



<u>Sunday, October 1</u>	<u>Monday, October 2</u>	<u>Tuesday, October 3</u>	<u>Wednesday, October 4</u>	<u>Thursday, October 5</u>	<u>Friday, October 6</u>	<u>Saturday, October 7</u>
<u>Breakfast 8:00AM</u>	<u>Breakfast 8:00AM</u>	<u>Breakfast 8:00AM</u>	<u>Breakfast 8:00AM</u>	<u>Breakfast 8:00AM</u>	<u>Breakfast 8:00AM</u>	<u>Breakfast 8:00AM</u>
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Buttermilk Pancakes w/ Breakfast Syrup	Scrambled Eggs w/ Onions	Belgian Waffle w/ Strawberry Sauce	Cheese Blintz w/ Blueberry Sauce	Denver Omelet	French Toast w/ Berry Sauce	Fried Eggs, Bacon
Breakfast Sausage	Breakfast Potatoes	Breakfast Sausage	Bacon	Breakfast Potatoes	& Breakfast Syrup	Breakfast Potatoes
Fresh Fruit Salad	Bacon	Breakfast Sausage	Bacon	Toast & Butter	Breakfast Sausage	Coffee Cake
	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
<u>Lunch 12:30PM</u>	<u>Lunch 12:30PM</u>	<u>Lunch 12:30PM</u>	<u>Lunch 12:30PM</u>	<u>Lunch 12:30PM</u>	<u>Lunch 12:30PM</u>	<u>Lunch 12:30PM</u>
Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar
Turkey Vegetable Soup	Corn Soup	Hearty Tomato Soup	Roasted Red Pepper Soup	Carrot Soup	Beef Vegetable Soup	Shrimp Gumbo
Apricot Dijon Chicken	Turkey Chow Mein	Sauteed Shrimp w/ Pineapple Compote	Turkey & Veggie Meat Loaf	Beef Pot Roast w/ Veggies	Swai Fillet w/ Basil Cream Sauce	Garlic Lemon Pork Roast
Quinoa Squash Pilaf	Chinese Noodles	Brown Rice	Creamed Peas & Potatoes	Parmesan Herbed Polenta	Wild Rice Blend	Seasoned New Potatoes
Green Bean Medley	Sugar Snap Peas	Cauliflower & Peppers	Parslied Baby Carrots	Braised Kale	Grilled Fresh Vegetables	Herb Baked Tomato
Berry Parfait	Mini Egg Roll w/ Sauce	Blod Orange Sorbet	Strawberry Ice Cream	Assorted Desserts	Lemon Meringue Pie	Strawberry Ice Cream
<u>Dinner 5:00PM</u>	<u>Dinner 5:00PM</u>	<u>Dinner 5:00PM</u>	<u>Dinner 5:00PM</u>	<u>Dinner 5:00PM</u>	<u>Dinner 5:00PM</u>	<u>Dinner 5:00PM</u>
Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar
Cauliflower Apple Soup	Broccoli Swiss Soup	Yankee Bean Soup	Smokey Potato Soup	Chicken Mulligatawny	Sausage Tortellini Soup	Spring Vegetable Soup
Sausage w/ Pepper & Onion	Teriyaki Beef Meatballs	Macaroni & Cheese	Ham Divan w/ Mornay Sauce	Ravioli w/ Marinara Sauce	Breaded Chicken Tenders w/ Honey Mustard Dip	Citrus BBQ Chicken
Chateau Potatoes	Steamed White Rice	Country Tomato Salad	Vegetable Couscous	Garden Salad	French Fries	Roasted Corn
Beets w/ Orange	Swiss Chard w/ garlic	Cornbread & Butter	Dinner Roll	Garlic Bread	Spinach Salad w/ Balsamic	Summertime Coleslaw
or	or	or	or	or	or	or
Grilled Cheese, Tomato & Pesto Sandwich	Citrus Salmon w/ Mango Salsa	BBQ Pork Ribs	Bistro Chicken Salad on a Bed of Romaine	Egg Salad on Croissant	Mushroom & Feta Pizza w/ Fresh Basil Pesto	Teriyaki Turkey Burger w/ Grilled Pineapple
Beet & Onion Salad	Steamed White Rice	Macaroni & Cheese	Banana Bread	Garden Salad	Spinach Salad w/ Balsamic Dressing	Roasted Corn
Melon Medley	Swiss Chard w/ garlic	Country Tomato Salad		Fresh Watermelon	Caramel Apple Bread	Summertime Coleslaw Dressing
Vanilla & C.Chip Cake	Banana Pudding & Whip	Cornbread & Butter	Mocha Brownie	Cherry Pie	Assorted Desserts	Assorted Desserts

