

# October 2021

# Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
					<b>Breakfast</b> Breakfast burrito, fresh fruit, Toast, Choice of cereal/ Oatmeal <b>Lunch</b> Salmon Patties, rice, broccoli w/ cheese, melon salad <b>Supper</b> Pizza, salad, Ice Cream	<b>Breakfast</b> French Toast, bacon, Fruit, Toast, Choice of Cereal/ Oatmeal <b>Lunch</b> Country fried Steak, gravy, mashed potatoes, green beans, tropical fruit <b>Supper</b> Polish Sausage w/ sauerkraut, potato salad, Pie

**Alternates are always available-** Grilled Cheese, Soup and Sandwich, Salad, Hotdog, Hamburger

# October 2021

# Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
<p><b>Breakfast</b></p> <p>Egg Bake, Bacon, Fruit, Choice of cereal/ oatmeal</p> <p><b>Lunch</b></p> <p>Roast Beef, Mashed Potatoes and Gravy, Corn, Pie</p> <p><b>Supper</b></p> <p>Egg Salad on croissants, Fresh Fruit, Ice Cream</p>	<p><b>Breakfast</b></p> <p>Eggs Benedict, sausage, Fruit Choice of cereal/ oatmeal</p> <p><b>Lunch</b></p> <p>Swedish meatballs w/ egg noodles. Salad, Brownies</p> <p><b>Supper</b></p> <p>Cold plate, cheese, sausage, crackers, cottage cheese, peaches, ambrosia salad</p>	<p><b>Breakfast</b></p> <p>Eggs to Order, Sausage, Fruit, Toast, Choice of cereal/ oatmeal</p> <p><b>Lunch</b></p> <p>Grilled Lemon Chicken, salad, au gratin potatoes, cake</p> <p><b>Supper</b></p> <p>Hot ham and Swiss, fries, Jell-O with fruit</p>	<p><b>Breakfast</b></p> <p>Bacon, Egg, and Cheese Sandwich Fruit, Toast, Choice of cereal/ oatmeal</p> <p><b>Lunch</b></p> <p>Applesauce, hamburger pie, green beans, Ice Cream</p> <p><b>Supper</b></p> <p>BLT, chips with salsa, cookies</p>	<p><b>Breakfast</b></p> <p>Breakfast Burrito, Fruit, Toast, Choice of cereal/ oatmeal</p> <p><b>Lunch</b></p> <p>Salad, spaghetti with meat sauce, garlic bread, blonde brownies</p> <p><b>Supper</b></p> <p>Seasoned chicken breast, beets, rye bread, cantaloupe</p>	<p><b>Breakfast</b></p> <p>Cream of wheat, Sausage. Fruit, Toast, Choice of cereal/ oatmeal</p> <p><b>Lunch</b></p> <p>Baked cod, baked potato, peas, Jell-O cake</p> <p><b>Supper</b></p> <p>Grilled cheese, chili, fresh fruit</p>	<p><b>Breakfast</b></p> <p>Scrambled Eggs, Fried Potatoes, Sausage, Fruit, Toast Choice of cereal/ oatmeal</p> <p><b>Lunch</b></p> <p>Meat Loaf, mashed potatoes and gravy, carrots, Pie</p> <p><b>Supper</b></p> <p>Tacos w/ sour cream, salsa, and refried beans, Jell-o Cake</p>

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# October 2021

# Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
<p><b>Breakfast</b></p> <p>Fried Eggs, Sausage, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Smother Pork Chops, Mashed Potatoes and Gravy, Corn, Pie</p> <p><b>Supper</b></p> <p>Burritos, Fresh Fruit, Ice Cream</p>	<p><b>Breakfast</b></p> <p>Country Skillet, Fruit, Toast Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Fried Chicken, Baked Potato, Peas, Brownies, Cookie Bar</p> <p><b>Supper</b></p> <p>Fish Patties, Fries, Macaroni Salad, Tapioca Pudding</p>	<p><b>Breakfast</b></p> <p>Scrambled Eggs, Sausage, Fruit, Toast Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Tuna Melts, Cucumber salad, Brownies</p> <p><b>Supper</b></p> <p>Sloppy Joes, Potato Salad, Baked beans, cookies</p>	<p><b>Breakfast</b></p> <p>French Toast, Bacon, Fruit, Toast Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Chicken Alfredo, Salad, Fresh Fruit</p> <p><b>Supper</b></p> <p>Grilled Cheese, Chili, Muffin</p>	<p><b>Breakfast</b></p> <p>Fried Eggs, Corn beef Hash, Fruit, Toast Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Swedish Meatballs, Rice, Green Beans, Chefs Choice</p> <p><b>Supper</b></p> <p>Cheeseburger, Fries, Ice Cream</p>	<p><b>Breakfast</b></p> <p>Pancakes, Bacon, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Baked Cod, Baked Potato, Mixed Vegie, Cheesecake</p> <p><b>Supper</b></p> <p>Italian Sub, Cucumber Salad, Fresh Fruit</p>	<p><b>Breakfast</b></p> <p>Egg Bake, Sausage, Fruit, Toast Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Glazed Ham, Sweet Potato, Carrots, Cake</p> <p><b>Supper</b></p> <p>Grilled Chicken Sandwich, Pea Salad, Ice Cream</p>

