

THURSDAY September 29, 2017	FRIDAY September 30, 2017	SATURDAY October 1, 2017	SUNDAY October 2, 2017	MONDAY October 3, 2017	TUESDAY October 4, 2017	WEDNESDAY October 5, 2017
<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> WAFFLES	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> CHOCOLATE E'CLAIR	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS
<b>Lunch 12-1pm</b> POT ROAST W/ GRAVY BAKED CHICKEN MASHED POTATOES CARROTS, CELERY, & ONIONS <u>Sweet Endings</u> ICE CREAM	<b>Lunch 12-1pm</b> FRIED FISH W/ TARTAR SAUCE CHICKEN TENDERS POTATO SALAD STEAMED CABBAGE <u>Sweet Endings</u> FRUIT COBBLER	<b>Lunch 12-1pm</b> CHICKEN CURRY BACON WRAPPED CHOPPED STK HERBED RICE BROCCOLI W/ CARROTS <u>Sweet Endings</u> CAKE	<b>Lunch 12-1pm</b> ROAST TURKEY HAM MASHED POTATOES W/ GRAVY GREEN BEANS <u>Sweet Endings</u> PIE	<b>Lunch 12-1pm</b> BAKED FISH W/ TARTAR SAUCE SMOKED SAUSAGE W/ ONIONS ROASTED POTATOES PEAS & CARROTS <u>Sweet Endings</u> FRUIT	<b>Lunch 12-1pm</b> BEEF STUFFED BELL PEPPER CHICKEN PARMESAN ORZO PASTA VEGETABLE MEDLEY <u>Sweet Endings</u> COOKIE	<b>Lunch 12-1pm</b> BEER BATTERED FISH & CHIPS COCONUT CHICKEN STEAK FRIES ( CHIPS ) COLESLAW & MALT VINEGAR <u>Sweet Endings</u> FRUIT
<b>Supper 5-6pm</b> HOT HAM & CHEESE CROISSANT COTTAGE CHEESE SLICED ROMA TOMATOES <u>Sweet Endings</u> COOKIE	<b>Supper 5-6pm</b> CHICKEN & DUMPLINGS SALAD W/ DRESSING <u>Sweet Endings</u> BREAD PUDDING	<b>Supper 5-6pm</b> DENVER OMELET POTATO PANCAKES BISCUIT & GRAVY <u>Sweet Endings</u> BROWNIE	<b>Supper 5-6pm</b> HAM OR TURKEY SANDWICH CHIPS FRUIT <u>Sweet Endings</u> COOKIE	<b>Supper 5-6pm</b> BEEF SPAGHETTI CASSEROLE GREEN BEANS GARLIC BREAD <u>Sweet Endings</u> APPLESAUCE	<b>Supper 5-6pm</b> HAMBURGER OR CHEESEBURGER LETTUCE, TOMATO, PICKLES, ONIONS POTATO CHIPS <u>Sweet Endings</u> CAKE	<b>Supper 5-6pm</b> HALF A TURKEY MELT W/ A CUP OF CREAM OF BROCCOLI SOUP <u>Sweet Endings</u> PUDDING

~ ALWAYS AVAILABLE ~

LUNCH & SUPPER

Cold Ham or Turkey Sandwiches  
Grilled Ham, Turkey, or Cheese Sandwiches  
Peanut Butter & Jelly Sandwich  
Baked Potato w/ Butter, Cheese, & Sour Cream

