



Fall/Winter Week 2 Menu

All Meals Include Choice of Beverage.
Fresh Fruit and Garden Salad Available at all Meals.

2021	Breakfast	Lunch	Dinner
Monday October 18th	Fried Egg Bacon Wheat /White Toast Orange Slice	Egg Roll Fried Rice Oriental Vegetable Parfait	Ham and Cheese Cold Plate Tomato Wedge/Crackers Chilled Pears
Tuesday October 19th	French Toast Sausage Apricots	Beef Stroganoff Noodles Green Beans Apple Walnut Cake	Tomato Soup Grilled Cheese Ice Cream
Wednesday October 20th	Cold Cereal Danish Banana	Baked Chicken Scalloped Potato Beets Chocolate Meringue Pie	Tuna Salad on lettuce Crackers and Cheese Vanilla Pudding w/Whip topping
Thursday October 21st	Sausage Egg and Cheese Toast Breakfast Potato Strawberries	Sliced Pork Roast Rice Pilaf Spinach Red Velvet Cake	BBQ Sandwich Coleslaw Cherry Crisp
Friday October 22nd	Creamed Chipped Beef Over Country Biscuits Pineapple	Fish and Chips Peas Cheesecake	Cream of Broccoli Soup Ham and Cheese Sandwich Brownies
Saturday October 23rd	Pancakes Bacon Mandarin Oranges	Chicken Filet Macaroni Salad Carrots Pound Cake	Pizza Side Salad Cookies
Sunday October 24th	Scrambled Eggs Sausage Wheat Toast Sliced Melon	Salisbury Steak Mashed Potato Corn Carrot Cake	Turkey Sandwich Lettuce/Tomato Pretzel Sherbet

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.