

WEEKLY MENU **OCTOBER 1 - 7**

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BREAKFAST

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Cheese Omelet Wheat Toast Orange Juice + Milk	Cream of Rice Soft Fried Eggs Sourdough Toast Orange Juice + Milk	Oatmeal Pancakes Bacon Blueberry Sauce Orange Juice + Milk	Grits Corned Beef Hash Wheat Toast Fresh Cantaloupe Orange Juice + Milk	Cream of Wheat French Toast Casserole Sausage Patties Orange Juice + Milk	Maple Oat Bran Farmer Scramble Wheat Toast Orange Juice + Milk	Oatmeal Egg/Cheese on English Muffin Orange Juice + Milk
Cold Cereal Choice of Eggs/Toast	Cold Cereal Choice of Eggs/Toast	Cold Cereal Choice of Eggs/Toast	Cold Cereal Choice of Eggs/Toast	Cold Cereal Choice of Eggs/Toast	Cold Cereal Choice of Eggs/Toast	Cold Cereal Choice of Eggs/Toast

**** Available daily at Breakfast: Scrambled Eggs, Hard Boiled Eggs, Oatmeal, Assorted Cold Cereal, White or Wheat Toast****

LUNCH

Fried Chicken Baked Beans Tomato/Cucumber Salad Cookies+Cream Pie Milk	Dry Rub Ribs Macaroni/Cheese Corn on the Cob Bread/Butter Ice Cream Milk	Smothered Chicken w/Mushroom+Onion Egg Noodles Capri Veg Blend Cherry Turnover Milk	Country Fried Steak Mashed Potatoes w/ Country Gravy Green Beans Chocolate Pudding Dinner Roll/Butter Milk	BBQ Pork/Bun Tortilla Chips Cowboy Caviar Snickerdoodle Cookie Pickle Spear Milk	Sizzle Steak/Bun Mushroom Soup Tossed Salad Mandarin Oranges Milk	Beef Nachos Lettuce/Tomato Fruit Cocktail Diced Onions Sour Cream Milk
Country Fried Steak Mashed Potatoes Wax Beans Applesauce	Hot Beef/Gravy Mashed Potatoes Green Beans Applesauce	Turkey Burger/Bun Buttered Corn Fruit Salad	Blackened Chicken Mashed Potatoes Diced Carrots Pineapple Tidbits	Grilled Chicken Patty Mashed Potatoes Pickled Beets Tropical Fruit	Beef Hotdog/Bun Cream Soup Tomato Juice Fruit Cocktail	Chicken Fritter/Bun Coleslaw Mandarin Oranges

SUPPER

Ham Wrapped Broccoli Mashed Potatoes Warm Cinnamon Apples Dinner Roll/Butter Milk	Lite Pollock Pasta Primavera Peaches w/Strawberries Milk	Pepperoni/Bacon Pizza Tossed Salad Apple Crisp Milk	Chili Cheese Dog Potato Chips Macaroni Salad Fresh Grapes Milk	Sweet-Sour Chicken White Rice Spring Roll Citrus Salad Milk	Fried Shrimp Steak Fries Coleslaw Lemon Cake Milk	Sliced Deli Ham on Onion Roll Cucumber Salad Cinnamon Applesauce Milk
Chicken Salad/Bun California Blend Vegetables Pineapple Tidbits	Cheddar Wurst/Bun Mashed Potatoes Diced Carrots Chilled Pears	Seafood Cakes Mashed Potatoes Green Beans Mandarin Oranges	Hamburger/Bun Cheddar Mashed Potatoes Pickled Beets Chilled Peaches	Veal Burger/Bun Buttered Peas Chilled Pears	BBQ Meatballs Herb Mashed Potatoes Bean Salad Applesauce	Tuna Salad Sandwich Bean Salad Diced Peaches

