



## Fall Week 2 Menu

All Meals Include Choice of Beverage.

Fresh Fruit and Garden Salad Available at all Meals.

<b>2019</b>	<b><i>Breakfast</i></b>	<b><i>Lunch</i></b>	<b><i>Dinner</i></b>
Monday <b><i>October 14th</i></b>	Fried Egg Hash Brown Wheat /White Toast Orange Slice	Ham & Cheese Quiche Garden Salad National Dessert Day	Turkey Sandwich Potato Chips Fresh Baked Cookie
Tuesday <b><i>October 15th</i></b>	French Toast Sausage Grapes	Sausage Gumbo Rice Green Beans Pineapple Sunshine Cake	Grilled Reuben Sweet Potato Fries Ice Cream
Wednesday <b><i>October 16th</i></b>	Cereal w/Fresh Fruit Fresh Baked Danish	Beef Pot Roast Mashed Potato Carrots Peanut Butter Pie	Chicken Caesar Salad Crackers Grapes
Thursday <b><i>October 17th</i></b>	Sausage Egg and Cheese on Croissant Fried Potato Melon	National Pasta Day Chicken Broccoli Alfredo Garlic Bread Éclair Cake	Grilled Kielbasa Pasta Salad Fruit Cup
Friday <b><i>October 18th</i></b>	Creamed Chipped Beef Over Country Biscuits Pineapple	Shrimp Basket Coleslaw Green Beans Chocolate Cupcake Day	Italian Sub Potato Chips Fruit Cup
Saturday <b><i>October 19th</i></b>	Waffles w/Fruit Topping Bacon Mandarin Oranges	Grilled Hamburger Potato Salad Pea & Carrots	BLT Pasta Fresh Salad Chilled Pears
Sunday <b><i>October 20th</i></b>	Scrambled Eggs Sausage Links English Muffin Fruit	Sliced Ham Mac and Cheese Scalloped Apples Pumpkin Pie	Taco Salad Corn Apple Enchiladas

Snacks are available daily. \*Good nutrition is an essential part of your care in our community. Our menu has a variety of foods that provide a well-balanced diet.