



Wellsprings Assisted Living

30	Oct 1	2	3	4	5	6
	Roast Pork/Ginger Glaze Lemon Rice Beets Whole Grain Bread Carrot Cake	Spaghetti/Meat Marinara Sauce Italian Seasoned Green Beans Baked Roll Snickerdoodle Brownie	Homestyle Turkey/Gravy Cranberry Sage Dressing Mixed Vegetables Pear Cobbler	Classic Baked Ham Scalloped Potatoes Vegetable Medley Baked Roll Soft Brown Sugar Cookie	Teriyaki Meatballs Parsley Rice Glazed Baby Carrots Whole Grain Bread Honey Bun Cake	Lemon Grilled Chicken Herb Roasted Red Potatoes Grilled Asparagus Baked Roll Banana Cream Pudding
7	8	9	10	11	12	13
Creamy Herbed Pork Chops Roasted Yams Mixed Vegetables Baked Roll Fruit Cocktail Bars	Turkey Roast/Zesty Rub Fresh Mashed Potatoes Roasted Cauliflower Whole Grain Bread Chocolate Sour Cream Cake	Baked Drumsticks Rice Pilaf Corn O'Brien Baked Roll Apple Cobbler	Glazed Baked Ham Roasted Red Potatoes Green Beans Cornbread Key Lime Pie	Beef Patty/Mushroom Sauce Boiled Potatoes Beets Baked Roll Chocolate Lush	Dressed Up Chicken Fresh Mashed Potatoes Capri Blend Whole Grain Bread Pineapple Upside Down Cake	Herb Seasoned Pork Fresh Mashed Potatoes Honey Glazed Carrots Baked Roll Apple Slices
14	15	16	17	18	19	20
Zesty Meatloaf Onion Roasted Potatoes Roasted Carrots Baked Roll Maple Bar	Honey Curry Chicken Breast Rice Pilaf Broccoli Baked Roll Peach Cobbler	Baked Pork Chops Smashed Sweet Potatoes Corn Baked Roll Cream Pecan Cake	Salisbury Steak Baked Potato Sautéed Spinach Baked Roll Mandarin Oranges	Oven Roasted Chicken Breast Lyonnais Potatoes Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	Seasoned Baked Tilapia Potato Wedges Green Beans Baked Roll Orange Thumbprint Cookie	Beef Sour Cream Noodle Bake Sautéed Zucchini Crusty Garlic Bread Autumn Spice Cake
21	22	23	24	25	26	27
Brown Sugar Ham Roasted Yams Baked Lima Beans Baked Roll Cherry Pie	Garlic Ranch Chicken Potato Bacon Gratin Corn O'Brien Baked Roll Almond Sugar Cookie	Swedish Meatballs Best Noodles Scandinavian Veg Baked Roll Chocolate Chip Cake	Herb Crusted Pork Roast Parmesan Roasted Potatoes Seasoned Cauliflower Baked Roll Mixed Berry Crisp	Hamburger Steak/Onions Sour Cream Potatoes Capri Blend Baked Roll Maple Bread Pudding	Cheddar Crumb Cod Rice Orzo Pilaf Creamy Coleslaw Baked Roll Raspberry Sherbet Dessert	Cranberry Glazed Turkey Roast Cornbread Dressing Roasted Parmesan Brussels Sprouts Baked Roll Pineapple Cake
28	29	30	31	Nov 1	2	3
Yankee Pot Roast Garlic Mashed Potatoes Baby Carrots Baked Roll Peach Pie	Marinated Drum Sticks Lemon Rice Steamed Sugar Snap Peas Baked Roll Cranberry Apple Crisp	Grilled Pork Chop/Applesauce Baked Yams Herbed Corn Baked Roll Glazed Pumpkin Cake	Bacon Wrapped Patty Baked Potato Greens Baked Roll Chocolate Chip Cookie			