House Salad w/ choice of dressing  
Hot Soup  
Cottage Cheese and Fruit



6051 Morriss Road, Flower Mound TX. 75028  
Phone: 972-539-9444  
Website: flowermoundalf.com

THURSDAY October 6, 2017	FRIDAY October 7, 2017	SATURDAY October 8, 2017	SUNDAY October 9, 2017	MONDAY October 10, 2017	TUESDAY October 11, 2017	WEDNESDAY October 12, 2017
<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <i>Special</i> CINNAMON ROLL	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <i>Special</i> CHOCOLATE E'CLAIR	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS
<b>Lunch 12-1pm</b> CHICKEN BROCCOLI CROQUETTE GRILLED SALMON HERBED RICE STEAMED SPINACH <i>Sweet Endings</i> COOKIE	<b>Lunch 12-1pm</b> FRIED FISH CHICKEN W/ RED CREAM SAUCE COLESLAW MAC-N -CHEESE <i>Sweet Endings</i> FRUIT COBBLER	<b>Lunch 12-1pm</b> FRIED PORK CHOP MEATLOAF SCALLOPED POTATOES BLACKEYED PEAS <i>Sweet Endings</i> APPLE PIE	<b>Lunch 12-1pm</b> CHICKEN FRIED STEAK BAKED CHICKEN MASHED POTATOES MIXED VEGETABLES <i>Sweet Endings</i> ICE CREAM	<b>Lunch 12-1pm</b> BONELESS BBQ RIBLETT BAKED FISH POTATO SALAD BAKED BEANS <i>Sweet Endings</i> BLONDIE	<b>Lunch 12-1pm</b> ROAST TURKEY W/ GRAVY BAKED HAM CORNBREAD DRESSING GREEN BEANS & CRANBERRY <i>Sweet Endings</i> COOKIE	<b>Lunch 12-1pm</b> TERIAYKI CHICKEN SWEET N SOUR PORK FRIED RICE ORIENTAL VEGETABLES <i>Sweet Endings</i> FRUIT
<b>Supper 5-6pm</b> CHEF SALAD W/ DRESSING <i>Sweet Endings</i> FRUIT	<b>Supper 5-6pm</b> BRISKET QUESADILLA SPANISH RICE MIXED VEGETABLES <i>Sweet Endings</i> COFFEE CRUMB CAKE	<b>Supper 5-6pm</b> CHEESE MANNICOTTI W/ MEATSAUCE VEGETABLE MEDLEY BREADSTICK <i>Sweet Endings</i> MUFFIN	<b>Supper 5-6pm</b> CHICKEN POT PIE SALAD & DRESSING <i>Sweet Endings</i> FRUIT	<b>Supper 5-6pm</b> PATTY MELT CHIPS <i>Sweet Endings</i> JELLO	<b>Supper 5-6pm</b> HAM & CHEESE QUICHE OR CHEESE QUICHE SALAD W/ DRESSING <i>Sweet Endings</i> CAKE	<b>Supper 5-6pm</b> POTATO SOUP & GRILLED CHEESE SANDWICH <i>Sweet Endings</i> BANANA PUDDING

~ ALWAYS AVAILABLE ~

LUNCH & SUPPER



6051 Morriss Road, Flower Mound TX. 75028  
Phone: 972-539-9444  
Website: flowermoundalf.com

Cold Ham or Turkey Sandwiches  
Grilled Ham, Turkey, or Cheese Sandwiches  
Peanut Butter & Jelly Sandwich  
Baked Potato w/ Butter, Cheese, & Sour Cream

House Salad w/ choice of dressing  
Hot Soup  
Cottage Cheese and Fruit

THURSDAY October 13, 2017	FRIDAY October 14, 2017	SATURDAY October 15, 2017	SUNDAY October 16, 2017	MONDAY October 17, 2017	TUESDAY October 18, 2017	WEDNESDAY October 19, 2017
<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> PANCAKES	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> CHOCOLATE E'CLAIR	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS
<b>Lunch 12-1pm</b> SALMON CROQUETTE PEPPER STEAK WILD RICE VEGETABLE MEDLEY <u>Sweet Endings</u> FRESH FRUIT	<b>Lunch 12-1pm</b> FRIED FISH TOMATO,BASIL STUFFED CHICKEN POTATO SALAD CORN CASSEROLE <u>Sweet Endings</u> FRUIT COBBLER	<b>Lunch 12-1pm</b> CRISPY BEEF TACOS CHICKEN ENCHILADAS SPANISH RICE MIXED VEGETABLES <u>Sweet Endings</u> CARAMEL FLAN	<b>Lunch 12-1pm</b> POT ROAST BAKED FISH STEAMED POTATOES GREEN BEANS <u>Sweet Endings</u> ICE CREAM	<b>Lunch 12-1pm</b> BBQ BRISKET SMOKED SAUSAGE BAKED BEANS COLESALW <u>Sweet Endings</u> CAKE	<b>Lunch 12-1pm</b> SALISBURY STEAK W/ GRAVY BAKED CHICKEN MASHED POTATOES CARROTS <u>Sweet Endings</u> COOKIE	<b>Lunch 12-1pm</b> PORK CUTLET W/ GRAVY BEEF STUFFED BELL PEPPER AUGRATIN POTATOES GREEN BEANS <u>Sweet Endings</u> GERMAN CHOCOLATE CAKE
<b>Supper 5-6pm</b> HOMESTYLE CHILI WITH BEANS, ONIONS, CHEESE CRACKERS OR CORNBREAD <u>Sweet Endings</u> CRUMB PIE	<b>Supper 5-6pm</b> BACON EGG & CHEESE CROISSANT CARROT RAISIN SALAD <u>Sweet Endings</u> LEMON BAR	<b>Supper 5-6pm</b> SUPREME PIZZA OR CHEESE PIZZA SALAD W/ DRESSING <u>Sweet Endings</u> JELLO W/ FRUIT	<b>Supper 5-6pm</b> STEAK FINGERS MASHED POTATOES VEGETABLE MEDLEY <u>Sweet Endings</u> FRUIT	<b>Supper 5-6pm</b> HAMBURGER OR CHEESEBURGER FRENCH FRIES <u>Sweet Endings</u> PUDDING	<b>Supper 5-6pm</b> BEEF LASAGNA SALAD W/ DRESSING <u>Sweet Endings</u> FRUIT	<b>Supper 5-6pm</b> CHICKEN SALAD SANDWICH A CUP OF SPLIT PEA SOUP CRACKERS <u>Sweet Endings</u> JELLO

