

Wednesday October 1, 2025

Vegetable Omelet

Sausage Patty

Fresh Banana

Toast

Juice of Choice

Milk

Cereal of Choice

Yankee Pot Roast

Dinner Roll or Bread

Pound Cake

with Fruit Topping

Lemonade

Milk

Cheese Ravioli Casserole

Lemony Rocket Salad w/

Dressing

Garlic Bread

Orange Sherbet

Milk

Thursday October 2, 2025 Friday October 3, 2025

Saturday October 4, 2025

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Sunday October 5, 2025

F A S T

BREAKFAST

BKE

Cheese Strata with Peppers Canadian Bacon Fruit Cocktail

> Juice of Choice Milk

Cereal of Choice

French Toast Sticks Turkey Sausage Patty Diced Pears Juice of Choice Milk

Cereal of Choice

Scrambled Eggs Bacon Berry Cup Assorted Danish Juice of Choice

Milk Cereal of Choice

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Fried Egg Breakfast Ham Diced Peaches English Muffin Juice of Choice Milk

Cereal of Choice

LUNCH

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Hawaiian Ham Hashbrown Casserole Roasted Asparagus Dinner Roll or Bread Chocolate Mousse

> Lemonade Milk

N C H

BBQ Beef Brisket
Mashed Sweet Potatoes
Broccoli & Cauliflower
Peanut Butter Cookie
Lemonade
Milk

Pork Medallions Company Potatoes Buttered Green Beans Dinner Roll or Bread Blonde Brownie Lemonade Milk

DIN

Cheese Quesadilla

Honey Glazed Turkey Sweet Potato Wedges Mixed Vegetables Dinner Roll or Bread Sliced Apples Lemonade Milk

DINNER

DINNER

Tuna Melt

Caribbean Vegetable Blend

Cream Pie

Milk

INNER

Chicken a la King Parslied Rice Zucchini Dinner Roll or Bread Pineapple Cream Gelatin

slied Rice Fiesta Rice
ucchini Refried Beans
Roll or Bread Salsa
c Cream Gelatin Sour Cream
Milk Melon Cubes
Milk

Sloppy Joe on a Bun Onion Rings Dixie Coleslaw Fruit and Yogurt Parfait Milk

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Contact Contact Contact

Powerlink Nutritional Services



Monday October 6, 2025 Tuesday October 7, 2025 Wednesday October 8, 2025 Thursday October 9, 2025 Friday October 10, 2025

Saturday October 11, 2025

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Sunday October 12, 2025

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## BREAKFAST BREAKFAST BREA

Scrambled Eggs Bacon Assorted Danish Applesauce Juice of Choice Milk

Cereal of Choice

Fried Chicken

Parslied Mashed Potatoes

California Vegetable Blend

Dinner Roll or Bread

Fruit Fling

Lemonade

Milk

Swedish Meatballs

Egg Noodles

Parsley Buttered Carrots

Dinner Roll or Bread

Chocolate Tango Pudding

Milk

Fried Egg Sausage Links Toast Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Hard Cooked Egg Canadian Bacon Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

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French Toast Casserole
Turkey Sausage Patty
Fruit Cocktail
Juice of Choice
Milk
Cereal of Choice

Scrambled Eggs
Breakfast Ham
Toast
Diced Pears
Juice of Choice
Milk
Cereal of Choice

e of Choice

Milk

Berry Cup Juice of Choice Milk

Potato Omelet

Coffee Cake

Cereal of Choice

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Waffle Turkey Sausage Link Diced Peaches Juice of Choice Milk

Cereal of Choice

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Lasagna with Meatsauce Italian Green Beans Garlic Bread Lemon Pudding Cake Lemonade Milk Roast Beef Au Jus
Baked Potato
Sour Cream
Broccoli Florets
Dinner Roll or Bread
Peaches & Cream Gelatin
Dessert
Lemonade
Milk

Braised Pork Tips
Roasted Red Skin Potatoes
Buttered Green Peas
Dinner Roll or Bread
Harvest Cake
Lemonade
Milk

Tuna Noodle Casserole Prince Edward Vegetable Blend Breadstick Strawberry Cake with Frosting Lemonade Milk

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Herbed Turkey Turkey Gravy Apple Bread Dressing Zucchini Caramel Brownie Lemonade Milk Chicken & Dumplings Peas & Carrots Dinner Roll or Bread Lime Dream Cake Lemonade Milk

## DINNER

Bourbon Maple Glazed Ham Corn Casserole Spinach Au Gratin Dinner Roll or Bread Cinnamon Applesauce

