

# October 7-13, 2018

	7	8	9	10	11	12	13
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Tossed Salad Soup Du Jour  Roasted Chicken Steamed Broccoli Macaroni and cheese  Egg Salad Sandwich Grilled Steak Salad  Chocolate Cake Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour  Roasted Pork Loin Steamed Kale Black-eyed Peas  Warm Chicken Ranch Wrap Chef Salad  Carrot Cake Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour  Spaghetti with Meat Sauce Garlic Bread Zucchini Casserole  Cottage Cheese W/ Tomato Ham Salad Sandwich w/chips  Pound Cake Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour  Baked Ham Yams Broccoli Rice Casserole  Chefs Choice Salad Sloppy Joe with Fries  Lemon Cake Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour  Southern Fried Chicken+ Potato Salad Baked Beans  Hot Dog Chicken BLT Salad  Jell-O with Fruit Cocktail+ Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour  Three Cheese Ravioli Mariana or Alfredo Sauce Steamed Zucchini  Turkey Reuben w/ Onion Rings Shrimp Salad  Berry Cobbler Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour  Grilled Shrimp Noodles Romanoff Steamed Brussel Sprouts  Hamburger Chef choice Salad  Red Velvet Cake Fresh Fruit/Ice cream
	DINNER	Tossed Salad Soup Du Jour  Crab Stuffed Tilapia Baked Ham*  Baked Sweet Potato Basmati Rice Steamed Asparagus Steamed Squash  Cheese Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour  Grilled Chicken Veal Parmesan  Parsley Noodles Green Beans Garlic Red Potato Carrots  Red Velvet Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour  Open Hot Roasted Turkey Sand Grilled Shrimp  Mashed Potat W /Gravy Peas Steamed Broccoli Stewed Tomatoes  Peach Pie Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour  Chicken Ragu Baked Cod fillet  Whole Wheat Pasta Fingerling Potatoes Steamed Kale Spring Vegetable Blend  Cupcake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour  Crab Stuffed Flounder Roasted Pork Tenderloin  Buttered Noodles Baby Carrot Chefs Vegetable Bland Baked Butternut Squash  Pumpkin Pie Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour  Rainbow Trout Beef Stir Fry  Roasted Baby Potato Rice Blend Fresh Asparagus Fried Okra w/Onion  Angel Food Cake Fresh Fruit/Ice cream Cookies

Our food is prepared without the addition of salt, salt and salt free seasonings are available at the table. Menu changes may occur based on upon availability of foods.

Please note on your individual menu if you would like smaller or larger portions or entrees without sauce.

\* Items marked may be commercially prepared foods and may contain more sodium and fat than minimally processed "made from scratch"

# October 14-20, 2018

	14	15	16	17	18	19	20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Tossed Salad Soup Du Jour Assorted Hot Bread  Hawaiian Pineapple Ham Macaroni Cheese Green Bean Almandine  Bacon Lettuce and Tomato Pineapple/Cottage Cheese+  Cupcakes Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Herbed Baked Tilapia W/ Lemon Garlic Butter Broccoli Rice Casserole  Grilled Cheese with Tomato Trio Salad Plate*  Lemon Cake Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Cheese Broccoli Stuffed- Chicken Cooked Cabbage  BBQ Beef* Sandwich Turkey Salad Plate  Apple Dumplings Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Cheddar Biscuit  Turkey Chili Cole slaw Steamed Broccoli  Corn Nuggets*^ Steak & Cheese w/Pota: Wedges Cobb Salad  Coconut Cream Pie Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Chicken Tenders Cream Peas Steamed Carrot Potato Salad  Turkey Salad Sandwich Chef Salad  Banana Pudding+ Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Pub Battered Cod^ Coleslaw Baked Potato  Chicken Parmesan Hoagie Ham Salad Plate  Gelatin Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Marinated Grilled Chicken Steamed Chef Choice Green Beans  Ham and Cheese Sandwich Onion Ring Trio Salad Plate  Pound Cake w/ Strawberries Fresh Fruit/Ice cream
DINNER	Tossed Salad Soup Du Jour Assorted Hot Bread  Shrimp Fettuccine Roasted Turkey w/Gravy  Corn Bread stuffing Steamed Baby Carrots Steamed Asparagus Mashed Potato W/Gravy  Peach Cobbler Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread  Roasted pork Loin Southern Style Catfish  Steamed Sweet Corn Jasmine rice Butternut Squash Steamed Green Beans  Coconut Custard pie Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread  Pot Roast w/ Gravy Three Cheese Tortellini Red and White Sauce  Steamed Cauliflower Roasted Baby Potato Chef Choice vegetable  Frosted Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread  Chicken piccata Meatloaf  Mashed Red Potatoes- W/Gravy Fresh Asparagus Roasted Pepper Medley Wild Rice Blackberry Cobbler Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Garlic Bread  Grilled Shrimp Meat Lasagna  Brown Rice Steamed Yellow Squash Sautéed Baby Spinach  Apple Streusel Coffee Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread  BBQ Pork Ribs Chicken marsala  Potato Salad* Egg Noodles Lemon Steamed Broccoli Chef Choice Vegetable  Assorted Cake Fresh Fruit	Tossed Salad Soup Du Jour Assorted Hot Bread  Pot Roast w/ Gravy Salmon w/ Garlic Tomato Sauce  Mashed Potato W/Gravy Wild Rice Steamed Asparagus Baby Carrots  Apple Pie Fresh Fruit/Ice cream Cookies

