

# November 6th through November 12th 2023



## Monday, November 6th

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Crispy Bacon, Home Fries, Fruit Cup, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, 2% Milk

### Lunch

Cream of Potato Soup

Ham w/Macaroni & Cheese, Cauliflower & Red Peppers, Wheat Dinner Roll

### Alternate

Braised Beef Tips w/Mushrooms, Mashed Potatoes, Cauliflower & Red Peppers

### Dessert

Pineapple Upside Down Cake / S.F. Chocolate Cake

### Dinner

Grilled Ham & Cheese Sandwich, French Fries, Creamy Cucumber Salad

### Alternate

Chicken & Cheese Quesadilla, French Fries, Creamy Cucumber Salad

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Tuesday, November 7th

### Breakfast

Cream of Wheat, Cold Cereal, Scrambled Eggs, Sausage Patty, Assort. Donuts, Yogurt Cup, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Broccoli & Cheddar Soup

Caribbean Shrimp Skewer, Seasoned Rice Pilaf, Crispy Homemade Coleslaw

### Alternate

Balsamic Glazed Chicken w/Bacon, Seasoned Rice Pilaf, Crispy Homemade Coleslaw

### Dessert

Cinnamon Coffee Cake / Fresh Fruit

### Dinner

Meat Lasagna, Zucchini Medley, Dinner Roll

### Alternate

Pork Chop w/Gravy & Onions, Baked Potato, Zucchini Medley

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Wednesday, November 8th

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Turkey Canadian Bacon, French Toast w/ Syrup, Banana, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Vegetable Soup

Beef Stroganoff, Buttered Egg Noodles, Asparagus Tips

### Alternate

Marinated Pork Loin, Buttered Egg Noodles, Asparagus Tips

### Dessert

Black Forest Pudding Cup / S.F. Pudding

### Dinner

Chef Vernon's Seafood Stew over Spaghetti, Seasoned Green Beans

### Alternate

Turkey Marsala w/Mushrooms over Spaghetti, Seasoned Green Beans

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Thursday, November 9th

### Breakfast

Cream of Wheat, Cold Cereal, Scrambled Eggs, Crispy Bacon, Belgian Waffles w/ Syrup, Apple Slices, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

French Onion Soup

Turkey Meatloaf w/Gravy, Basil Garlic Potatoes, Italian Blend Vegetables

### Alternate

Bourbon Maple Glazed Ham, Basil Garlic Potatoes, Italian Blend Vegetables

### Dessert

Chilled Pears / S.F. Vanilla Cake

### Dinner

Chicken Tenders w/Sweet & Sour Sauce, Vegetable Orzo Pasta, Caribbean Vegetable Blend

### Alternate

Grilled Cheese Hot Dog, French Fries, Caribbean Vegetable Blend

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Friday, November 10th

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Sausage Links, Buttered Biscuits, Orange Wedges, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Cream of Tomato Basil Soup

Butter Crumb Tilapia, Almond Rice, Apple Cranberry Almond Slaw

### Alternate

Turkey Melt on Croissant, Potato Chips, Apple Cranberry Almond Slaw

### Dessert

Lemon Cake w/Icing / S.F. Jell-O

### Dinner

Chicken Ranch Wrap, Home Fried Potatoes, Apple Cranberry Beet Salad

### Alternate

Fisherman's Platter, Home Fried Potatoes, Pickle Beet Salad

Ice Cream/Assorted/S.F. Desserts

## Saturday, November 11th

### Breakfast

Cream of Wheat, Cold Cereal, Cheese Omelets, Scrapple, Assorted Muffins, Banana, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Vegetable Barley Soup

Savory Pork Roast, Oven Roasted Potatoes, Honey Dijon Brussel Sprouts

### Alternate

Grilled Chicken w/Cranberry Glaze, Oven Roasted Potatoes, Honey Dijon Brussel Sprouts

### Dessert

Apple Brown Betty / Fresh Fruit

### Dinner

Baked Penne Pasta w/Sausage, Italian Green Beans, Garlic Bread

### Alternate

Cheeseburger Deluxe, Waffle Fries, Crispy Coleslaw

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Sunday, November 12th

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Turkey Sausage, Pancakes w/ Syrup, Orange Wedges, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Chicken Noodle Soup

Slow Simmered Pot Roast, Carrots Celery & Onions, Mashed Potatoes

### Alternate

Chicken w/Lemon Sauce, Mashed Potatoes, Celery Onion & Carrots

### Dessert

Chocolate Cream Pie / S.F. Brownies

### Dinner

Cheddar Baked Cod, Brown Rice Pilaf, Roasted Buttered Broccoli

### Alternate

Turkey Platter, Savory Stuffing, Roasted Buttered Broccoli

### Dessert

Ice Cream/Assorted/S.F. Desserts