



Fall/Winter Week 3 Menu

All Meals Include Choice of Beverage.

Fresh Fruit and Garden Salad Available at all Meals.

2024	Breakfast	Lunch	Dinner
Monday October 14th	Pancakes Bacon Orange Slices	Spaghetti w/Meat Sauce Garden Salad French Bread Apple Pie	Chicken Nugget Sweet Potato Fry Sherbet
Tuesday October 15th	Fried Egg Breakfast Potato Wheat Toast Grapes	Sliced Ham Cabbage Potato Apple Walnut Cake	Cream Of Broccoli Soup Cheese Quesadilla Rice Krispie Treat
Wednesday October 16th	Omelet's Toast Yogurt Parfait	Pineapple Chicken over Rice Ice Cream Sundae	BLT Sandwich Potato Chip Cherry Cheesecake Brownie
Thursday October 17th	French Toast Sausage Strawberries	Country Fried Steak Mashed Potato Green Bean Cup Cake	Cream of Potato Soup Grilled Ham and Cheese Homemade Cookie
Friday October 18th	Sausage Gravy Served over Biscuit Chilled Pineapple	Oven Baked Fish Rice Pilaf Broccoli Cheesecake	Pizza Ceasar Salad Ice Cream Sandwich
Saturday October 19th	Pancakes Bacon Mandarin Orange	Chicken Cordon Blue Scalloped Potato Peas Lemon Meringue Pie	Chili Corn Bread Pudding Parfait
Sunday October 20th	Scrambled Egg Hash Brown Toast Apricot	Oven Roasted Turkey Mashed Potato Green Bean Chocolate Cake	Corn Dog Nuggets Baked Bean Ice Cream Cup

Snacks are available. *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.