

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Salisbury Steak & Gravy	Bangers and Mash	Veal Paprika	Turkey Meatloaf	Lemon Pepper Cod	Broccoli Cheese Pasta Bake	Roast Beef
Mashed Potatoes	Green Beans	Chive Whipped Potatoes	Mashed Sweet Potatoes	Baked Sliced Potatoes	Tossed Ranch Salad	Mashed Potatoes
Parsley Carrots	Loaf Apple Cranberry	California Vegetables	Diced Parsnips	Zesty Balsamic Carrots	Italian Mixed Grilled Vegetables	Green Peas
Uniced Chocolate Brownie	Coffee	Cherry Crisp	Poultry Gravy	Cinnamon Crumble Cake	Black Forest Cake	Beef Gravy
Coffee	Baked Tilapia	Coffee	Iced Brownie	Coffee	Black Forest Cake	Coconut Buttermilk Pie
Spiced Chicken Thigh	Rice with Vegetables	Roasted Vegetable Lasagna	Coffee	Asian Pork Chop	Coffee	Coffee
Savoury Diced Potatoes	Buttered Brussels Sprouts	Caesar Salad	Argentinean Beef Stew	Mashed Potatoes	Beef Taco Casserole	Lemon Pepper Chicken Leg
Broccoli Florets	Dill Sauce	Garlic Bread	Roasted Red Skin Potatoes	Asian Vegetables	Diced Savory Potatoes	Buttered Egg Noodles
Chilled Diced Peaches	Fruit Cocktail	Chilled Diced Pears	Green Peas	Chilled Tropical Fruit	Chilled Apricots	Baked Tomato au Gratin
2% Milk	2% Milk	2% Milk	Brown Gravy	2% Milk	2% Milk	Pineapple Tidbits LoCal
Hot Tea	Hot Tea	Hot Tea	Rosy Applesauce	Hot Tea	Hot Tea	2% Milk
			2% Milk			Hot Tea
			Hot Tea			

DINNER						
Borscht Soup	Chicken Noodle Soup	Butternut Squash Soup	Minestrone Soup	Cabbage & Potato Soup	Lentil & Vegetable Soup	Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Macaroni & Cheese	Chicken Salad Sndw on WW	Pork Tourtiere Pie	Beef Burger on WW Bun	Mushroom Cheese Omelette	BBQ Pork Ribette on WW Bun
Creamy Coleslaw	Baked Tomato au Gratin	Mixed Green Italian Salad	Broccoli Florets	French Fries	Diced Squash	Triple Bean Salad
Tartar Sauce	Strawberries	Pineapple Tidbits	Mandarin Oranges	Spinach & Mushroom Salad	Potato Roll	Mango
Cantaloupe Chunks	Coffee	Coffee	Coffee	Sliced Tomato	Chilled Peach Slices	Coffee
Coffee	Chicken Noodle Soup	Butternut Squash Soup	Minestrone Soup	Mayonnaise	Coffee	Vegetable Soup
Borscht Soup	Unsalted Crackers	Butternut Squash Soup	Unsalted Crackers	Banana Half	Lentil & Vegetable Soup	Unsalted Crackers
Unsalted Crackers	Beef Roast Sandwich on Wheat	Unsalted Crackers	Egg Salad Sndw on Croissant	Coffee	Unsalted Crackers	Potato & Cheese Perogies
Veggie & Black Bean Quesadilla	Heritage Blend Salad with French Dressing	Salmon Croquettes	Marinated Cucumbers	Cabbage & Potato Soup	Turkey & Swiss Sndw on WW	Buttered Cabbage
Buttered Corn	Whipped Topping	French Fries	Ice Cream	Unsalted Crackers	Romaine with Mustard Vinaigrette	Sour Cream
Tiramisu Mousse	Lime Gelatin	Steamed Asparagus	2% Milk	Sweet Hickory BBQ Baked Beans	Baked Custard	Dessert of the Day
2% Milk	2% Milk	Tartar Sauce	Hot Tea	Green Beans	2% Milk	2% Milk
Hot Tea	Hot Tea	Vanilla Pudding		Cheddar Herb Tea Biscuit	Hot Tea	Hot Tea
		2% Milk		Lemon Blueberry Tart		
		Hot Tea		2% Milk		
				Hot Tea		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Chicken Pie	Baked Pollock	Spinach & Cheese Cannelloni	Roasted Sage Chicken Leg	Baked Salmon Fillet	Pork Chop & Mushroom Sauce	LS Turkey a la King
Whipped Squash	Parslied Rice	Seasoned Zucchini	Baked Potato	Scalloped Potatoes	Mashed Potatoes	Egg Noodles
Poultry Gravy	Buttered Brussels Sprouts	Vanilla Tres Leches Cake	Butternut Squash	Broccoli Florets	Green Beans	California Vegetables
Cherry Cheesecake	Tartar Sauce	Coffee	Sour Cream	Maple Chocolate Mania Cake	Vanilla Caramel Swirl Cake	Lemon Meringue Pie
Coffee	Butterscotch Pudding	Coffee	Rhubarb Crisp	Coffee	Coffee	Coffee
Harvest Chickpea & Veg Curry	LoCal	Liver & Onions	Coffee	Coffee	Coffee	Broccoli Cheese Frittata
Basmati Rice	Cornflake Crusted Chicken	Whipped Potatoes	Spaghetti & Meatballs	Teriyaki Beef & Broccoli	Balsamic Tomato Veal Schnitzel	Potato Roll
Cauliflower	Mashed Potatoes & Gravy	New England Vegetables	Steamed Asparagus	Basmati Rice	Parslied New Potatoes	Green Peas
Cantaloupe Chunks	Green Beans	Brown Gravy	Garlic Bread	Asian Vegetables	Buttered Brussels Sprouts	Warm Apple Compote
2% Milk	Mixed Berries	Tropical Fruit Salad	Cinnamon Pears	Chilled Apricots	Mango	2% Milk
Hot Tea	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Hot Tea
	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	

