

Weekly Menu November 14th – November 20th



Keystone Place
At LaValle Fields
 A Life Fulfilling Retirement Community

	14 TH SUNDAY	15 TH MONDAY	16 TH TUESDAY	17 TH WEDNESDAY	18 TH THURSDAY	19 TH FRIDAY	20 TH SATURDAY
BREAKFAST	*Oatmeal (12) Assorted Cold Cereal (18) <i>Special:</i> Scrambled Eggs with Cheese (3) *Eggs your way, Toast, Bacon, Sausage (14)	*Oatmeal (12) Assorted Cold Cereal (18) <i>Special:</i> French Toast Sticks (15) *Eggs your way, Toast, Bacon, Sausage (14)	*Oatmeal (12) Assorted Cold Cereal (18) <i>Special:</i> Scrambled Eggs with Hash Brown Patty (18) *Eggs your way, Toast, Bacon, Sausage (14)	*Oatmeal (12) Assorted Cold Cereal (18) <i>Special:</i> Pancakes (18) *Eggs your way, Toast, Bacon, Sausage (14)	*Oatmeal (12) Assorted Cold Cereal (18) <i>Special:</i> Egg Frittata (4) *Eggs your way, Toast, Bacon, Sausage (14)	*Oatmeal (12) Assorted Cold Cereal (18) <i>Special:</i> Egg Bake (4) *Eggs your way, Toast, Bacon, Sausage (14)	*Oatmeal (12) Assorted cold Cereal (18) <i>Special:</i> Sausage, Egg and Cheese Biscuit (15) *Eggs your way, Toast, Bacon, Sausage (14)
LUNCH	Chicken Noodle Soup (14) Tender Pot Roast with Gravy (3) Loaded Twice Baked (26) Beets (14) Assorted Pie (26)	Chef's Choice Soup (7) Turkey Wild Rice Casserole (27) Asparagus Tips (4) Dinner Roll (12) Chocolate Cherry Cake (28)	Vegetable Beef Soup (8) Cold Tuna Pasta Salad (30) Fruit Scone (9) Fresh Grapes (27) Ice Cream Treat (31)	Creamy Vegetable Soup (9) Swedish Meatballs (14) Mashed Potatoes (18) Carrot Coins (7) Peach Crisp (31)	Split Pea Soup (18) Seasoned Chicken Breast (13) Garden Rice (19) Steamed Broccoli (6) Chocolate Oreo Pudding Parfait (14)	Potato Soup (32) Fish and Chips (24) Lemon Wedge and Tartar Sauce (1) Creamy Coleslaw (4) Lemon Mousse (13)	Chef's Choice Soup (7) Italian Sausage with Peppers and Onions (26) Garlic Parmesan Roll (12) Italian Blend Vegetable (14) Strawberry Short Cake (34)
DINNER	Chicken Noodle Soup (14) Teriyaki Chicken with Peppers and Pineapple over White Rice (24) Oriental Blend Vegetables (3) Assorted Cookies (30)	Chef's Choice Soup (7) Sloppy Joe's (44) Tater Tots (16) Broccoli Salad (10) Banana Pudding with Whip Topping (14)	Vegetable Beef Soup (8) Homestyle BBQ Ribs (9) Baked Potato with Sour Cream (26) Gold Beans (6) White Chocolate Macadamia Nut Cookies (32)	Creamy Vegetable Soup (9) Grilled Ham and Cheese Sandwich (15) Kettle Chips (18) Three Bean Salad (13) Peanut Butter Bar (18)	Split Pea Soup (18) Turkey Tetrazzini (30) Caesar Salad (5) Garlic Bread stick (19) French Silk Pie Ice Cream (40)	Potato Soup (32) Hamburger Steak with sautéed Mushrooms and Onions (8) Roasted Potatoes (18) California Blend Vegetables (11) Frosted Cake (44)	Chef's Choice Soup (7) Chicken Sandwich on a Bun (21) Waffle Fries (16) Garden Blend Vegetable (11) Fruited Jell-O (10)

Assisted Living Meal Times: Breakfast: 8:00am-9:30am; Lunch: 11:00am-1:00pm; Dinner: 4:00pm-6:00pm
 Independent Living Meal Times: Breakfast: 7:30am-9:30am; Lunch: 11:00am-1:00pm; Dinner 4:00pm-6:00pm
 Guest Meal Price: Breakfast \$7, Lunch \$10, Dinner \$13