

Week at a Glance

	SUNDAY, 10/1/2023	MONDAY, 10/2/2023	TUESDAY, 10/3/2023	WEDNESDAY, 10/4/2023	THURSDAY, 10/5/2023	FRIDAY, 10/6/2023	SATURDAY, 10/7/2023
Breakfast	Buttermilk Pancakes Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Breakfast Potatoes ♥ Choice of Egg ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Zesty Orange French Toast Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Sausage Egg Bake ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Scrambled Eggs with Onions and Peppers ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal	♥ Waffles with Blueberry Topping Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal	Cinnamon Roll ♥ Choice of Egg ♥ 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	Southern Fried Chicken Buttermilk Mashed Potatoes ♥ Skillet Green Beans ♥ Bread or Roll with Butter or Margarine	Creamy Tortellini with Broccoli Tossed Salad with Dressing ♥ Garlic Bread ♥ Marinated Chicken with Tzatziki Sauce	Glazed Ham Macaroni and Cheese ♥ Seasoned Brussels Sprouts ♥ Bread or Roll with Butter or Margarine	♥ Herbed Pot Roast ♥ Red Bliss Potatoes ♥ Sautéed Fresh Carrots ♥ Bread or Roll with Butter or Margarine	♥ Crunchy Fish Fillet Scalloped Corn Buttered Zucchini ♥ Bread or Roll with Butter or Margarine	Teriyaki Chicken ♥ Garden Rice ♥ Steamed Spinach ♥ Bread or Roll with Butter or Margarine	BBQ Country Style Ribs Creamy Potato Casserole ♥ Seasoned Fresh Vegetables ♥ Bread or Roll with Butter or Margarine
	Chopped Steak with Beef Mushroom Gravy Buttermilk Mashed Potatoes ♥ Skillet Green Beans ♥ Bread or Roll with Butter or Margarine	♥ Couscous ♥ Broccoli Florets ♥ Bread or Roll with Butter or Margarine	♥ Blackened Fish Macaroni and Cheese ♥ Seasoned Brussels Sprouts ♥ Bread or Roll with Butter or Margarine	♥ Penne Pasta with Lentils and Kale House Salad with Dressing ♥ Bread or Roll with Butter or Margarine	Sherry Beef Tips ♥ Tri Color Pasta Buttered Zucchini ♥ Bread or Roll with Butter or Margarine	Quiche Florentine ♥ Rissole Potatoes ♥ Salad Greens with Berries ♥ Bread or Roll with Butter or Margarine	♥ Turkey Biscuit Bake ♥ Seasoned Fresh Vegetables ♥ Bread or Roll with Butter or Margarine
	Bananas Foster Bars ♥ Choice of Beverage	Lemon Poke Cake ♥ Choice of Beverage	♥ Turtle Brownie ♥ Choice of Beverage	Frosted Spice Cake ♥ Choice of Beverage	White Chocolate Bread Pudding ♥ Choice of Beverage	Peach Pie ♥ Choice of Beverage	Peanut Butter Mousse ♥ Choice of Beverage
Dinner	Pub Style Fish & Chips Creamy Coleslaw ♥ Bread or Roll with Butter or Margarine	Swedish Meatballs with Gravy ♥ Boiled White Potatoes ♥ Savory Peas ♥ Bread or Roll with Butter or Margarine	♥ Panko Crusted Chicken with Mustard and Thyme Lyonnais Potatoes ♥ Roasted Fresh Beets ♥ Bread or Roll with Butter or Margarine	♥ Smothered Pork Steak ♥ Spiced Sweet Potato Spears ♥ Garlic Green Beans ♥ Bread or Roll with Butter or Margarine	Turkey Reuben Sandwich Pickles ♥ Waldorf Salad Meatball Soup Southwest Shredded Pork Salad ♥ Bread or Roll with Butter or Margarine	Beef Lasagna ♥ Roasted Fresh Cauliflower ♥ Bread or Roll with Butter or Margarine	Cheese Enchiladas ♥ Mexican Flag Garnish Plate Seasoned Pinto Beans Charred Corn Salad
	Chef's Choice Pizza Marinated Cauliflower with Crisp Greens Breadstick with Butter or Margarine	Bratwurst on a Bun Potato Salad	♥ Cream of Mushroom Soup Vegetable and Hummus Wrap ♥ Roasted Beet Salad	Broccoli Cheese Soup Grilled Chicken Strawberry Mixed Greens Salad ♥ Bread or Roll with Butter or Margarine	♥ Hearty Onion Soup Lemon Pepper Tuna Salad Sandwich Chickpea Salad	♥ French Dip Sandwich with Au Jus Steak Fries	
	♥ Fresh Fruit Parfait Milk ♥ Coffee / Tea / Decaf	Cherry Pie ♥ Coffee / Tea / Decaf Milk	No-Bake Cheesecake Milk ♥ Coffee / Tea / Decaf	♥ Melon Medley Milk ♥ Coffee / Tea / Decaf	Mix Cookie Milk ♥ Coffee / Tea / Decaf	Crispy Rice Bar Milk ♥ Coffee / Tea / Decaf	Strawberry Tres Leches Cake 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