Milk

Pizza Casserole Sicilian Vegetable Blend Marbled Cheesecake Milk

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Chicken Tenders
Dipping Sauce
Cottage Fries
Italian Vegetable Blend
Dinner Roll or Bread
Cherry Cobbler
Milk

Blue Cheese Hamburger Lettuce Tomato Onion & Pickle Sidewinder Fries Marinated Cucumber Salad Chocolate Ice Cream Milk Pork Vegetable Stew Tossed Salad Assorted Salad Dressing Biscuit Chocolate Tart Milk

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Breaded Veal Cutlet Lemon Herb Butter Sauce Sweet Potato Wedges Winter Vegetable Blend Dinner Roll or Bread Coconut Cream Pie Milk



Powerlink Nutritional Services



Monday October 13, 2025

Egg Bacon & Cheese

Breakfast Sandwich

**Applesauce** 

Juice of Choice

Milk

Cereal of Choice

Steak Salad

Baked Potato

Sour Cream

Garlic Breadstick

Snickerdoodle Cookie

Lemonade

Milk

Tuesday October 14, 2025 Wednesday October 15, 2025

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Thursday October 16, 2025 Friday October 17, 2025

Saturday October 18, 2025 Sunday October 19, 2025

### BREAKFAST

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Sausage Gravy Scrambled Eggs Biscuit Mandarin Oranges

Juice of Choice Milk

Cereal of Choice

Vegetable Omelet Sausage Patty Toast Fresh Banana Juice of Choice

Milk Cereal of Choice

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Cheese Strata with Peppers Canadian Bacon Fruit Cocktail Juice of Choice Milk

Cereal of Choice

French Toast Sticks Turkey Sausage Patty Diced Pears Juice of Choice Milk

Cereal of Choice

Scrambled Eggs Bacon Assorted Danish Berry Cup Juice of Choice

Milk Cereal of Choice Fried Egg Breakfast Ham English Muffin Diced Peaches Juice of Choice Milk

Cereal of Choice

### LUNCH

Marinated Pork Loin Cottage Fries Roasted Winter Vegetables Chocolate Peanut Butter Square Lemonade

Milk

White Chicken Chili Sweet Potato Fries Asparagus Garlic Bread Ambrosia Lemonade Milk Hot Roast Beef & Swiss Cheese Onion Roll Horseradish Dijon Sauce Garlic Mashed Potatoes Steamed Broccoli with Lemon Cinnamon Baked Apples Lemonade Milk Breaded Fish with Cheese on a Bun Broccoli Cheese Soup Calico Coleslaw Assorted Ice Cream Lemonade Milk Cranberry Orange Chicken Roasted Sweet Potato Brussels Sprouts Medley Dinner Roll or Bread Blonde Brownie Lemonade Milk Kielbasa Sausage Pierogies Sauerkraut Dinner Roll or Bread Fantasy Fruit Lemonade Milk

## DINNER

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DINNER

Turkey Tetrazzini Sliced Beets Dinner Roll or Bread Pumpkin Mousse Milk

Beef Pot Pie Lemony Rocket Salad w/ Dressing Peach Cobbler Milk Salisbury Steak
Butter Herbed Noodles
Spinach
Dinner Roll or Bread
Marble Cheesecake Brownie
Milk

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Sliced Baked Ham Macaroni & Cheese Peas & Mushrooms Dinner Roll or Bread Butterscotch Pudding Parfait Milk Chicken Stir Fry with
Vegetables
Rice
Vegetable Spring Rolls
Cherry Pineapple Gelatin
Milk

Thin Crust Cheese Pizza Tossed Salad with Dressing Breadstick Peanut Butter Cookie Milk Deli Sandwich Wild Rice & Chicken Soup Stewed Tomato Salad Rainbow Cake Milk





Monday October 20, 2025

Tuesday October 21, 2025

Wednesday October 22, 2025

**Thursday** October 23, 2025

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Friday October 24, 2025

Saturday October 25, 2025

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Sunday October 26, 2025

Apple Pancakes Sausage Links

Juice of Choice Milk

Cereal of Choice

Ham & Cheese Frittata

Toast

Applesauce

Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Milk

Breakfast Sausage Burrito Fresh Banana Juice of Choice Milk

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Cereal of Choice

Cinnamon French Toast Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Cereal of Choice

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Western Omelet Toast Diced Pears Juice of Choice Milk

Cereal of Choice

LUNCH

Fried Egg Canadian Bacon **English Muffin** Berry Cup Juice of Choice Milk

Cereal of Choice

Egg & Cheese on Bacon Croissant Diced Peaches Juice of Choice Milk

Cereal of Choice

### L U N C H

Supreme Pizza Gyro Caesar Salad Tzatziki 7-Up Cake Greek Pasta Salad Lemonade Rice Puddina Milk Lemonade

