

Week of October 19 to October 25

Week 3 Dining Menu

BREAKFAST

Monday October 19	Tuesday October 20	Wednesday October 21	Thursday October 22	Friday October 23	Saturday October 24	Sunday October 25
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
<u>Country Brunch Bake</u>	<u>Belgian Waffle</u>	<u>Scrambled Eggs</u>	<u>Strawberry Pancakes</u>	<u>Bacon, Egg and Cheese Muffin</u>	<u>Baked Denver Omelet</u>	<u>Orange Muffin</u>
Pork Sausage Links	Turkey Sausage Patty	Pork Sausage Link	Sausage Patty	Breakfast Potatoes	Hash Brown Potatoes	Turkey Sausage Patty
Breakfast Potatoes	Orange Slices	Hashbrown Potatoes	Pineapple	Strawberries	Honeydew	Fruit Cocktail
Banana	Choice of Toast	Cantaloupe	Choice of Toast	Choice of Toast	Choice of Toast	Choice of Toast
Choice of Toast		Choice of Toast				

LUNCH

<u>Fruit Salad</u>	<u>Caeser Salad</u>	<u>Mixed Greens Salad</u>	Oktoberfest	<u>Tossed Vegetable Salad</u>	<u>Fruit Salad</u>	<u>Macaroni Salad</u>
<u>Cheese Ravioli with Marinara</u>	<u>Farmers Meatloaf with Gravy</u>	<u>Lemon Pepper Chicken Thigh</u>	Bavarian Style Bratwurst	<u>Chicken Cordon Bleu</u>	<u>Baked Fried Chicken</u>	<u>Meatloaf</u>
French Cut Green Beans	Garlic Mashed Potatoes	Fettuccine Noodles	German Fried Potatoes	Rice Pilaf	Baked Potato	Simply Smashed Potatoes
Or	Green Peas	Yellow Squash	Red Cabbage with Apples	Broccoli and Cauliflower	Citrus Basil	Steamed Zucchini
Chicken Bacon Ranch Sandwich	or	or	OR	or	Roasted Vegetables	Or
Sliced Carrots	Turkey Ham and Cheddar Wrap	Shrimp Alfredo with Fettuccini Noodles	German Style Pork Chop	Egg Salad Sandwich	Or	Parmesan Sole
Blueberry Yogurt Parfait	Stewed Tomatoes	Mixed Veggies	Mixed Vegetables	Summer Squash Medley	Tortellini with blush Sauce	Steamed Cauliflower
	Chocolate Brownie	Peach Pie	German Chocolate Cake	Jello Parfait	Baby Carrots	Blueberry Pie
					Angel Food Cake with Strawberries	

DINNER

<i>Potato Leek Soup</i>	<i>Autumn Vegetable Soup</i>	<i>Spring Pasta Fagioli Soup</i>	<i>Turkey Vegetable Soup</i>	<i>Cream of Broccoli Soup</i>	<i>Tomato Soup</i>	<i>Minestrone Soup</i>
<u>Pepperoni Pizza</u>	<u>Herb Rubbed Tilapia</u>	<u>Salisbury Steak</u>	<u>Baked Fish Sandwich</u>	<u>Little Italy Meatballs over Penne Pasta with Marinara Sauce</u>	<u>Dijon Ginger Ham</u>	<u>Roasted Turkey with Poultry Gravy</u>
Steamed Italian Vegetables	Roasted Red Potatoes	Mashed Potatoes	Diced Beets	Sliced Carrots	Roasted Sweet Potatoes	Au Gratin Potatoes
or	Sliced Carrots	Mixed Vegetables	or	Or	Italian Cut Green Beans	Peas and Mushrooms
Tuna Wrap	or	or	Beef Teriyaki Stir-Fry	Tuna Melt on Wheat	Or	Or
Green peas	Grilled Vegetable	Grilled Ham and Cheese	White Rice	Summer Squash Medley	Roast Turkey Club Wrap	Hot Dog on a Bun
Cinnamon Coffee Cake	Fajita Quesadilla	Creamy Sweet and Sour Broccoli Slaw	Asian Vegetable Blend	Chocolate Mousse	Baby Carrots	Steamed Cauliflower
	Corn	Chocolate Ice Cream	Rainbow Sherbet		Coconut Cream Pie	Triple Chocolate Fudge bar
	Vanilla Ice Cream					