



Week at a Glance

| | SUNDAY, 9/17/2023 | MONDAY, 9/18/2023 | TUESDAY, 9/19/2023 | WEDNESDAY, 9/20/2023 | THURSDAY, 9/21/2023 | FRIDAY, 9/22/2023 | SATURDAY, 9/23/2023 |
|------------------|--|--|---|--|--|---|--|
| <i>Breakfast</i> | French Toast Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf | Corned Beef Hash ♥ Choice of Egg ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf | Scrambled Egg and Cheese Sandwich ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf | ♥ Belgian Waffle Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf | Ham Egg Bake ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf | ♥ Toasted Walnut Pancakes Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf | Blintz Brunch Bake with Blueberry Topping Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf |
| <i>Lunch</i> | Roasted Pit Ham Summer Vegetable Bake ♥ Green and Gold Beans ♥ Bread or Roll with Butter or Margarine <i>Stuffed Green Pepper</i> ♥ Green and Gold Beans ♥ Bread or Roll with Butter or Margarine Glazed Buttermilk Cake ♥ Choice of Beverage | ♥ Pot Roast with Vegetable Gravy ♥ Herb Yukon Potatoes ♥ Mixed Vegetables ♥ Bread or Roll with Butter or Margarine <i>Scalloped Turkey with Mushrooms</i> ♥ Herb Yukon Potatoes ♥ Mixed Vegetables ♥ Bread or Roll with Butter or Margarine Lemon Bar ♥ Choice of Beverage | ♥ Moroccan Chicken ♥ Vegetable Couscous ♥ Parslied Fresh Cauliflower ♥ Bread or Roll with Butter or Margarine <i>Baked Spaghetti</i> ♥ Parslied Fresh Cauliflower ♥ Bread or Roll with Butter or Margarine Banana Cream Pie ♥ Choice of Beverage | French Onion Pork Chop ♥ Smashed Potatoes Brussels Sprouts with Bacon ♥ Bread or Roll with Butter or Margarine <i>Citrus BBQ Chicken Breast</i> ♥ Smashed Potatoes Brussels Sprouts with Bacon ♥ Bread or Roll with Butter or Margarine Fruit Trifle ♥ Choice of Beverage | Herbed Panko Breaded Fish Skillet Fried Potatoes ♥ Braised Red Cabbage ♥ Bread or Roll with Butter or Margarine <i>Pierogies with Kielbasa</i> ♥ Braised Red Cabbage ♥ Bread or Roll with Butter or Margarine Mousse Parfait ♥ Choice of Beverage | Beef Stroganoff ♥ Egg Noodles ♥ Roasted Carrots ♥ Bread or Roll with Butter or Margarine <i>Black Bean and Vegetable Fajitas</i> ♥ Cantina Corn Cherry Pineapple Cupcake ♥ Choice of Beverage | Savory Roasted Chicken ♥ Roasted Sweet Potatoes Buttered Peas Cornbread & Butter or Margarine <i>Grilled Hamburger Steak with Sautéed Onion Gravy</i> ♥ Roasted Sweet Potatoes Buttered Peas Cornbread & Butter or Margarine Apple Pie ♥ Choice of Beverage |
| <i>Dinner</i> | ♥ Grilled Chicken Sandwich with Guacamole Pasta Salad with Vegetables <i>Italian Asparagus Quiche</i> ♥ Melon Wedge <i>Garden Salad with Dressing</i> ♥ Bread or Roll with Butter or Margarine Mango Coconut Custard Milk ♥ Coffee / Tea / Decaf | Pork Chow Mein ♥ Steamed White Rice Mini Egg Rolls <i>Round Bean Soup</i> ♥ Tomato Tuna Wrap <i>Carrot Pineapple Salad</i> Carnival Cookie Milk ♥ Coffee / Tea / Decaf | Baked Fish with Garlic Butter Oven Roasted Potatoes ♥ Steamed Spinach ♥ Bread or Roll with Butter or Margarine <i>Pancake Supper</i> Bacon ♥ Fresh Summer Mixed Berries Marble Cake with Crème Milk ♥ Coffee / Tea / Decaf | Chili Mac Mixed Green Salad with Dressing ♥ Bread or Roll with Butter or Margarine ♥ Carrot and Ginger Soup <i> Lentil and Vegetable Salad with Feta</i> ♥ Bread or Roll with Butter or Margarine Frosted Cinnamon Brownie Milk ♥ Coffee / Tea / Decaf | Breaded Turkey Cutlet with Piccata Sauce Wild Rice Blend ♥ Summer Squash Saute ♥ Bread or Roll with Butter or Margarine <i>Gyro Sandwich</i> <i>French Fries</i> Cheesecake with Fruit Sauce Milk ♥ Coffee / Tea / Decaf | ♥ Open-faced Roast Pork Sandwich with Gravy Garlic Mashed Potatoes ♥ Seasoned Broccoli Florets <i>Tomato Basil Soup</i> ♥ Bleu Cheese Chicken Almond Salad ♥ Bread or Roll with Butter or Margarine Peanut Butter and Jelly Bar Milk ♥ Coffee / Tea / Decaf | Summer Lasagna Casserole Caesar Salad ♥ Garlic Bread ♥ Chicken Rice Soup <i>Shrimp Salad Sandwich</i> <i>Beet and Onion Salad</i> ♥ Chocolate Dipped Strawberries Milk ♥ Coffee / Tea / Decaf |
| <i>Snack</i> | Snack of Choice ♥ Juice | Snack of Choice ♥ Juice | Snack of Choice ♥ Juice | Snack of Choice ♥ Juice | Snack of Choice ♥ Juice | Snack of Choice ♥ Juice | Snack of Choice ♥ Juice |

A heart ♥ on the menu denotes foods that are low in Sugar, low in Salt or No Added Salt, and low in Fat.

