

Arcadian Cove Fall & Winter Menu

Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Breakfast</u> Waffles Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Scrambled Egg Casserole Toast Choice of Cereal	<u>Breakfast</u> French Toast Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Breakfast Quesadilla with Salsa Fresh Fruit Choice of Cereal	<u>Breakfast</u> Omelets Toast Fresh Fruit Choice of Cereal	<u>Breakfast</u> Buttermilk Pancakes Bacon, Sausage Choice of Cereal	<u>Breakfast</u> Biscuits & Gravy Scrambled Eggs Choice of Cereal
<u>Lunch</u> Honey Glazed Turkey Or Country-Style Steak	<u>Lunch</u> Ginger Spice Pork Chop Or Catch of the Day	<u>Lunch</u> Chicken Cacciatore Or Staked Deli- Meat Sandwich	<u>Lunch</u> Chuckwagon Steak Or Crunchy Fish Fillet	<u>Lunch</u> Roasted Pork Or Garlic Roasted Chicken	<u>Lunch</u> Catch of the Day Or Beef Tips with Gravy	<u>Lunch</u> Ground Beef & Taters Or Bratwurst with Peppers & Onions
<u>Supper</u> BLT & Avocado Sandwich Or Pinto Beans & Cornbread	<u>Supper</u> Sloppy Joes Or Vegetable Soup	<u>Supper</u> Baked Ham & Pineapples Or Turkey Reuben Sandwich	<u>Supper</u> Chicken Fried Rice Or Homemade Chicken Noodle Soup	<u>Supper</u> Meatball Sandwich Or Bean & Pasta Soup	<u>Supper</u> BBQ Chicken Or Italian Wedding Soup	<u>Supper</u> Sautéed Turkey Breast Or Lemon Herb Chicken

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<u>Breakfast</u> Waffles Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Scrambled Egg Casserole Toast Choice of Cereal	<u>Breakfast</u> French Toast Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Breakfast Hash Toast Fresh Fruit Choice of Cereal	<u>Breakfast</u> Omelets Toast Fresh Fruit Choice of Cereal	<u>Breakfast</u> Pancakes & Blueberries Bacon, Sausage Choice of Cereal	<u>Breakfast</u> Biscuits & Gravy Scrambled Eggs Choice of Cereal
<u>Lunch</u> Baked Chicken Or Honey Baked Ham	<u>Lunch</u> Chopped Steak Or Turkey Pot Pie	<u>Lunch</u> Garlic Pepper Pork Chop Or Pecan Crusted	<u>Lunch</u> Breaded Turkey Cutlet Or Fish Fillet	<u>Lunch</u> Meatloaf Or Chicken & Dumplings	<u>Lunch</u> Oven Fried Fish Or Honey Dijon Pork Chop	<u>Lunch</u> Swiss Steak Or Baked Chicken With Rice & Carrots
<u>Supper</u> Beef Pot Roast Or BLT Sandwich With Taters	<u>Supper</u> Fish & Chips Or Vegetable Soup	<u>Supper</u> Tater Soup Or Fried Chicken Legs	<u>Supper</u> Open-Faced Roast Beef Sandwich Or Tortilla Soup	<u>Supper</u> Italian Sausage Quiche Or Vegetable Soup	<u>Supper</u> Chili Dogs Or Cheeseburgers With Fries	<u>Supper</u> Breaded Chicken Tenders Or BBQ Pulled Pork

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Week Three

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<u>Breakfast</u> Waffles Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Vegetable Strata Toast, Fruit Choice of Cereal	<u>Breakfast</u> French Toast Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Choice of Egg Toast Fresh Fruit Choice of Cereal	<u>Breakfast</u> Baked Tomato Omelet Bacon, Sausage Choice of Cereal	<u>Breakfast</u> Pancakes Bacon, Sausage Fresh Fruit Choice of	<u>Breakfast</u> Muffins, Eggs Bacon, Sausage Fresh Fruit Choice of Cereal
<u>Lunch</u> Spiral Baked Ham Or Honey Butter Fried Chicken	<u>Lunch</u> Golden Baked Chicken Or Breaded Pork Chop	<u>Lunch</u> Beef Stroganoff Or Balsamic Glazed Chicken	<u>Lunch</u> Hickory Smoked Turkey Or Braised Pot Roast	<u>Lunch</u> Crunchy Ranch Chicken Or BBQ Spare Ribs	<u>Lunch</u> Grilled Fish Or Orange Glazed Beef	<u>Lunch</u> Swiss Steak Or Baked Chicken With Rice & Carrots
<u>Supper</u> Manicotti Or Chef Salad with Deli Meats	<u>Supper</u> Beef Stew Or Deli Turkey Wrap	<u>Supper</u> Crab Cakes with Rice Or Beef Lasagna	<u>Supper</u> Italian Sausage with Peppers Or Grilled Chicken & Avocado Sandwich	<u>Supper</u> Patty Melt with Sweet Potatoes Or Chef's Seafood Salad	<u>Supper</u> Chicken Salad Stuffed Peppers Or Tomato Soup & Grilled Cheese	<u>Supper</u> Breaded Chicken Tenders Or BBQ Pulled Pork

