



Fall/ Winter Week 4 Menu

All Meals Include Choice of Beverage.

Fresh Fruit and Garden Salad Available at all Meals.

2023	Breakfast	Lunch	Dinner
Monday October 2nd	French Toast Sausage Link Orange Slices	Vegetable Lasagna Garden Salad Strawberry Pie	Shrimp Salad Crackers Tomato Wedge Apple Crisp
Tuesday October 3rd	Scrambled Egg Breakfast Potato English Muffin Half Chilled Pineapple	Fried Chicken Mashed Potato Mixed Vegetable Peach Pie	Baked Potato Bar Chili/Broccoli/Cheese Chives/Sour cream Angel Food Cake
Wednesday October 4th	Blueberry Pancakes Bacon Grapes	Macaroni and Cheese Casserole Peas Corn Bread Muffin Ice Cream Sundae	Steak and Cheese on Croissant Potato Chips Cookie
Thursday October 5th	Fried Egg Breakfast Ham Wheat Toast Mango	Meatloaf Mashed Potato Green Beans Black Forest Cake	Tomato Soup Grilled Cheese Sherbet
Friday October 6th	Sausage Gravy Biscuit Strawberries	Glazed Salmon Wild Rice Fresh Asparagus Cheesecake	Chicken Nuggets Tater Tot Cucumber Salad Home baked Cookie
Saturday October 7th	Scrambled Egg Bacon Toast Melon	Choice of BBQ Sandwich Hot Dog Cole slaw Baked Beans Dessert	Cream of Broccoli Soup Turkey Sandwich Pudding Parfait
Sunday October 8th	Pancakes Sausage Links Mandarin Oranges	Oven Baked Chicken Mashed Potato/gravy Green Beans Apple Pie	Ham & Cheese Sandwich Lettuce and Tomato Potato Chips 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.