~ ALWAYS AVAILABLE ~

LUNCH & SUPPER

Cold Ham or Turkey Sandwiches  
Grilled Ham, Turkey, or Cheese Sandwiches  
Peanut Butter & Jelly Sandwich  
Baked Potato w/ Butter, Cheese, & Sour Cream

House Salad w/ choice of dressing  
Hot Soup  
Cottage Cheese and Fruit



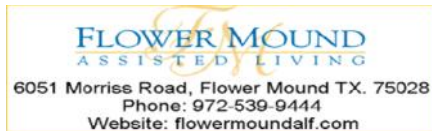
THURSDAY October 20, 2017	FRIDAY October 21, 2017	SATURDAY October 22, 2017	SUNDAY October 23, 2017	MONDAY October 24, 2017	TUESDAY October 25, 2017	WEDNESDAY October 26, 2017
<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> BLUEBERRY MUFFIN	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> CHOCOLATE E'CLAIR	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS
<b>Lunch 12-1pm</b> SALISBURY STEAK BAKED CHICKEN SCALLOPED POTATOES BROCCOLI <u>Sweet Endings</u> CAKE	<b>Lunch 12-1pm</b> FRIED FISH W/ TARTAR SAUCE SMOKED SAUSAGE COLESLAW FRIED OKRA <u>Sweet Endings</u> FRUIT COBBLER	<b>Lunch 12-1pm</b> BEEF TIPS IN GRAVY PORK LOIN W/ GRAVY BAKED POTATOES CREAMED CORN <u>Sweet Endings</u> CARROT CAKE	<b>Lunch 12-1pm</b> COUNTRY FRIED STEAK BAKED CHICKEN MASHED POTATOES PEAS & PEARL ONIONS <u>Sweet Endings</u> ICE CREAM	<b>Lunch 12-1pm</b> BAKED HAM BAKED FISH W/ TARTAR SAUCE WHIPPED SWEET POTATOES GREEN BEANS <u>Sweet Endings</u> COOKIE	<b>Lunch 12-1pm</b> BBQ CHICKEN FRIED SHRIMP W/ RED SAUCE POTATO SALAD CARROTS <u>Sweet Endings</u> CAKE	<b>Lunch 12-1pm</b> CHICKEN TERIAYKI SWEET N SOUR MEATBALLS FRIED RICE ORIENTAL VEGETABLES <u>Sweet Endings</u> CANTELOPE
<b>Supper 5-6pm</b> TACO SALAD W/ LETTUCE, CHIPS & CHEESE <u>Sweet Endings</u> COOKIE	<b>Supper 5-6pm</b> BEEF STEW W/ CORNBREAD OR CRACKERS MIXED VEGETABLES <u>Sweet Endings</u> ICE CREAM SANDWICH	<b>Supper 5-6pm</b> CHICKEN QUESADILLA SPANISH RICE MIXED VEGETABLES <u>Sweet Endings</u> FRUIT	<b>Supper 5-6pm</b> BEEF RAVIOLI W/ SAUCE VEGETABLE MEDLEY <u>Sweet Endings</u> CINNAMON APPLES	<b>Supper 5-6pm</b> HOT DOGS OR CORNDOGS CHIPS <u>Sweet Endings</u> FRUIT	<b>Supper 5-6pm</b> CHICKEN TENDERS W/ GRAVY MASHED POTATOES MIXED VEGETABLES <u>Sweet Endings</u> COOKIE	<b>Supper 5-6pm</b> CHICKEN NOODLE SOUP HALF A GRILLED HAM & CHEESE <u>Sweet Endings</u> CHOCOLATE CREAM PIE

