



Fall/Winter Week 3 Menu

All Meals Include Choice of Beverage.

Fresh Fruit and Garden Salad Available at all Meals.

2022	Breakfast	Lunch	Dinner
Monday September 25th	Pancakes Bacon Orange Slices	Spaghetti w/Meat Sauce Garden Salad Bread Stick Pumpkin Pie	Ham and Cheese Slider Tater Tot Pudding Parfait
Tuesday September 26th	Fried Egg Breakfast Potato Wheat Toast Grapes	Chicken Wings Potato Salad Green Beans Apple Walnut Cake	Grilled Turkey on Swiss Potato Chips Cherry Turnover
Wednesday September 27th	Omelet's Toast Yogurt Parfait	Country Fried Steak Mashed Potato Lima Bean Brownie Sundae	French Dip Sandwich Cucumber Salad Carrot Cake
Thursday September 28th	French Toast Sausage Strawberries	Roasted Pork Cornbread Stuffing Glazed Carrots Lemon Pie	Chicken Alfredo Broccoli Garlic Bread Fresh Baked Cookie
Friday September 29th	Choice of Cold Cereal Danish Banana	Cracker Jack Shrimp Coleslaw Broccoli Cheesecake	Grilled Ruben Sandwich Potato Chips Sherbet
Saturday September 30th	Pancakes Bacon Mandarin Orange	Chicken Cordon Blue Rice Peas Butter Pecan Ice cream	Chili Corn Bread Chilled Fruit Cup
Sunday October 1st	Scrambled Egg Hash Brown Toast Melon	Oven Roasted Turkey Mashed Potato Green Bean Chocolate Cake	Grilled Hot Dog Baked Beans Ice Cream

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 .