



St Augustine Plantation Assisted Living and  
Memory Care

29	30	Oct 1	2	3	4	5
		Green Salad <i>or</i> Soup Du Jour Baked Pork Chops <i>or</i> Chicken Caesar Wrap Baked Sweet Potato Chef's Steamed Vegetable Baked Roll Caramel Ice Cream Pie	Green Salad <i>or</i> Soup Du Jour Braised Beef/Vegetables <i>or</i> Breaded Shrimp with Cocktail Sauce Oven Rice Mixed Vegetables <i>or</i> Coleslaw Baked Roll Cake Chocolates	Green Salad <i>or</i> Soup Du Jour Lemon Pepper Chicken <i>or</i> Classic Stuffed Bell Pepper <i>or</i> Cheesy Rice Grilled Asparagus Baked Roll Coconut Cake	Green Salad <i>or</i> Soup Du Jour Cube Steak Oriental <i>or</i> Southern Fried Fish and Chips Seasoned Rice <i>or</i> Creamy Cheese Grits Fresh Cooked Carrots <i>or</i> Stir-Fry Vegetables Baked Roll Homemade Strawberry Shortcake	Green Salad <i>or</i> Soup Du Jour Liver and Onions <i>or</i> Smoked Roasted Turkey Cornbread Dressing Peas Baked Roll Coffee Cake
6	7	8	9	10	11	12
Green Salad <i>and</i> Soup Du Jour Tender Beef Roast <i>or</i> Southern Fried Chicken AuGratin Potatoes Chef's Steamed Vegetable Baked Roll Berry Cobbler	Green Salad <i>or</i> Soup Du Jour Italian Crusted Chicken <i>or</i> Baked Cod/Dill Sauce Fresh Mashed Potatoes Fresh Asparagus Baked Roll Soft Brown Sugar Cookie	Green Salad <i>or</i> Soup Du Jour Meatballs/Marinara Sauce <i>or</i> Chicken Cordon Bleu Penne Pasta <i>or</i> Seasoned Rice Sauteed Mushrooms Baked Roll Key Lime Pie	Green Salad Roast Pork/Ginger Glaze <i>or</i> Leg of Lamb Roasted Potato Medley Sauteed Yellow Squash Baked Roll Fruit Crisp	Green Salad <i>or</i> Soup Du Jour Hamburger Steak/Onions <i>or</i> Shredded Herb Chicken/Rice Fresh Mashed Potatoes/Gravy Mixed Vegetables Baked Roll Bread Pudding	Green Salad <i>or</i> Soup Du Jour Seafood Alfredo <i>or</i> Glazed Meatloaf Parsley Rice Steamed Broccoli Baked Roll Frozen Sherbet Dessert	Green Salad <i>or</i> Soup Du Jour Beef Burgundy <i>or</i> Biscuit Chicken Pot Pie Noodles Roasted Brussels Sprouts Baked Roll Butterscotch Pudding
13	14	15	16	17	18	19
Green Salad Autumn Pot Roast <i>or</i> Lemon Pepper Salmon Garlic Mashed Potatoes Roasted Carrots Baked Roll Lemon Meringue Pie	Green Salad Roasted Chicken Legs <i>or</i> Veal Marsala Seasoned Rice Lemon Buttered Broccoli Baked Roll Apple Crisp	Green Salad Pork Chops and Gravy <i>or</i> Country Fried Steak/Gravy Baked Yams Capri Blend Baked Roll Spiced Pear Cake	Green Salad Bacon and Cheese Chopped Steak <i>or</i> Cranberry Glazed Turkey Roast Baked Potato Oven Roasted Cauliflower Baked Roll Cranberry Pumpkin Cookie	Green Salad Pesto Chicken <i>or</i> Pork Roast/Mustard Sauce Lemon Pasta Green Beans Baked Roll Vanilla Fruit Pudding	Green Salad Cod Fillet/Lemon Sauce <i>or</i> Ham/Pineapple Sauce Roasted Potato Medley Spinach Baked Roll White Cake	Green Salad Glazed Meatloaf <i>or</i> Turkey/Basil Cream Sauce Fried Potatoes and Onions Seasoned Peas Baked Roll Peach Crisp
20	21	22	23	24	25	26
Green Salad Chicken Parmesan <i>or</i> Italian Beef Pot Roast Garlic Pasta California Normandy Blend Crusty Cheese Bread Black Bottom Cherry Pie	Green Salad Herb Seasoned Pork <i>or</i> Three Cheese Ravioli Glazed Sweet Potatoes Yellow Squash/Onions Baked Roll Caramel Apple Cake	Green Salad Beef Burgundy <i>or</i> Baked Tilapia w/Dijon Dill Sauce Parsley Egg Noodles Steamed Broccoli Baked Roll German Chocolate Brownie	Green Salad Homestyle Turkey/Gravy <i>or</i> Pork Chops and Kraut Cranberry Sage Dressing Buttery Carrots Baked Roll Fruit Cobbler	Green Salad Baked Ham <i>or</i> Chicken/Tomato Mushroom Sauce Scalloped Potatoes Green Beans/Bacon Baked Roll Soft Snickerdoodle	Green Salad Sweet Sour Meatballs <i>or</i> Parmesan Crusted Cod Brown Rice Snap Pea Vegetable Blend Spring Egg Roll Glazed Lemon Pound Cake	Green Salad Roasted Lemon Chicken <i>or</i> Corned Beef/Cabbage Wedge Red Potatoes Sauteed Spinach Baked Roll Vanilla Berry Trifle

27	28	29	30	31	Nov 1	2
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad		
Honey Glazed Pork	Philly Cube Steak	Smothered Chicken	Lemon Garlic Fish	Beef		
<i>or</i>	<i>or</i>	Breasts	<i>or</i>	Patty/Mushroom		
Herbed	Rosemary Roasted	<i>or</i>	Citrus Glazed Ham	Gravy		
Roast/Vegetables	Turkey	German Braised	Rice Orzo Pilaf	<i>or</i>		
AuGratin Potatoes	Roasted Yams	Sausage	Green Beans	Turkey		
Hawaiian Beets	Capri Blend	Mashed Red Potatoes	Baked Roll	Roast/Stuffing		
Fresh Banana Cream	Baked Roll	Herbed Corn	Fresh Coconut	Boiled Potatoes		
Pie	Pumpkin Angel Cake	Baked Roll	Cream Pie	Baby Carrots		
		Blueberry Cobbler		Baked Roll		
				Eclair Pudding Cake		