****Available daily at Lunch/Supper: Hamburger/Bun, Beef Hotdog/Bun, Grilled Cheese, Grilled Cheese w/Ham, Spaghetti w/Marinara, Spaghetti w/Meat sauce, Chef Salad, Egg/Cheese Biscuit, Sausage/Egg/Cheese Biscuit** Requests must be made in advance****

WEEKLY MENU **OCTOBER 8 - 14**

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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage Gravy Biscuit Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Cream of Rice Soft Fried Eggs Wheat Toast Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Oatmeal Cheesy Eggs Wheat Toast Raisins Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Grits Pancakes Bacon Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Cream of Wheat Scrambled Eggs Hashbrowns Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Maple Oat Bran French Toast Sausage Links Fresh Berries Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Oatmeal Pigs in a Blanket Orange Juice + Milk Cold Cereal Choice of Eggs/Toast

**** Available daily at Breakfast: Scrambled Eggs, Hard Boiled Eggs, Oatmeal, Assorted Cold Cereal, White or Wheat Toast****

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<p>Chopped Sirloin Mushrooms/Onions Baked Potato Cheese Cauliflower Blueberry Pie Dinner Roll/Butter Milk</p> <p>Turkey Cutlet/Gravy Mashed Potatoes Diced Carrots Pineapple Tidbits</p>	<p>Smothered Pork Chop SC/Bacon Mashed Potatoes Hubbard Squash Ice Cream Milk</p> <p>Meatloaf/Gravy Mashed Potatoes Green Beans Diced Pears</p>	<p>Chicken Marsala Yukon Mashed Potatoes Vegetable Blend Mandarin Oranges Dinner Roll/Butter Milk</p> <p>Lite Pollock Potatoes/Gravy Mixed Vegetables Chilled Peaches</p>	<p>Beef Soft Shell Taco Lettuce/Tomato Refried Beans Spanish Rice Pudding Fruit Salad Milk</p> <p>Veggie Burger/Bun Cucumber Salad Applesauce</p>	<p>Shaved Turkey Pastrami on Rye Bean/Bacon Soup Potato Salad Fudge Brownie Milk</p> <p>Shaved Beef on Wheat Cream of Beef Soup Chilled Peaches</p>	<p>Spaghetti w/Meatballs Broccoli Garlic Bread Pineapple Tidbits Milk</p> <p>Baked Chicken Breast Potatoes/Gravy Diced Carrots Chilled Pears Bread/Butter</p>	<p>Salisbury Steak Mashed Potatoes/Gravy Green Beans Cherry Fruit Crisp Milk</p> <p>Fish Sticks Pickled Beets Fruit Cocktail</p>
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<p>Smoked Sausage/Bun Baked Beans Potato Chips Oatmeal Cookie Milk</p> <p>Macaroni/Cheese Broccoli Citrus Fruit Salad</p>	<p>Sloppy Joe/Bun Tater Tots Coleslaw Fruited Jell-O Milk</p> <p>Grilled Chicken/Bun Mashed Potatoes Pickled Beets Fruit Cocktail</p>	<p>Glazed Ham Mashed Sweet Potatoes Collard Greens Apple Slices w/PB Cornbread Muffin Milk</p> <p>BBQ Beef/Bun Mashed Potatoes California Veg Blend Tropical Fruit</p>	<p>Philly Beef/Bun Onion Rings Tomato Herb Salad Chilled Peaches Milk</p> <p>Sliced Ham Cheddar Mashed Potatoes Buttered Peas Mandarin Oranges</p>	<p>Beef Chili Cornbread Fresh Strawberries Milk</p> <p>Homestyle Chicken Noodle Soup Pickled Beets Applesauce Bread/Butter</p>	<p>Salmon Burger w/Lettuce+Tomato French Fries Coleslaw Fresh Pear Milk</p> <p>Cheese Ravioli in Alfredo Wax Beans Fruit Cocktail</p>	<p>Stuffed Peppers Tossed Salad Garlic Bread Angel Cake Fluff Milk</p> <p>Bratwurst/Bun Sweet Potato Fries Chilled Pears</p>
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****Available daily at Lunch/Supper: Hamburger/Bun, Beef Hotdog/Bun, Grilled Cheese, Grilled Cheese w/Ham, Spaghetti w/Marinara, Spaghetti w/Meat sauce, Chef Salad, Egg/Cheese Biscuit, Sausage/Egg/Cheese Biscuit** Requests must be made in advance****

