Symphony at Valley Farms
Assisted Living and Memory Care

October 2018

Symphony at Valley Farms

30	Oct 1 Green Salad Tomato Florentine Soup *or* Quiche Florentine Pineapple Pulled Pork Slider *or* Hash Brown Bake *or* Steamed Broccoli Classic Lima Beans *or* Whole Grain Bread Applesauce Cake	2 Cream of Zucchini Soup Coleslaw *or* Spaghetti/Marinara Meat Sauce Grilled Tilapia/Aioli Sauce *or* Rice Orzo Pilaf Green Beans Italian Lemon Glazed Carrots *or* Homemade Wheat Rolls Brownies	3 Vegetable Medley Soup Marinated Tomatoes *or* Homestyle Turkey/Gravy Pork and Sauerkraut *or* Cranberry Sage Dressing Sweet Potato Hash *or* Mixed Vegetables Ice Cream	4 Creamy Carrot Soup Apple Juicy Jello *or* Classic Baked Ham Beef Bits and Gravy *or* Scalloped Potatoes Chef's Steamed Vegetable Oven Roasted Cauliflower *or* Homemade Wheat Rolls Peanut Butter Cake	5 Turkey Noodle Soup Citrus Fruit Salad *or* Cod/Tomato Cream Sauce Teriyaki Meatballs *or* Parsley Rice Collard Greens Mixed Vegetables *or* Whole Grain Bread Vanilla Fruit Pudding	6 Navy Bean Soup Green Salad Lemon Grilled Chicken Lazy Stuffed Peppers *or* Angel Pasta *or* Green Beans Fresh Cornbread Fruit
7 Soup Du Jour Vegetable Pasta Salad *or* Roast Beef au Jus Eggplant Parmesan and Marinara *or* Baked Potato Mixed Vegetables Okra and Tomatoes *or* Homemade Wheat Rolls Classic Banana Bread	8 Tomato Soup Light Caesar Salad *or* Meatloaf Mediterranean Turkey Casserole *or* Fresh Mashed Potatoes Chef's Steamed Vegetable Carrot Green Bean Blend *or* Whole Grain Bread Cinnamon Bread Pudding	9 Creamy Vegetable Soup Ambrosia Jello Salad *or* Chicken Spinach Dish Pineapple Pulled Pork Slider *or* Rice Pilaf Grilled Zucchini Capri Blend *or* Apple Cobbler	10 Soup Du Jour Creamy Coleslaw *or* Glazed Baked Ham Crab Pasta Salad *or* Roasted Red Potatoes Lemon Pepper Green Beans Roasted Brussels Sprouts *or* Homemade Wheat Rolls Fruit	11 Minestrone Soup Marinated Tomatoes *or* Lemon Oregano Turkey Beef Patty/Mushroom Sauce *or* Cornbread Dressing Boiled Potatoes *or* Mixed Vegetables Beets *or* Whole Grain Bread Berries 'n Bananas	12 Green Salad Soup Du Jour *or* Cheddar Crumb Fish Chicken Paprikash *or* Seasoned Rice Capri Blend Farm Fresh Vegetables *or* Whole Grain Bread Chocolate Caramel Cake	13 Soup Du Jour Salad Bar Baked Meatballs/Gravy Chef's Choice Omelet *or* Parsley Egg Noodles *or* Honey Glazed Carrots Yellow Squash/Onions *or* Buttermilk Spice Cake
14 Green Salad Zesty Meatloaf Southern Fried Chicken *or* Onion Roasted Potatoes Roasted Carrots Baked Roll Maple Bar	15 Green Salad Honey Curry Chicken Breast Meatloaf *or* Rice Pilaf Broccoli Baked Roll Peach Cobbler	16 Green Salad Baked Pork Chops Oven Baked Chicken *or* Smashed Sweet Potatoes Corn Baked Roll Cream Pecan Cake	17 Green Salad Salisbury Steak Chicken Fettuccine Alfredo *or* Baked Potato Sauteed Spinach Baked Roll Fresh Banana Cream Pie	18 Green Salad Oven Roasted Chicken Breast Beef Medallions *or* Lyonnaise Potatoes Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	19 Green Salad Seasoned Baked Tilapia Baked Fish Fillet *or* Potato Wedges Lemon Pepper Green Beans Baked Roll Orange Thumbprint Cookie	20 Green Salad Beef Sour Cream Noodle Bake Beef Goulash *or* Sauteed Zucchini Crusty Garlic Bread Autumn Spice Cake
21 Green Salad Brown Sugar Ham Roast Beef with Mustard Sauce *or* Roasted Yams Baked Lima Beans Baked Roll Homemade Cherry Pie	22 Green Salad Garlic Ranch Chicken Shrimp Style Scampi *or* Potato Bacon Gratin Corn O'Brien Baked Roll Almond Sugar Cookie	23 Green Salad Swedish Meatballs Homestyle Turkey *or* Best Noodles Scandinavian Veg Baked Roll Chocolate Chip Cake	24 Green Salad Herb Crusted Pork Roast Deep Dish Spinach Quiche *or* Parmesan Roasted Potatoes Seasoned Cauliflower Baked Roll Mixed Berry Crisp	25 Green Salad Hamburger Steak/Onions Tomato Basil Chicken *or* Sour Cream Potatoes Capri Blend Baked Roll Maple Bread Pudding	26 Green Salad Cheddar Crumb Cod Sweet and Sour Pork *or* Rice Orzo Pilaf Creamy Coleslaw Baked Roll Raspberry Sherbet Dessert	27 Green Salad Cranberry Glazed Turkey Roast Seasoned Steak *or* Cornbread Dressing Roasted Parmesan Brussels Sprouts Baked Roll Pineapple Cake

28 Green Salad Yankee Pot Roast Baked Salmon/Lemon Dill Sauce *or* Garlic Mashed Potatoes Baby Carrots Baked Roll Homemade Peach Pie	29 Green Salad Marinated Drum Sticks Veal/Mushroom Sauce *or* Lemon Rice Steamed Sugar Snap Peas Baked Roll Cranberry Apple Crisp	30 Green Salad Grilled Pork Chop/Applesauce Swiss Steak/Tomatoes *or* Baked Yams Herbed Corn Baked Roll Glazed Pumpkin Cake	31 Green Salad Bacon Wrapped Patty Turkey Roast/Stuffing *or* Baked Potato Greens Baked Roll Chocolate Chip Cookie	Nov 1	2	3