Pork Medallions Oven Roasted Potatoes Dilled Baby Carrots Dinner Roll or Bread Blonde Brownie Lemonade Milk

BBQ Chicken Chuckwagon Corn Broccoli Au Gratin Rosy Pears Lemonade Milk

Mushroom & Swiss Cheese Hamburger Lettuce Tomato and Onion Delmonico Potatoes Three Bean Salad Rocky Road Pudding Lemonade Milk

Baked Ziti with Meatsauce Tossed Salad with Dressing Breadstick Lemon Bar Lemonade Milk

Meatloaf Brown Gravy Garlic Mashed Potatoes Italian Vegetable Blend Dinner Roll or Bread Cranberry Velvet Gelatin Dessert Lemonade Milk

### DIN N ER

Honey Glazed Turkey Chicken Pot Pie Sweet Potato Wedges Stewed Tomatoes Mixed Vegetables Chocolate Raspberry Bar Dinner Roll or Bread Milk

Chicken Salad Sandwich French Onion Soup Capri Vegetable Blend Lemon Pudding Tart Milk

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> Beef Soft Tacos Spanish Rice Black Bean Salad Key Lime Pie Milk

Fried Popcorn Shrimp Cocktail Sauce Crinkle Cut Fries **Baked Beans** Cinnamon Crispies Cookie Milk

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Ham & Cheese on a Croissant Chicken Noodle Soup Roasted Asparagus Cinnamon Baked Apples Milk

Grilled Two Cheese Sandwich Cream of Tomato Soup Caribbean Vegetable Blend Chocolate Chip Cookie Milk

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Caramel Apple Cake

Milk



Monday October 27, 2025

Egg & Canadian Bacon

Breakfast Sandwich

Applesauce

Juice of Choice

Milk

Rancher's Chicken

**Duchess Potatoes** 

Normandy Vegetable Blend

Dinner Roll or Bread

Chocolate Mousse

Lemonade

Milk

Hawaiian Ham

Hashbrown Casserole

Zucchini & Onions

Dinner Roll or Bread

Margarita Cake

Milk

Tuesday October 28, 2025

Wednesday October 29, 2025

Thursday October 30, 2025

Friday October 31, 2025

Saturday November 1, 2025

Sunday November 2, 2025

Waffle with Strawberries

Turkey Sausage Link

**Diced Peaches** 

Juice of Choice

Scrambled Eggs Sausage Links Toast Mandarin Oranges

Juice of Choice Milk

Cereal of Choice Cereal of Choice Denver Omelet Toast Fresh Banana Juice of Choice

Milk Cereal of Choice **Pancakes** 

Turkey Sausage Patty Fruit Cocktail Juice of Choice

Milk

Cereal of Choice

Huevos Rancheros Hashbrown Patty Diced Pears Juice of Choice Milk

Cereal of Choice

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Scrambled Egg with Onions Bacon

> Assorted Danish Berry Cup Juice of Choice

Milk Cereal of Choice

Milk Cereal of Choice

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> BBQ Beef Brisket Mashed Sweet Potato Broccoli & Cauliflower Dinner Roll or Bread

Sugar Cookie Lemonade Milk

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Italian Sausage on a Bun Tater Tots Buttered Green Beans Chocolate Chip Bar Lemonade Milk

Beef Chili with Beans Tossed Salad with Dressing Cornbread S'more Pudding Parfait Lemonade Milk

Apple Ginger Pork Chop Parslied New Potatoes Spinach with Mushrooms Dinner Roll or Bread Cinnamon Applesauce Lemonade Milk

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Cheese Ravioli Casserole Lemony Rocket Salad w/ Dressing Garlic Bread Italian Ice Lemonade Milk

Marinated Chicken Baked Sweet Potato with Cinnamon Butter Cream Cheese Corn Dinner Roll or Bread Apple Betty Lemonade Milk

N N E R

> Turkey Teriyaki Pineapple Rice Pilaf Honey Ginger Baby Carrots Dinner Roll or Bread Strawberry Delight Gelatin

> > Milk

Chicken Alfredo with Fettuccine Noodles Capri Vegetable Blend Breadstick Pineapple Dream Milk

Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Dinner Roll or Bread Peach Crisp Milk

Beer Battered Fish Steak Fries Creamy Coleslaw Dinner Roll or Bread Chocolate Brownie Milk

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Sloppy Joe on a Bun **Onion Rings** Green Peas w/ Red Peppers Gelatin Jewels Milk

Ham & Pea Tortellini **Baby Carrots** Dinner Roll or Bread Assorted Ice Cream Milk



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