WEEKLY MENU **OCTOBER 15 - 21**

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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage/Cheese English Muffin Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Cream of Rice Omelet Casserole Coffee Cake Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Oatmeal Sausage Links Hashbrowns Raisins Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice + Milk Cold Cereal Hard Boiled Eggs White Toast	Maple Oat Bran Bacon Pancakes Apple Compote Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Grits Creamed Beef over Toast Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Oatmeal Ham/Cheese Croissant Orange Juice + Milk Cold Cereal Choice of Eggs/Toast

**** Available daily at Breakfast: Scrambled Eggs, Hard Boiled Eggs, Oatmeal, Assorted Cold Cereal, White or Wheat Toast****

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Beef Pot Roast Roasted Potatoes Creamed Spinach Fruits of the Forest Pie Dinner Roll/Butter Milk Blackened Chicken Mashed Potatoes Diced Carrots Chilled Peaches	Herb Chicken Wild Rice Buttered Corn Cheesecake Dinner Roll/Butter Milk Bratwurst Potatoes/Gravy Green Beans Mandarin Oranges	Wet Burrito Fiesta Rice Lettuce/Tomato Lemon Cookie Milk Pork Cutlet Potatoes/Gravy Pickled Beets Chilled Peaches	Ham/Sausage Pizza Caesar Salad Raspberry Sherbet Milk Chicken Casserole Buttered Spinach Garlic Bread Cinnamon Applesauce	Turkey Burger/Bun French Fries Lettuce/Tomato Fruit Cocktail Avocado Topping Dill Pickle Spear Milk Veal Cutlet w/Gravy Diced Carrots Potatoes/Gravy Mandarin Oranges	Catfish Po' Boy Shredded Lettuce Sweet Potatoes Roasted Corn Medley Mandarin Oranges Milk Glazed Chicken Mashed Potatoes California Veg Fruit Cocktail	Chili Dog/Bun French Fries Coleslaw Dill Pickle Spear Chilled Diced Pears Milk Hamburger/Bun Mashed Potatoes Wax Beans Citrus Fruit Salad
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Goulash Mixed Vegetables Fresh Melon Bread/Butter Milk Turkey Cutlet w/Gravy Buttered Peas Mashed Potatoes Applesauce	Grilled Cheese Tomato Soup Coleslaw Caramel Applesauce Milk Grilled PB&J Cream of Beef Soup Banana Ice Cream	BBQ Chicken/Bun Potato Salad Marinated Cucumbers Fruit Cocktail Milk Polish Sausage/Bun Mashed Potatoes Corn on the Cob Tropical Fruit	Parm Crusted Fish Potato Wedges Peas/Carrots Sugar Cookie Dinner Roll/Butter Milk Pub Burger w/Gravy Mashed Potatoes Wax Beans Fruit Cocktail	Chicken Salad on Hawaiian Bun Tossed Salad Potato Chips Chocolate Pudding Milk Ham Salad on Wheat Mashed Potatoes Chilled Peaches Peanut Butter Cookie	Pasta Bake Roasted Asparagus Ice Cream Milk Southwest Chicken Sub Buttered Corn Applesauce	Chicken+Dumplings Creamy Cucumber Salad Strawberry Shortcake Milk Fish Sticks Mashed Potatoes Green Beans Pineapple Tidbits
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**** Available daily at Lunch/Supper: Hamburger/Bun, Beef Hotdog/Bun, Grilled Cheese, Grilled Cheese w/Ham, Spaghetti w/Marinara, Spaghetti w/Meat sauce, Chef Salad, Egg/Cheese Biscuit, Sausage/Egg/Cheese Biscuit** Requests must be made in advance****

