

Week One Fall Menu 2023

Monday 10/2/23	Tuesday 10/3/23	Wednesday 10/4/23	Thursday 10/5/23	Friday 10/6/23	Saturday 10/7/23	Sunday 10/8/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Breakfast Special	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast
Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Cranberry Juice Coffee, Tea, Milk	French Toast Breakfast Meat and Potato Fresh Fruit and Hard Boiled Egg Apple Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Apple Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Cranberry Juice Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Turkey and Rice Soup Corn Salad Grilled Chicken Sand. w/ Let. Tomato Turkey and Cheese Sandwich BBQ Tofu (v) Roasted Potatoes Mixed Vegetables Peaches and Cream	Butternut Squash Soup Dill potato salad Tuna Salad Croissant Turkey Rueben Sandwich White Bean Pesto Gnocchi (v) Dill Potato Salad Lima Beans Fruit Cocktail Gelatin	Chicken Noodle Soup Macaroni Salad Sloppy Joe Sandwich Ham and Cheese Sandwich Grilled Cheese and Tomato (v) Cole Slaw Steamed Carrot coins Vanilla Pudding Parfait	Potato Leek Soup Caesar Salad Roast beef with Mushroom Gravy Philly Chicken Cheesesteak Swiss Cheese Croissant (v) Whipped Sweet Potatoes Sauteed Spinach Chilled Pear Halves	Lentil And Spinach Soup Chickpea Kale Salad Chicken Cordon Blue Crispy Cod w/ Lemon Crispy Vegetarian Chicken (v) Steamed Rice Steamed green bean Fresh Fruit Cup	Minestrone Tomato Cucumber Salad Spaghetti and Meat Sauce Hawaiian Turkey Burger Vegetarian Meat crumble with Spaghetti (v) Garlic knot Broccoli, Cauliflower and Carrot Medley Chocolate Pudding Parfait	Chicken Tortilla Soup Garden Rotini Pasta Salad Chicken Salad on Bun Hot Dog on Bun Vegan Grilled Cheese (v) Baked Beans Steamed peas Blushed Pineapple
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Turkey and Rice Soup Tossed salad Beef and Broccoli Stir Fry Tilapia with Lemon Caper sauce Brown Rice Ginger Honey glazed Carrots Broccoli Steamed Multigrain roll Vegetarian Meatballs w/Sweet and Sour (v) Carrot Cake	Butternut Squash Soup Caesar Roasted Turkey Breast Bacon Wrapped Pork loin Roasted Potatoes Zucchini and Tomatoes Steamed Green Beans Yeast Roll Cheese Ravioli Pomodoro (v) Chocolate Chip Cookies	Chicken Noodle Soup Spinach Salad BBQ Meatloaf Shrimp Pasta Alfredo Mashed Potatoes Sauteed Spinach Peas and Mushrooms Wheat Dinner Roll Vegan Meatloaf(v) Chocolate Cream pie	Potato Leek Soup Cobb Salad Baked Ziti with Sausage Chicken Chardonnay Au Gratin Potatoes Curried Cauliflower Roasted Squash Garlic Breadstick Vegetarian Sausage Baked Ziti (v) Pineapple Upside Down Cake	Lentil And Spinach Soup Mixed Green Salad Cornmeal Catfish w/ Cilantro Cream sauce Pork loin with Roasted Apples Macaroni and Cheese Steamed Broccoli Collard Greens Multigrain roll Vegetable Lasagna (v) Cherry Cobbler	Minestrone Caesar Fried Chicken Beef Brisket Red Beans and Rice Okra and Tomatoes Steamed Succotash Cornbread Beyond Beef Quesadilla (v) Peach Pie	Chicken Tortilla Soup House Salad Sweet and Sour Pork loin Stir fry Chicken Vegetarian Fried Rice Stir Fry Vegetables Vegetable Egg Roll Yeast Roll Sweet and Sour Tofu (v) Lemon Bar