



Week Four Fall Menu

V-Vegetarian, GF- Gluten Free, VG- Vegan, SF- Soy Free

Monday 10/21/24	Tuesday 10/22/24	Wednesday 10/23/24	Thursday 10/24/24	Friday 10/25/24	Saturday 10/26/24	Sunday 10/27/24
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals Friends Breakfast Vegetable Scrambled Eggs Breakfast Meat and Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Friends Breakfast Scrambled Eggs Breakfast Meat and Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Friends Breakfast French Toast w/butter & syrup Breakfast Meat and Fresh Fruit Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Friends Breakfast Crustless Quiche with Vegetables Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Friends Breakfast Omelet w/cheese Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Friends Breakfast Scrambled Eggs Breakfast Meat and Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Friends Breakfast Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Three Bean Chili (v) Broccoli and Cauliflower Salad BBQ Chicken Breast Tuna Salad croissant Vegetable Burger (V) Whipped Sweet Potato Steamed Asparagus Mixed Fresh Fruit	Split Peas Soup (v) Marinated Tom./Cucumber Salad Roast beef, Cheddar Sandwich Hot Turkey Open Face Sand.w/Gravy Grilled Cheese and Tomato (v) Mash Potato Steamed Broccoli Oranges w/ Whipped Topping	Chicken Noodle Soup Asian Salad w/Sesame Vin. Crispy Sesame Chicken Mongolian Beef Stir Fry Tofu Lo Mien(V) Rice Stir Fry Vegetables Cottage Cheese and Fruit	Vegetable Alphabet Soup (V) Macaroni Salad Rueben Sandwich Meatball Sub Spanakopita(v) Onion Rings Mixed Vegetables Chocolate Oreo Parfait	Cream of Mushroom Soup (v) Veg. Barley Salad Swedish meatballs Turkey, Spinach Swiss Quiche Veg. Meatball Marinara (v) Egg Noodle Broc., Cauliflower, Carrots Bananas w/Vanilla pudding	Chicken Corn Chowder House Salad Chicken Tenders Cheeseburger Grilled Cheese and Tomato (v) Mac and Cheese Roasted Squash Fresh Fruit Cup	Potato Leek Soup Pasta Salad Cod Fish and Chips Grilled Chicken w/Let. Tom. Swiss Croissant/Let.,Tom.(v) Wavy Fries Steamed Lima Beans Butterscotch Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Three Bean Chili (v) Mixed Greens Salad Citrus Garlic Shrimp Pork Schnitzel w/ Lemon thyme sauce Red Parslied Potatoes Steamed Broccoli Roasted Mixed Vegetables Yeast Roll Beyond Beef Broccoli Stir-fry (V) German Chocolate Cake	Split Peas Soup (v) Caesar Salad Pepper Steak Teriyaki Chicken Breast Mixed Vegetable Rice Stir Fry Vegetables Roasted Cauliflower Multigrain roll Gardien Chicken Stir Fry (v) Butter Toffee Cake	Chicken Noodle Soup Marinated Tomato Salad Beer Batter Alaskan Cod Beef Stew Roasted Sweet Potato Asparagus & Tomato Sauteed Cabbage and Peppers Hawaiian Roll Beyond Beef Stew (v) Apple Cobbler	Vegetable Alphabet Soup (V) Spinach Salad Herbed Marinated Chicken Leg Lemon Baked Tilapia Whipped Mash Potatoes Glazed Carrot Coins Sauteed Collard Greens Yeast Roll Broccoli Quiche (v) Cheesecake w/ Berry sauce	Cream of Mushroom Soup (v) House Salad Liver and Onions Seafood New burg Polenta Steamed Peas Zucchini and Mushrooms Wheat Dinner Roll Beyond Sausage w/Peppers & Onions(v) Brownie	Chicken Corn Chowder Caesar Salad Roast beef w/ Mushroom Gravy Baked Cod Cake Whipped potatoes Green Beans Wax Bean Carrot Succotash Multigrain Roll Marinated Roasted Tofu(v) Lemon Cake w/ Berries	Potato Leek Soup Greek Salad Salisbury Steak and Gravy Chicken Fried Steak with Gravy Mashed potatoes Steamed Green Beans Spinach and Mushrooms Yeast Roll Veggie Chicken Parmesan (v) Chocolate Cake