WEEKLY MENU **OCTOBER 22 - 28**

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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Biscuit w/Sausage Gravy Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Cream of Rice Scrambled Eggs Bacon Wheat Toast Orange Juice + Milk Cold Cereal Yogurt/White Toast	Oatmeal French Toast Sausage Links Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Grits Ham/Cheese Quiche Wheat Toast Raisins Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Cream of Wheat Roast Beef Hash Wheat Toast Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Maple Oat Bran Pancakes Sausage Patties Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	Oatmeal Cheddar Omelet Wheat Toast Mixed Melons Orange Juice + Milk Cold Cereal Choice of Eggs/Toast

**** Available daily at Breakfast: Scrambled Eggs, Hard Boiled Eggs, Oatmeal, Assorted Cold Cereal, White or Wheat Toast****

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Beef Stroganoff Buttered Noodles Caribbean Veg Peach Pie Dinner Roll/Butter Milk Pork Cutlet w/Gravy Mashed Potatoes Buttered Peas Applesauce	Sautéed Chicken w/ Raspberry Sauce White Rice Key West Veg Sunshine Salad Cheddar Biscuit Beef Medallions in Mushroom Sauce Mashed Potatoes Diced Carrots Applesauce	BBQ Beef/Bun Potato Cheese Soup Tossed Salad Diced Peaches Milk Sautéed Chicken Cream Of Chicken Soup Apple Juice Chilled Pears	Lasagna w/Meatsauce BLT Salad Garlic Bread Orange Sherbet Milk Cheddar Wurst/Bun Bean Salad Fruit Cocktail	Pork Steak Home Fries Broccoli Spice Cake Dinner Roll/Butter Milk BBQ Beef Potatoes/Gravy Diced Carrots Applesauce Bread/Butter	Popcorn Fish French Fries Coleslaw Warm Cinnamon Apples Milk Hot Turkey/Bun Mashed Potatoes Pickled Beets Fruit Cocktail	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie Milk Country Fried Steak Potatoes/Gravy Mixed Vegetables Mandarin Oranges
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Shaved Turkey/Roll Lettuce/Tomato Sun Chips Fresh Cauliflower Watermelon Slice Milk Veal Burger/Bun Potato Chips Pineapple Tidbits	Shrimp Scampi Over Pasta Tomato/Zucchini Medley Tapioca Pudding Milk Sliced Ham Mashed Potatoes Wax Beans Chilled Peaches	Kielbasa w/ Peppers + Onions Pierogi Sauerkraut Yellow Cake Milk Fish Sticks Potatoes/Gravy Diced Carrots Applesauce	Corned Beef Sandwich Potato Chips Coleslaw Mandarin Oranges Milk Grilled Turkey Cheddar Sandwich Mashed Potatoes Pickled Beets Pineapple Tidbits	Shaved Ham/Bun Jalapeño Cheese Soup Tossed Salad Fruit Cocktail Milk Shaved Beef on Wheat Bread Cream of Chicken Soup Bean Salad Chilled Peaches	Smothered Steak w/ Mush+Onion Smashed Redskins Buttered Corn Jell-O Fruit Parfait Bread/Butter Milk Stuffed Shells Diced Carrots Applesauce	Cuban Sandwich Beans and Rice Tomato Salad Fresh Pineapple Dill Pickle Spear Milk Swedish Meatballs Mashed Potatoes Diced Carrots Fruit Cocktail
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**** Available daily at Lunch/Supper: Hamburger/Bun, Beef Hotdog/Bun, Grilled Cheese, Grilled Cheese w/Ham, Spaghetti w/Marinara, Spaghetti w/Meat sauce, Chef Salad, Egg/Cheese Biscuit, Sausage/Egg/Cheese Biscuit** Requests must be made in advance****

