

Week of 9/21-9/27

Week 4 Dining Menu

BREAKFAST

Monday
9/21

Oatmeal
Scrambled Eggs
Bacon Slices
Breakfast Potatoes
Banana
Choice of Toast

Tuesday
9/22

Cream of Wheat
French Toast
Turkey Sausage
Link
Orange Slices
Choice of Toast

Wednesday
9/23

Oatmeal
Scrambled Eggs
Pork Sausage Link
Hash Brown
Potatoes
Cantaloupe
Choice of Toast

Thursday
9/24

Cream of Wheat
Belgian Waffle
Turkey Sausage Link
Pineapple
Choice of Toast

Friday
9/25

Oatmeal
Sausage, Egg and
Cheese Muffin
Scrambled Eggs
Strawberries
Choice of Toast

Saturday
9/26

Cream of Wheat
Scrambled Eggs
Pork Sausage Link
Hash Brown Potatoes
Honeydew
Choice of Toast

Sunday
9/27

Oatmeal
Raspberry Sour
Cream Muffin
Turkey Sausage Link
Fruit Cocktail
Choice of Toast

LUNCH

*Classic Caesar
Salad*
Egg Salad Sandwich
Cornbread
Italian Cut Green
Beans
Or
Spring Herb and
Dijon Pork
Tenderloin with
Gravy
Cornbread
Sliced Beets

Apple Crumble

Fruit Salad
Meat Lasagna
Garlic Bread
Steamed Spinach

Or
BLT Chicken Salad
Corn

Pineapple Cake

*Strawberry Fields
Salad*
Peach Glazed Turkey
Breast
Buttermilk Biscuit
Green Beans

Or
Grilled Ham and
Cheese
Sliced Carrots

Blueberry Yogurt
Parfait

*Tossed Vegetable
Salad*
Shepherds Pie
California Vegetables

Or
Tuna Salad on a Bun
Sweet and Sour
Broccoli Slaw

Strawberry Angel
Food Cake

Fruit Salad
Oven Baked Fish
Sandwich
Baked Sweet Potato
Wedges
Broccoli &
Cauliflower

Or
Chef Salad
Three Bean Salad

Peanut Butter
Fudge Brownies

Macaroni Salad
Mushroom and
Swiss Burger
French Fries
Summer Squash
Medley

Or
Chicken Cobb Salad
Sauteed Spinach

Jello Parfait

Tossed Garden Salad
Pot Roast
Herb Roasted
Potatoes
French Cut Green
Beans

Or
Citrus Crusted Tilapia
Roasted Beets with
Thyme

Strawberry Rhubarb
Pie

DINNER

*Chunky Vegetable
Orzo Soup*

2 Beef Tacos
Cilantro Lime Rice
Italian Cut Green
Beans

Or
Southwestern
Chicken Thigh
Pinto Beans

Strawberry Jello

*Vegetarian Split Pea
Soup*

Parmesan Crusted
Pollock
Herb Roasted
Potatoes
Mixed Vegetables

Or
Italian Turkey Ham
Sandwich
Steamed Spinach

Ice Cream Sandwich

*Fire Roasted Corn
Soup*

Spinach Quiche
Sliced Carrots

Or
Baked Chicken and
Noodles
Coleslaw

Apple Raisin Bread
Pudding

*Hearty Beef Vegetable
Soup*

Brazilian Pork with
Chimichurri
Spanish Rice
Corn O'Brien with
Peppers
Or
Cumin Shrimp
Quesadilla
Three Bean Salad

Lemon Pudding

*Roasted Tomato
Tortilla Soup*

Beef Stroganoff
Egg Noodles
Yellow Squash

Or
Spinach &
Mushroom Pizza
Steamed Broccoli

Vanilla Ice Cream

*Garden Vegetable
Soup*

Herb Grilled Chicken
Breast with Gravy
Simply Smashed Red
Potatoes
Italian Mixed
Vegetables

Or
Penne Pasta Caprese
Sauteed Spinach

Cherry Cobbler

*New England Clam
Chowder*

Maple Apple Roasted
Turkey with Gravy
Au Gratin Potatoes
Steamed Zucchini

Or
Macaroni and Cheese
Roasted Beets with
Thyme

Butterscotch Pudding