



Week at a Glance

	SUNDAY, 9/24/2023	MONDAY, 9/25/2023	TUESDAY, 9/26/2023	WEDNESDAY, 9/27/2023	THURSDAY, 9/28/2023	FRIDAY, 9/29/2023	SATURDAY, 9/30/2023
Breakfast	♥ Waffles Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Western Scramble ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	♥ Coconut Pancakes Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	♥ Choice of Egg ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Breakfast Sandwich ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Maple French Toast Bake Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Cheese Omelet ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal
	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf
Lunch	♥ Apricot Glazed Turkey Breast Scalloped Potatoes ♥ Spring Blend Vegetables ♥ Bread or Roll with Butter or Margarine	♥ Cajun-Style Pork Cutlet ♥ Rice with Mushrooms ♥ Spinach with Garlic ♥ Bread or Roll with Butter or Margarine	Ranch Meat Loaf Whipped Potatoes ♥ Herbed Whole Green Beans ♥ Bread or Roll with Butter or Margarine	Spinach and Artichoke Ravioli Bake Chopped Salad with Dressing Breadstick with Butter or Margarine	♥ Sesame Baked Chicken ♥ Hawaiian Rice ♥ Sugar Snap Peas ♥ Bread or Roll with Butter or Margarine	♥ Catch of the Day ♥ Lemon Oregano Hashbrowns ♥ Broccoli Polonaise ♥ Bread or Roll with Butter or Margarine	♥ Roast Beef Au Jus ♥ Baked Potato ♥ Grilled Fresh Asparagus Spears ♥ Bread or Roll with Butter or Margarine
	♥ Baked Fish with Butter Cracker Topping Scalloped Potatoes ♥ Spring Blend Vegetables ♥ Bread or Roll with Butter or Margarine	♥ Sweet and Sour Tofu ♥ White Rice ♥ Spinach with Garlic Fortune Cookies	♥ Chicken Paprikash Whipped Potatoes ♥ Herbed Whole Green Beans ♥ Bread or Roll with Butter or Margarine	Boiled Corned Beef with Cabbage and Carrots ♥ Dill Potatoes ♥ Bread or Roll with Butter or Margarine	♥ Cuban Mojo Pork ♥ Hawaiian Rice ♥ Sugar Snap Peas ♥ Bread or Roll with Butter or Margarine	♥ Turkey a la King over Puff Pastry ♥ Broccoli Polonaise ♥ Bread or Roll with Butter or Margarine	Garlic Shrimp and Grits ♥ Grilled Fresh Asparagus Spears ♥ Bread or Roll with Butter or Margarine
	Mandarin Orange Dessert ♥ Choice of Beverage	Raspberry Cake ♥ Choice of Beverage	Lemon Meringue Pie ♥ Choice of Beverage	Very Vanilla Fruit Salad ♥ Choice of Beverage	Confetti Cake Bar ♥ Choice of Beverage	Éclair Dessert ♥ Choice of Beverage	German Chocolate Cake ♥ Choice of Beverage
Dinner	BBQ Beef on a Bun Baked Beans Confetti Coleslaw Cream of Potato Soup BLT Salad ♥ Bread or Roll with Butter or Margarine	Chicken Tenders Tater Tots Green Pea Salad ♥ Bread or Roll with Butter or Margarine ♥ Hungarian Stew House Salad with Dressing ♥ Bread or Roll with Butter or Margarine	♥ Peppered Pork Loin Carrot Souffle ♥ Sautéed Fresh Broccoli ♥ Bread or Roll with Butter or Margarine Black Bean Soup Green Chile, Cheese and Onion Quesadilla Mexican Summer Salad	♥ Grilled Fish with Cucumber Relish ♥ Orzo Pilaf Seasoned Beets ♥ Bread or Roll with Butter or Margarine Garden Vegetable Soup Beet, Apple and Turkey Salad ♥ Bread or Roll with Butter or Margarine	Country Fried Steak with Brown Gravy ♥ Potatoes O'Brien Buttered Green Beans ♥ Bread or Roll with Butter or Margarine **RESIDENT'S CHOICE MEAL**	Roasted Vegetable Macaroni and Cheese ♥ Marinated Tomatoes ♥ Bread or Roll with Butter or Margarine Southwestern Corn Soup Beef Taco Salad	Italian Sausage Skillet with Spring Vegetables Mixed Salad Greens with Dressing ♥ Bread or Roll with Butter or Margarine Minestrone Soup ♥ Bistro Chicken Salad Sandwich ♥ Cucumber Bean Salad
	Chocolate Chip Cookie Bar Milk ♥ Coffee / Tea / Decaf	Tapioca Pudding with Topping Milk ♥ Coffee / Tea / Decaf	Cinnamon Roll Blondies Milk ♥ Coffee / Tea / Decaf	Pound Cake Milk ♥ Coffee / Tea / Decaf	Peach-Blueberry Crisp Milk ♥ Coffee / Tea / Decaf	Oatmeal Raisin Cookie Milk ♥ Coffee / Tea / Decaf	Yogurt Panna Cotta with Honey Milk ♥ Coffee / Tea / Decaf
Snack	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.