WEEKLY MENU **OCTOBER 29 – NOVEMBER 4**

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B R E A K F A S T	<u>SUNDAY</u> Oatmeal Scrambled Eggs Sourdough Toast Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	<u>MONDAY</u> Cream of Rice Pancakes Bacon Strawberry Sauce Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	<u>TUESDAY</u> Oatmeal Soft Fried Eggs Wheat Toast Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	<u>WEDNESDAY</u> Cream of Wheat Sausage/Hashbrown Casserole Fresh Melon Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	<u>THURSDAY</u> Grits Irish Scramble Wheat Toast Raisins Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	<u>FRIDAY</u> Maple Oat Bran Cheesy Eggs Sausage Links White Toast Orange Juice + Milk Cold Cereal Choice of Eggs/Toast	<u>SATURDAY</u> Oatmeal Egg/Cheese Biscuit Sandwich Orange Juice + Milk Cold Cereal Choice of Eggs/Toast
** Available daily at Breakfast: Scrambled Eggs, Hard Boiled Eggs, Oatmeal, Assorted Cold Cereal, White or Wheat Toast**							
L U N C H	Meatloaf/Gravy Homestyle Potatoes Green Beans Apple Pie Dinner Roll/Butter Milk Grilled Chicken Patty Cream of Beef Soup Diced Carrots Chilled Pears	Shaved Beef+ Swiss/Bun Lettuce/Tomato French Onion Soup Carnival Cookie Milk Tuna Casserole Sliced Beets Chilled Peaches	Pork Cutlet/Gravy Roasted Redskin Potatoes Northwest Veg. Ambrosia Dinner Roll/Butter Milk Turkey Cutlet Mashed Potatoes Buttered Peas Tropical Fruit	Veggie Quesadilla Lettuce/Tomato Southwest Chicken Soup Apple Crisp Milk Egg Salad Sandwich Apple Juice Cream of Celery Soup Fruit Cocktail	Blackened Burger w/Sauteed Onions Sweet Potato Fries Bean Salad Chocolate Cookie Blue Cheese Sauce Milk Grilled Hotdog/Bun Tossed Salad Cinnamon Applesauce	Fried Fish French Fries Coleslaw Strawberry Cake Dinner Roll/Butter Milk Hamburger/Bun Mashed Potatoes Pickled Beets Mandarin Oranges	Chicken Strips Macaroni & Cheese Mixed Vegetables Mandarin Oranges Bread/Butter Honey Mustard Milk Fish Sticks Potatoes/Gravy Buttered Spinach Chilled Pears
S U P P E R	Beef Stew Tossed Salad Cottage Cheese w/ Peaches Bread/Butter Milk Sliced Ham Mashed Potatoes California Veg Blend Applesauce	Spaghetti w/ Meat Sauce Italian Green Beans Garlic Bread Fruit Cocktail Milk Glazed Chicken Mashed Potatoes Wax Beans Pineapple Tidbits Bread/Butter	Deluxe Deep-Dish Pizza Broccoli Slaw Apricot Halves Milk Shephard's Pie Roasted Cauliflower Chilled Peaches	Cabbage Rolls White Rice French Green Beans Diced Pears Bread/Butter Milk Lemon Chicken Mashed Potatoes Buttered Peas Applesauce	Chicken Fritter w/Herb Cream Sauce SC Mashed Potatoes Broccoli Peaches/Cherries Dinner Roll/Butter Milk Scalloped Potatoes w/Ham Mixed Vegetables Apricot Halves	Fried Bologna Sandwich w/Cheese Potato Chips Citrus Fruit Salad Milk Grilled Cheese Tomato Soup Chilled Peaches	Chicken Alfredo Caesar Salad Breadstick Pineapple Tidbits Milk Vegetable Lasagna Marinated Cucumbers Fruit Cocktail

****Available daily at Lunch/Supper: Hamburger/Bun, Beef Hotdog/Bun, Grilled Cheese, Grilled Cheese w/Ham, Spaghetti w/Marinara, Spaghetti w/Meat sauce, Chef Salad, Egg/Cheese Biscuit, Sausage/Egg/Cheese Biscuit** Requests must be made in advance****