



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 November 18th	Pancakes Bacon Orange Slices	Spaghetti w/Meat Sauce Garden Salad French Bread Apple Pie	Chicken Nugget Sweet Potato Fry Sherbet
Tuesday November 19th	Fried Egg Breakfast Potato Wheat Toast Fruit Cup	Sliced Ham Cabbage Potato Pumpkin Pecan Cobbler	Quesadilla Apple Walnut Salad Rice Krispie Treat
Wednesday November 20th	Omelet's Toast Yogurt Parfait	Pineapple Chicken over Rice Ice Cream Sundae	BLT Sandwich Potato Chip Cherry Cheesecake Brownie
Thursday November 21st	French Toast Sausage Strawberries	Country Fried Steak Mashed Potato Green Bean Banana Pudding	Pumpkin Soup Roasted Mushroom Grilled Cheese Homemade Cookie
Friday November 22nd	Sausage Gravy Served over Biscuit Chilled Pineapple	Oven Baked Fish Rice Pilaf Broccoli Cheesecake	Pizza Ceasar Salad Chocolate Cream Pie
Saturday November 23rd	Pancakes Bacon Mandarin Orange	Chicken Cordon Blue Scalloped Potato Peas Lemon Meringue Pie	Chili Corn Bread Pudding Parfait
Sunday November 24th	Scrambled Egg Hash Brown Toast Grapes	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.