DINNER						
Creamy Carrot Dill Soup	Cream of Celery Soup	Tomato Soup	Cream of Mushroom Soup	Garden Vegetable Soup	Split Pea Soup	Chicken Mulligatawny Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Asparagus & Swiss Quiche	Veggie Quesadillas	Sweet & Sour Chicken Balls	Chili Con Carne	Oktoberfest on Bun	Chicken Strips	Cod Nuggets
Chopped Salad with Balsamic	Mexican Mixed Vegetables	White Rice	Broccoli Florets	Marinated 4 Bean Salad	Sweet Potato Fries	Savory Potato Wedges
Chilled Apricots	Chilled Diced Peaches	Green Peas	Tea Biscuit	Strawberries	Tomato Cucumber Salad	Creamy Coleslaw
Coffee	Coffee	Fruit Cocktail	Blueberries	Coffee	Plum Sauce	Tartar Sauce
Creamy Carrot Dill Soup	Cream of Celery Soup	Coffee	Coffee	Garden Vegetable Soup	Fresh Fruit	Chilled Peach Slices
Unsalted Crackers	Unsalted Crackers	Coffee	Coffee	Unsalted Crackers	Coffee	Coffee
Ham Salad on WW	Hot Roast Beef on Wheat w/Gravy	Tomato Soup	Cream of Mushroom Soup	Spanish Omelette	Split Pea Soup	Chicken Mulligatawny Soup
Creamy Cucumber & Onions	Sliced Carrots	Unsalted Crackers	Unsalted Crackers	Diced Hashbrown	Unsalted Crackers	Unsalted Crackers
Tiramisu Mousse	Whipped Topping	Pulled Pork on WW Bun	Tuna Salad Sndw on WW	Italian Mixed Vegetables	Cheddar Cheese & Fruit	Beef Pot Pie
2% Milk	Lemon Gelatin	Chickpea & Veggie Salad	Heritage Blend Salad with French Dressing	Vanilla Mousse	Carrot Loaf	Parsley Carrots
Hot Tea	2% Milk	Butterscotch Pudding LoCal	Neapolitan Ice Cream Sandwich	2% Milk	Tapioca Pudding	Beef Gravy
	Hot Tea	Hot Tea	2% Milk	Hot Tea	2% Milk	Dessert of the Day
			Hot Tea		Hot Tea	2% Milk
						Hot Tea

