

OCTOBER 2018

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
.LUNCH 28	29	30	31	1	2	3
				LUNCH Grilled Salmon Jasmine Rice Steamed Spinach Grilled Chicken Sandwich Potato Salad Chefs Salad Gelatin w/ Fruit Cocktail DINNER BBQ Spare Rib Beef Stew Green Bean Casserole Sliced Baked Beets Cole Slaw Carrot Cake	LUNCH Beef Steak /w Gravy Mashed Potatoes Steamed Carrots Turkey Salad on Croissants Tater Tots Chef's Choice Salad Sweet Potato pie DINNER Crab cake Grilled Italian chicken Breast Baked Winter Squash Steamed Asparagus Wild Rice Coffee Cake	LUNCH Chicken Wings* Cole Slaw Baked Beans Ham and Cheese on Rye Onion Ring Cottage Cheese in Tomato Red Velvet Cake DINNER <i>Beef Tenderloin TRIO Cheese Ravioli W/ Red or white Sauce</i> <i>Mushrooms and Peppers San Franciscan Blend Veggies Baked Potato</i> Pecan Pie

NOVEMBER 2018

Tossed Salad and Soup du Jour available as a starter, Bread with the meal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH 4	LUNCH 5	LUNCH 6	LUNCH 7	LUNCH 8	LUNCH 9	LUNCH 10
Roasted Chicken Steamed Broccoli Macaroni and cheese	Roasted Pork Loin Steamed Kale Black-eyed Peas	Spaghetti with Meat Sauce Garlic Bread Zucchini Casserole	Baked Ham Yams Broccoli Rice Casserole	Southern Fried Chicken Potato Salad Baked Beans	Three Cheese Ravioli Mariana or Alfredo Sauce Steamed Zucchini	Grilled Shrimp Noodles Romanoff Steamed Brussel Sprouts
Egg Salad Sandwich Grilled Steak Salad	Warm Chicken Ranch Wrap Chef Salad	Cottage Cheese W/ Tomato Ham Salad Sandwich w/chips	Chefs Choice Salad Sloppy Joe with Fries	Hot Dog Chicken BLT Salad	Turkey Reuben w/ Onion Rings Shrimp Salad	Hamburger Chef choice Salad
Chocolate Cake	Carrot Cake	Pound Cake	Lemon Cake	Jell-O with Fruit Cocktail+	Berry Cobbler	Red Velvet Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Crab Stuffed Tilapia Baked Ham*	Grilled Chicken Veal Parmesan	Open Hot Roasted Turkey Sand Grilled Shrimp	Chicken Ragu Baked Cod fillet	Crab Stuffed Flounder Roasted Pork Tenderloin	Rainbow Trout Beef Stir Fry	Pot Roast w/Gravy Chicken Alfredo
Baked Sweet Potato Basmati Rice Steamed Asparagus Steamed Squash	Parsley Noodles Green Beans Garlic Red Potato Carrots	Mashed Potato W /Gravy Peas Steamed Broccoli Stewed Tomatoes	Whole Wheat Pasta Fingerling Potatoes Steamed Kale Spring Vegetable Blend	Buttered Noodles Baby Carrot Chefs Vegetable Bland Baked Butternut Squash	Roasted Baby Potato Rice Blend Fresh Asparagus Fried Okra w/Onion	Mashed Potato w/Gravy Steamed Baby Carrot Steamed Broccoli
Cheese Cake	Red Velvet Cake	Peach Pie	Cupcake	Pumpkin Pie	Angel Food Cake	Cookies and Cream Pie

Fresh Fruit, Ice Cream and Assorted Cookies available in addition to the planned dessert.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Hawaiian Pineapple Ham Macaroni Cheese Green Bean Almandine Bacon Lettuce and Tomato Pineapple/Cottage Cheese+ Cake	Herbed Baked Tilapia W/ Lemon Garlic Butter Broccoli Rice Casserole Grilled Cheese with Tomato Trio Salad Plate* Lemon Cake	Cheese Broccoli Stuffed-Chicken Cooked Cabbage French Fries BBQ Beef* Sandwich Turkey Salad Plate Apple Dumplings	Turkey Chili Cole slaw Steamed Broccoli Corn Nuggets* [^] Steak & Cheese w/Pota: Wedges Cobb Salad Coconut Cream Pie	Chicken Tenders Cream Peas Steamed Carrot Potato Salad Turkey Salad Sandwich Chef Salad Banana Pudding	Pub Battered Cod [^] Coleslaw Baked Potato Chicken Parmesan Hoagie Ham Salad Plate Gelatin	Marinated Grilled Chicken Steamed Chef Choice Green Beans Ham and Cheese Sandwich Onion Ring Trio Salad Plate Pound Cake w/ Strawberries
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Shrimp Fettuccine Roasted Turkey w/Gravy Corn Bread stuffing Steamed Baby Carrots Steamed Asparagus Mashed Potato W/Gravy Peach Cobbler	Roasted pork Loin Southern Style Catfish Steamed Sweet Corn Jasmine rice Butternut Squash Steamed Green Beans Coconut Custard pie	Pot Roast w/ Gravy Three Cheese Tortellini Red and White Sauce Steamed Cauliflower Roasted Baby Potato Chef Choice vegetable Frosted Cake	Chicken Piccata Meatloaf Mashed Red Potatoes- W/Gravy Fresh Asparagus Roasted Pepper Medley Wild Rice Blackberry Cobbler	Grilled Shrimp Meat Lasagna Brown Rice Steamed Yellow Squash Sautéed Baby Spinach Apple Streusel Coffee Cake	BBQ Pork Ribs Chicken marsala Potato Salad* Egg Noodles Lemon Steamed Broccoli Chef Choice Vegetable Assorted Cake	Pot Roast w/ Gravy Salmon w/ Garlic Tomato Sauce Mashed Potato W/Gravy Wild Rice Steamed Asparagus Baby Carrots Cheese Cake