**Alternates are always available-** Grilled Cheese, Soup and Sandwich, Salad, Hotdog, Hamburger

# October 2021

# Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
<p><b>Breakfast</b></p> <p>Fried Eggs, Sausage, Fresh Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Fried Green tomatoes, ham salad, Lime Jell-O with carrots</p> <p><b>Supper</b></p> <p>Chicken Pot Pie, grapes, and oranges</p>	<p><b>Breakfast</b></p> <p>Egg Bake, Bacon, Cinnamon Rolls, Fresh Fruit, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Salad, shepherd's pie, cookie bar</p> <p><b>Supper</b></p> <p>Pulled Pork, potato salad, strawberry short cake</p>	<p><b>Breakfast</b></p> <p>Scrambled Eggs, Sausage, Fresh Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Chicken breast, loaded baked potato, glazed carrots, cup cake</p> <p><b>Supper</b></p> <p>Veggie Pizza, salad, orange jello w/mandarin oranges</p>	<p><b>Breakfast</b></p> <p>Pancakes, Bacon, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Salad, beef stew with biscuits, fresh fruit</p> <p><b>Supper</b></p> <p>Ham, loaded cauliflower, Ice cream</p>	<p><b>Breakfast</b></p> <p>Country Skillet, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Salad, Lasagna, garlic bread, Cake</p> <p><b>Supper</b></p> <p>Grilled Cheese, tomato soup, tapioca pudding</p>	<p><b>Breakfast</b></p> <p>French Toast, Bacon, Fruit, Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Crab cakes, roasted vegetables, coleslaw, brownie</p> <p><b>Supper</b></p> <p>Baked ravioli, garlic bread, fruit</p>	<p><b>Breakfast</b></p> <p>Eggs, Corned Beef Hash, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Glazed Ham w/pineapple, sweet potatoes, cake</p> <p><b>Supper</b></p> <p>Chili, Cornbread, Chef's Choice</p>

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# October 2021

# Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
<p><b>Breakfast</b></p> <p>Breakfast Sandwich, Fruit, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Pot roast with potatoes and carrots, Pie</p> <p><b>Supper</b></p> <p>Egg salad, cucumber salad, fruit w/ cottage cheese, brownie</p>	<p><b>Breakfast</b></p> <p>Fried Eggs, Bacon, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>BBQ chicken, mac and cheese, green beans with almonds, cake</p> <p><b>Supper</b></p> <p>Fish sandwich, steak fries, coleslaw, peach cobbler</p>	<p><b>Breakfast</b></p> <p>Omelet, Sausage, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Sweet and sour pork, brown rice, egg roll, baked apples</p> <p><b>Supper</b></p> <p>Pasta bowl, salad, breadstick, fresh fruit</p>	<p><b>Breakfast</b></p> <p>Cream of wheat, Ham, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Baked Chicken, baked potato, squash, cookie</p> <p><b>Supper</b></p> <p>Salad, Pizza, French bread, Fruit cocktail</p>	<p><b>Breakfast</b></p> <p>Country Skillet, hash browns, Fruit, toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Spaghetti with meat sauce, salad, Fresh Fruit</p> <p><b>Supper</b></p> <p>Ham Salad Sandwich, vegetable soup, pears,</p>	<p><b>Breakfast</b></p> <p>Scrambled Eggs, bacon, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Egg Rolls, Shrimp fried rice, cake</p> <p><b>Supper</b></p> <p>Pita wrap w/ Chicken Salad, coleslaw, cottage cheese w/ fruit</p>	<p><b>Breakfast</b></p> <p>Egg Bake, Sausage, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p><b>Lunch</b></p> <p>Salisbury Steak, Mashed Potatoes, Gravy, Dessert Bar</p> <p><b>Supper</b></p> <p>Chicken Pot Pie, cookies</p>

**Alternates are always available-** Grilled Cheese, Soup and Sandwich, Salad, Hotdog, Hamburger

# October 2021

# Weekly Menu

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

31

**Breakfast**

Breakfast Pizza,  
fruit, toast,  
choice of cereal/  
oatmeal

**Lunch**

Roasted Turkey,  
Mashed  
potatoes and  
gravy, corn, Pie

**Supper**

Grilled Chicken  
Salad, Orange  
Jell-O w/ fruit,  
muffin

**Alternates are always available-** Grilled Cheese, Soup and Sandwich, Salad, Hotdog, Hamburger