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Week Four

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Breakfast</u> Waffles & Whip Cream Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Blueberry Muffins Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> French Toast Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Breakfast Hash Toast Fresh Fruit Choice of Cereal	<u>Breakfast</u> Omelets Toast Fresh Fruit Choice of Cereal	<u>Breakfast</u> Pancakes & Strawberries Bacon, Sausage Choice of Cereal	<u>Breakfast</u> Biscuits & Gravy Scrambled Eggs Choice of Cereal
<u>Lunch</u> Pinto Beans & Cornbread Or Sloppy Joes & Taters	<u>Lunch</u> Honey Mustard Chicken Or Spiral Baked Ham	<u>Lunch</u> Pot Roast Or Crunchy Onion Chicken	<u>Lunch</u> Meatloaf & Taters Or Chicken & Dumplings	<u>Lunch</u> Country Fried Steak Or Herb-Pork With Veggies	<u>Lunch</u> Pesto Crusted Fish Or Orange Glazed Chicken	<u>Lunch</u> Salisbury Steak Or Chili & Grilled Cheese
<u>Supper</u> Braised Turkey Or Baked Spaghetti	<u>Supper</u> Stuffed Peppers Of Deli Turkey Sliders	<u>Supper</u> Fish & Chips Or Vegetable Chili	<u>Supper</u> Lemon Pepper Turkey Or Beef & Broccoli	<u>Supper</u> Open Faced Turkey Sandwich Or Crab Salad Sandwich	<u>Supper</u> Beef Stroganoff Or Grilled Turkey & Swiss Sandwich	<u>Supper</u> BBQ Spare Ribs Or Beef, Broccoli & Rice

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Week Five

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<u>Breakfast</u> Pancakes Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Scrambled Egg Casserole Toast Choice of Cereal	<u>Breakfast</u> French Toast Bacon, Sausage Fresh Fruit Choice of Cereal	<u>Breakfast</u> Breakfast Egg Sandwiches Fresh Fruit Choice of Cereal	<u>Breakfast</u> Omelets Toast Fresh Fruit Choice of Cereal	<u>Breakfast</u> Pancakes & Apples Bacon, Sausage Choice of Cereal	<u>Breakfast</u> Biscuits & Gravy Scrambled Eggs Choice of Cereal
<u>Lunch</u> Pork Loin & Onions Or Apple Glazed Chicken	<u>Lunch</u> BBQ Pork Tenderloin Or Paprika Baked Chicken	<u>Lunch</u> Pan Seared Chicken Or Shepherd's Pie	<u>Lunch</u> BBQ Meat Loaf Or Savory Roasted Chicken	<u>Lunch</u> Braised Pork Chop Or Turkey Jambalaya	<u>Lunch</u> Lemon Baked Fish Or Baked Spaghetti	<u>Lunch</u> Roast Beef with Au Jus Or Chicken Teriyaki with Rice
<u>Supper</u> Beef Lasagna Or Baked Fish Sandwich	<u>Supper</u> Beef Stew Or Chicken Cordon Bleu	<u>Supper</u> Polish Sausage Or BBQ Pulled Pork	<u>Supper</u> Tuna Noodle Casserole Or Tomato Soup & Grilled Cheese	<u>Supper</u> Pot Roast Or Tater Soup With Sandwiches	<u>Supper</u> Crispy Chicken Tenders Or Baked Ham	<u>Supper</u> Autumn Pork Loin Or Cheese Ravioli