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
<p>LUNCH</p> <p>Join us for our Annual Pre-Thanksgiving Lunch</p> <p>Roasted Ham Roasted Turkey</p> <p>Sweet Potatoes Cornbread Dressing Scalloped Potatoes Green Beans Cranberry Sauce</p> <p>DINNER</p> <p>Spaghetti and Meatsauce* Baked Tilapia Lemon Butter</p> <p>Herbed Couscous Steamed Broccoli Mixed Vegetables Garlic Bread</p> <p>Apple Pie</p>	<p>LUNCH</p> <p>Beef Burgundy Fettucine Glazed Carrots</p> <p>Southwestern Wrap Chef Choice Salad</p> <p>Fruited Gelatin</p> <p>DINNER</p> <p>Grilled Chicken Salad Shrimp Scampi</p> <p>Baked Potato Steamed Squash Medley Brown Rice</p> <p>Cherry Cobbler</p>	<p>LUNCH</p> <p>Cheese/Veggie Pizza</p> <p>Steamed Succotash</p> <p>BBQ Sandwich/Fries Greek Salad</p> <p>Coconut Cake</p> <p>DINNER</p> <p>Pork Loin Pan Fried Tilapia</p> <p>Basmati Rice Mashed Potato w/ gravy Steamed Kale Steamed Sweet Corn</p> <p>Cheese Cake</p>	<p>LUNCH</p> <p>Roasted Chicken Macaroni & Cheese* Steamed Broccoli</p> <p>Ham Salad Sandwich Pineapple /cottage cheese+</p> <p>Yellow cake w/ strawberries</p> <p>DINNER</p> <p>Quiche Lorraine Chicken Parmesan W/ -Marinara Sauce Fettuccine</p> <p>Kyoto Vegetable Bland Steamed Spinach</p> <p>Angel Food Cake</p>	<p>LUNCH</p> <p>Roasted Tukey Sweet Potatoes Green Beans Cranberry Sauce</p> <p>Ham Salad Sandwich Trio Salad* Plate</p> <p>Assorted Cakes/Pies</p> <p>DINNER</p> <p>Grilled Italian Chicken Breast Grilled Ham and Cheese</p> <p>Wild Rice Venetian Vegetable Blend French Fries</p> <p>Apple Cobbler</p>	<p>LUNCH</p> <p>Spiral Sliced ham Sweet Potatoes Creamed Peas</p> <p>Hot Dogs/ Chili/fries Chef Choice Salad</p> <p>Lime Gelatin with Pineapple</p> <p>DINNER</p> <p>Fish and Chips Pot Roast W/Gravy</p> <p>Mashed Potato Steamed Chef Choice Cole Slaw</p> <p>Orange Cake</p>	<p>LUNCH</p> <p>Corned Beef Cooked Cabbage Root Vegetable Medley</p> <p>Grilled Cheese Sandwich Chef Salad</p> <p>Cheese Cake</p> <p>DINNER</p> <p>Grilled Salmon Grilled Shoulder tender Steak</p> <p>Rice Florentine Roasted Baby Potato Sautéed Pepper and Mushroom Steamed Broccoli</p> <p>Blackberry Cobbler</p>

Fresh Fruit, Ice Cream and Assorted Cookies are available in addition to the planned dessert.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH 25	LUNCH 26	LUNCH 27	LUNCH 28	LUNCH 29	LUNCH 30	LUNCH 1
Baked Ham Roasted Fuji Apple Steamed Green Bean Broccoli & Cheddar Quiche Strawberry Salad Carrot Cake	Hot Roast Beef Sandwich Mashed Potatoes Green Beans Crab Cake Sandwich Coleslaw Cottage Cheese/Fruit Plate+ Gelatin with Fruit	Chicken Casserole Creamed Peas Steamed Broccoli Bologna^* Sandwich Onion Ring Chefs choice Salad Peach Cobbler	Meatloaf Egg Noodle Steamed Carrots Fish fillet Sandwich French Fries Chefs choice Salad Lemon Cake	Grilled Salmon Jasmine Rice Steamed Spinach Grilled Chicken Sandwich Potato Salad Chef's Salad Gelatin w/ Fruit Cocktail	Beef Steak /w Gravy Mashed Potatoes Steamed Carrots Turkey Salad on Croissants Tater Tots Chef's Choice Salad Sweet Potato pie	Chicken Wings* Cole Slaw Baked Beans Ham and Cheese on Rye Onion Ring Cottage Cheese in Tomato Red Velvet Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Pan Fried Tilapia Meat Lasagna Key largo Vegetable Buttered Egg Noodles Steamed Kale Chocolate Cake	Roasted Turkey w/ Gravy Manicotti Baked Sweet Potato Sautéed Spinach Capri Vegetable Blend Pecan Pie	Salmon Croquette Spaghetti with Meat sauce W/ Marinara Sauce Baked Potato Fresh Asparagus Steamed Squash Cheese Cake	Stir Fry Chicken Baked Cod fillet Fried Rice Venetian Vegetable Blend Penne Pasta Chef's Choice	BBQ Spare Rib Vegetable Lasagna Green Bean Casserole Sliced Baked Beets Cole Slaw Carrot Cake	Crab cake Grilled Italian chicken Breast Baked Winter Squash Steamed Asparagus Wild Rice Coffee Cake	Beef Tenderloin Three Cheese Ravioli W/ Red or white Sauce Mushrooms and Peppers San Franciscan Blend Veggies Baked Potato Pecan Pie

Fresh Fruit, Ice Cream and Assorted Cookies are available in addition to the planned dessert