemon Butter  Garden Wild Rice Peas  Boneless Pork Chop  Coconut Cake	Chicken Parmesan  Penne Pasta with Marinara Lemon Green Beans  Onion, Swiss & Mushroom Quiche  Lemon Bar	Roasted Turkey w/ Bread Stuffing Mashed Potatoes Cranberry Sauce  Brussel Sprouts  Baked Ham with Pineapple  Cubed Watermelon	Chopped Steak with Mushrooms Roasted Potatoes  Fried Shrimp Layered Salad  Vanilla Ice Cream Cup	Cilantro Grilled Chicken  Parslied Potatoes Carrot Coins  Baked Ziti Dinner Roll  Apple Crisp	Salmon Polonaise Sour Cream & Chive Potatoes  Parmesan Roasted Zucchini  Chicken & White Bean Chili w/Corn Muffin  Fruit Cup
<b>Dinner</b>	Vegetable Beef Soup  Turkey Burger  Potato Wedges Broccoli  Grilled Pimento Cheese Sandwich  Chocolate Pudding	Split Pea Soup  Tuna Salad Sandwich on White  Baked Potato Salad  Roast Beef with Swiss Sandwich  Peaches	Chicken Noodle Soup  Fish Sandwich Summer Corn Salad  Chicken Caesar Salad with Breadstick  Peach Cobbler	Black Bean Soup  Italian Sausage Spinach  Beef Mac & Cheese Casserole  Chocolate Cake with Peanut Butter Icing	Roasted Tomato Bisque  Seafood Salad on a Croissant  Chickpea, Green Bean & Tomato Salad  Turkey Club  Boston Cream Pie	Mushroom Barley Soup  Hot Pork Sandwich Baked Steak Fries  Green Beans  Deluxe Burger with Lettuce, Tomato & Onion  Cranberry Oatmeal Cookie	Minestrone Soup  Hot Turkey Sandwich with Gravy  Yellow Squash  Vegetable Cheese Strata  Fruited Jell-O

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.