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# October 21-27, 2018

	21	22	23	24	25	26	27
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread
	Chicken Cordon Bleu Italian Vegetable Blend Peas	Beef Burgundy Fettucine Glazed Carrots	Cheese/Veggie Pizza  Steamed Succotash	Roasted Chicken Macaroni & Cheese* Steamed Broccoli	Roasted Tukey Mashed Potatoes Green Beans	Spiral Sliced ham Sweet Potatoes Creamed Peas	Corned Beef Cooked Cabbage Root Vegetable Medley
	Tuna Salad/ Potato Salad Cobb Salad	Southwestern Wrap Chef Choice Salad	BBQ Sandwich/Fries Greek Salad	Ham Salad Sandwich Pineapple /cottage cheese+	Egg Salad Sandwich Trio Salad* Plate	Hot Dogs/ Chili/fries Chef Choice Salad	Grilled Cheese Sandwich Chef Salad
	Chocolate Cake Fresh Fruit/Ice cream	Fruited Gelatin Fresh Fruit/Ice cream	Coconut Cake Fresh Fruit/Ice cream	Yellow cake w/ strawberries Fresh Fruit/Ice cream	Assorted Cakes/Pies Fresh Fruit/Ice cream	Lime Gelatin with Pineapple Fresh Fruit/Ice cream	Cheese Cake Fresh Fruit/Ice cream
<b>DINNER</b>	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Garlic Bread	<b>Join us for a Oktoberfest inspired menu</b> Tossed Salad Soup Du Jour Pretzels  Wienerschnitzel Bratwurst and Sauerkraut  Boiled potatoes Butternut Squash Gratin Red Cabbage w apples  German Chocolate Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread	Tossed Salad Soup Du Jour Assorted Hot Bread
	Spaghetti and Meatsauce* Baked Tilapia Lemon Butter	Grilled Chicken Salad Shrimp Scampi	Pork Loin Pan Fried Tilapia	Quiche Lorraine Chicken Parmesan W/ -Marinara Sauce Fettuccine Kyoto Vegetable Bland Steamed Spinach		Fish and Chips Pot Roast W/Gravy	Grilled Salmon Grilled Shoulder tender Steak
	Herbed Couscous Steamed Broccoli Mixed Vegetables Garlic Bread	Baked Potato Steamed Squash Medley Brown Rice	Basmati Rice Mashed Potato w/ gravy Steam Kale Steamed Sweet Corn			Mashed Potato Steamed Chef Choice Cole Slaw	Rice Florentine Roasted Baby Potato Sautéed Pepper and Mushroom Steamed Broccoli
	Cheesecake Fresh Fruit/Ice cream Cookies	Cherry Cobbler Fresh Fruit/Ice cream Cookies	Cheese Cake Fresh Fruit/Ice cream Cookies	Angel Food Cake Fresh Fruit/Ice cream Cookies		Orange Cake Fresh Fruit/Ice cream Cookies	Blackberry Cobbler Fresh Fruit/Ice cream Cookies

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# October 28- November 3, 2018

	28	29	30	31	1	2	3
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	Tossed Salad Soup Du Jour Assorted Hot Bread  Baked Ham Roasted Fuji Apple Steamed Green Bean  Broccoli & Cheddar Quiche  Strawberry Salad  Carrot Cake Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Hot Roast Beef Sandwich Mashed Potatoes Green Beans  Crab Cake Sandwich Coleslaw Cottage Cheese/Fruit Plate+  Gelatin with Fruit Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Hot Biscuits  Chicken Casserole Creamed Peas Steamed Broccoli  Bologna^* Sandwich Onion Ring Chefs choice Salad  Peach Cobbler Fresh Fruit/Ice cream	<b>Join us for a Spooky Halloween Lunch</b>  Halloween Salad Witches Stew  Mummy dogs Stack of Bones  Finger Fries Creepy Coleslaw  Lemon Cake Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Grilled Salmon Jasmine Rice Steamed Spinach  Grilled Chicken Sandwich Potato Salad Chefs Salad  Gelatin w/ Fruit Cocktail Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Biscuit  Beef Steak /w Gravy Mashed Potatoes Steamed Carrots  Turkey Salad on Croissants Tater Tots Chef's Choice Salad  Sweet Potato pie Fresh Fruit/Ice cream	Tossed Salad Soup Du Jour Assorted Hot Bread  Chicken Wings* Cole Slaw Baked Beans  Ham and Cheese on Rye Onion Ring Cottage Cheese in Tomato  Red Velvet Cake Fresh Fruit/Ice cream
	<b>DINNER</b>	Tossed Salad Soup Du Jour Garlic Bread  Pan Fried Tilapia Meat Lasagna  Key largo Vegetable Buttered Egg Noodles Steamed Kale  Chocolate Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread  Roasted Turkey w/ Gravy Manicotti  Baked Sweet Potato Sautéed Spinach Capri Vegetable Blend  Pecan Pie Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Garlic Bread  Salmon Croquette Spaghetti with Meat sauce W/ Marinara Sauce  Baked Potato Fresh Asparagus Steamed Squash  Cheese Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread  Stir Fry Chicken Baked Cod fillet  Fried Rice Venetian Vegetable Blend Penne Pasta  Chef's Choice Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Corn Bread  BBQ Spare Rib Beef Stew  Green Bean Casserole Sliced Baked Beets Cole Slaw  Carrot Cake Fresh Fruit/Ice cream Cookies	Tossed Salad Soup Du Jour Assorted Hot Bread  Crab cake Grilled Italian chicken Breast  Baked Winter Squash Steamed Asparagus Wild Rice  Coffee Cake Fresh Fruit/Ice cream Cookies

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