~ ALWAYS AVAILABLE ~

LUNCH & SUPPER

Cold Ham or Turkey Sandwiches  
Grilled Ham, Turkey, or Cheese Sandwiches  
Peanut Butter & Jelly Sandwich  
Baked Potato w/ Butter, Cheese, & Sour Cream

House Salad w/ choice of dressing  
Hot Soup  
Cottage Cheese and Fruit



THURSDAY October 27, 2017	FRIDAY October 28, 2017	SATURDAY October 29, 2017	SUNDAY October 30, 2017	MONDAY October 31, 2017	TUESDAY November 1, 2017	WEDNESDAY November 2, 2017
<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> WAFFLES	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS <u>Special</u> CHOCOLATE E'CLAIR	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS	<b>Breakfast 8-9am</b> SCRAMBLED OR FRIED EGGS BACON OR SAUSAGE WHEAT TOAST CREAM OF WHEAT OR OATMEAL COLD CEREALS
<b>Lunch 12-1pm</b> POT ROAST W/ GRAVY BAKED CHICKEN MASHED POTATOES CARROTS, CELERY, & ONIONS <u>Sweet Endings</u> ICE CREAM	<b>Lunch 12-1pm</b> FRIED FISH W/ TARTAR SAUCE CHICKEN TENDERS POTATO SALAD STEAMED CABBAGE <u>Sweet Endings</u> FRUIT COBBLER	<b>Lunch 12-1pm</b> CHICKEN CURRY BACON WRAPPED CHOPPED STK HERBED RICE BROCCOLI W/ CARROTS <u>Sweet Endings</u> CAKE	<b>Lunch 12-1pm</b> ROAST TURKEY HAM MASHED POTATOES W/ GRAVY GREEN BEANS <u>Sweet Endings</u> PIE	<b>Lunch 12-1pm</b> BAKED FISH W/ TARTAR SAUCE SMOKED SAUSAGE W/ ONIONS ROASTED POTATOES PEAS & CARROTS <u>Sweet Endings</u> FRUIT	<b>Lunch 12-1pm</b> BEEF STUFFED BELL PEPPER CHICKEN PARMESAN ORZO PASTA VEGETABLE MEDLEY <u>Sweet Endings</u> COOKIE	<b>Lunch 12-1pm</b> BEER BATTERED FISH & CHIPS COCONUT CHICKEN STEAK FRIES ( CHIPS ) COLESLAW & MALT VINEGAR <u>Sweet Endings</u> FRUIT
<b>Supper 5-6pm</b> HOT HAM & CHEESE CROISSANT COTTAGE CHEESE SLICED ROMA TOMATOES <u>Sweet Endings</u> COOKIE	<b>Supper 5-6pm</b> CHICKEN & DUMPLINGS SALAD W/ DRESSING <u>Sweet Endings</u> BREAD PUDDING	<b>Supper 5-6pm</b> DENVER OMELET POTATO PANCAKES BISCUIT & GRAVY <u>Sweet Endings</u> BROWNIE	<b>Supper 5-6pm</b> HAM OR TURKEY SANDWICH CHIPS FRUIT <u>Sweet Endings</u> COOKIE	<b>Supper 5-6pm</b> BEEF SPAGHETTI CASSEROLE GREEN BEANS GARLIC BREAD <u>Sweet Endings</u> APPLESAUCE	<b>Supper 5-6pm</b> HAMBURGER OR CHEESEBURGER LETTUCE, TOMATO, PICKLES, ONIONS POTATO CHIPS <u>Sweet Endings</u> CAKE	<b>Supper 5-6pm</b> HALF A TURKEY MELT W/ A CUP OF CREAM OF BROCCOLI SOUP <u>Sweet Endings</u> PUDDING

~ ALWAYS AVAILABLE ~

LUNCH & SUPPER

**FLOWER MOUND**  
ASSISTED LIVING  
6051 Morriss Road, Flower Mound TX. 75028  
Phone: 972-539-9444  
Website: flowermoundalf.com

Cold Ham or Turkey Sandwiches  
Grilled Ham, Turkey, or Cheese Sandwiches  
Peanut Butter & Jelly Sandwich  
Baked Potato w/ Butter, Cheese, & Sour Cream

House Salad w/ choice of dressing  
Hot Soup  
Cottage Cheese and Fruit