



## Fall Week 1 Menu

**All Meals Include Choice of Beverage.**

**Fresh Fruit and Garden Salad Available at all Meals.**

2019	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Monday <b>October 7th</b>	Chicken and Biscuit Hash Brown Orange Slices	Hamburger Mac & Cheese Goulash Green Beans Lemon Pie	Chicken Noodle Soup Grilled Chicken Sandwich Sherbet
Tuesday <b>October 8th</b>	French Toast Sausage Links Grapes	Open Faced Hot Turkey Sandwich Mashed Potato Corn Cake	Sausage and Potato Soup Grilled Cheese Fruit Cup
Wednesday <b>October 9th</b>	Oatmeal Scrambled Eggs Danish Mandarin Oranges	Beef Stroganoff Peas Noodles Pudding Parfait	Turkey Chili Corn Bread Ice Cream
Thursday <b>October 10th</b>	Blueberry Pancakes Bacon Banana	Oven Roasted Pork Garlic Mashed Potato Spinach Strawberry Pie	Grilled Ham and Cheese Potato Chips Brownie
Friday <b>October 11th</b>	Scrambled Eggs Hash Brown White/Wheat Toast Melon	Salmon with Lemon Butter Cream Sauce Wild Rice Asparagus Red Velvet Cake	Orzo Soup Chicken Salad Sandwich Fruited Gelatin
Saturday <b>October 12th</b>	Oatmeal Waffles Sausage Strawberries	Chicken Filet Sandwich Potato Wedge Corn Apple Pie	Pizza Salad Mini Éclair Ice Cream
Sunday <b>October 13th</b>	Breakfast Casserole Fresh Fruit	Spaghetti with Meatballs Garlic Bread Green Beans	Tuna Sandwich Chips Cookies

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.