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Breaded Pork Cutlet	Meatloaf	Baked Chicken with Chalet Sauce	Sweet-N-Sour Pork Bites	Creole Baked Fish	Veal Parmesan	Baked Ham in Pineapple Juice
Roasted New Potatoes	Garlic Mashed Potatoes	Baked Potato	Vegetable Fried Rice	O'Brien Potatoes	Marinara Sauce	Scalloped Potatoes
Sliced Beets	Green Peas	Green Beans	Sliced Carrots	Sauteed Zucchini & Red Peppers	Buttered Spaghetti	Prince Edward Vegetables
Mini Buttertart	Beef Gravy	Sour Cream	Plum Sauce	Luscious Lemon Square	Green Beans	Apple Pie Slice
Coffee	Bread Pudding	Carrot Cake	Buttertart Square	Coffee	Peach Crisp	Coffee
Sole Florentine	Caramel Drizzle	Coffee	Coffee	Beef Stroganoff	Coffee	Rotini Primavera w/Alfredo Sc
Fluffy Rice	Coffee	Harvest Chickpea & Veg Curry	Vegetable & Swiss w/Mushrooms Quiche	Buttered Egg Noodles	Maple Balsamic Chicken Drumstick	Garden Peas
Steamed Asparagus	Cheese Ravioli & Sauce	Basmati Rice	Buttered Brussels Sprouts	Cauliflower	Mashed Potatoes	Chilled Tropical Fruit
Mustard Sauce	California Vegetables	Banana & Chocolate Sauce	Chilled Peach Slices	Cinnamon Pears	Parslied Cauliflower	2% Milk
Pineapple Tidbits	Mango	2% Milk	2% Milk	2% Milk	Crushed Pineapple	Hot Tea
2% Milk	2% Milk	Hot Tea	Hot Tea	Hot Tea	2% Milk	
Hot Tea	Hot Tea	Hot Tea			Hot Tea	

DINNER						
Cream of Tomato Soup	Country Bean & Vegetable Soup	Beef Vegetable & Noodle Soup	Cream of Celery Soup	Borscht Soup	Tuscan White Bean & Kale Soup	Harvest Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Ham & Cheese Quiche	Breaded Chicken Strips	Macaroni & Cheese	Shaved Beef Sndw on Wheat	Chicken Burger on WW Bun	Salmon Salad on Croissant	Turkey & Potato Salad Plate
Broccoli Florets	Savory Potato Wedges	Italian Mixed Vegetables	Chickpea & Veggie Salad	Tomato Slices	Tomato & Onion Salad	Beet & Onion Salad
Strawberries	Seasoned Zucchini	Mandarin Oranges	Cantaloupe Chunks	Creamy Coleslaw	Chilled Apricots	Mango
Coffee	Fruit Cocktail	Coffee	Coffee	Mayonnaise	Coffee	Coffee
Cream of Tomato Soup	Coffee	Beef Vegetable & Noodle Soup	Cream of Celery Soup	Chilled Tropical Fruit	Tuscan White Bean & Kale Soup	Harvest Vegetable Soup
Unsalted Crackers	Country Bean & Vegetable Soup	Unsalted Crackers	Unsalted Crackers	Coffee	Unsalted Crackers	Unsalted Crackers
Grilled Reuben Sandwich	Soup	Unsalted Crackers	Vegetarian Garden Chili	Borscht Soup	Red Pepper & Basil Frittata w/Parmesan Cheese	Sloppy Joe on WW Bun
Tossed Ranch Salad	Unsalted Crackers	Tuna Salad Sandwich on Brown Bread	Mixed Green Italian Salad	Unsalted Crackers	Broccoli Florets	Parsley Carrots
Orange Gelatin	Sliced Turkey on Wheat	Creamy Cucumber Salad	Tea Biscuit	Cottage Cheese & Fruit Salad Plate	Chocolate Pudding	Vanilla Ice Cream
2% Milk	Carrot Apple Salad	Lemon Mousse	Strawberry Gelatin	Blueberry Loaf	2% Milk	2% Milk
Hot Tea	Chocolate Mousse	2% Milk	2% Milk	Ice Cream Sandwich	Hot Tea	Hot Tea
	2% Milk	Hot Tea	Hot Tea	2% Milk		
	Hot Tea			Hot Tea		