



Week Three Fall Menu

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

| Monday 11/11/24 | Tuesday 11/12/24 | Wednesday 11/13/24 | Thursday 11/14/24 | Friday 11/15/24 | Saturday 11/16/24 | Sunday 11/17/24 |
|---|---|---|---|--|---|--|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Oatmeal Assorted Cold Cereals Veggies & Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk | Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk | Oatmeal Assorted Cold Cereals Pancakes Breakfast Meat and Potato Fresh Fruit Orange Juice Coffee, Tea, Milk | Oatmeal Assorted Cold Cereals Crustless Quiche Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk | Oatmeal Assorted Cold Cereals Cheese Omelet Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk | Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk | Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Carrot and Ginger Soup Spinach Salad Tuna Melt on Wheat Italian Hoagie Vegetarian Beyond Sausage W/ Peppers & Onions (v) Potato Salad Succotash Vanilla Pudding w/Banana | Tomato Bisque Broccoli Salad Crispy Chicken Sandwich w/ Pickles Hot Dog w/ Onions and Relish Grilled Cheese w/ Tomato Pasta Salad Steamed Asparagus Mandarin Oranges | Loaded Potato Soup Chickpea Salad Philly Cheese Steak Chef Salad w/ Italian Dressing Swiss Cheese Croissant (v) Roasted Potatoes Baby Carrots/Green beans Peaches Orange Crème | Maryland Crab Soup Pasta Salad Chicken Salad on House Salad Egg Salad on House Salad Veg. Garden Burger(V) Whipped Sweet Potato Corn O'Brien Fresh Mixed Fruits | French Onion Soup Edamame & Corn Salad Chicken Parmesan Italian Sausage w/Onions & Peppers Veg. Chicken Parmesan Marinara and Pasta Lima Beans Rice Pudding with Raisins | Past Fagioli Macaroni Salad Pulled BBQ Beef Sandwich Meatball Sub w/Cheese Veg. Meatball Sub (v) Baked Beans Steamed Cut Green Beans Cottage Cheese with Fruit | Lentil and Tomato Soup Tomato Cucumber salad Turkey Club Croissant w/Cheese Ham and Cheese Melt Grilled Cheese/Tomato (v) Onion Rings Steamed Broccoli Fresh Melon Cup |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| Carrot and Ginger Soup Greek Salad Salmon Cake Honey Glazed Pork loin Rice Pilaf Steamed Broccoli Roasted Butternut Squash Wheat Roll Spinach Quiche (SF,V) Cherry Pie | Tomato Bisque Caesar Stuffed Cabbage Braised Rosemary Leg of Lamb Cheddar Mash Potatoes Corn O'Brien Italian Green Beans Yeast Roll Roasted Tofu (V, VG,GF) Chocolate Bundt Cake | Loaded Potato Soup House Salad Pesto Shrimp Meatballs Pomodoro Spaghetti Roasted Squash medley Steamed Peas Garlic Bread stick Vegetarian Meatball Pomodoro (v) Tiramisu | Maryland Crab Soup Garden Salad Yankee Pot Roast Tilapia Vera Cruz Parslied Potatoes Sautéed Spinach Cranberry Brussels Sprouts Wheat Roll Spinach Souffle(SF,V) Marbled Brownie | French Onion Soup Caesar Salad Orange Chicken Sweet and Sour Pork Brown Rice Stir Fried Vegetables Egg Roll Yeast Roll Stir Fry Beyond Beef Tips(SF,V) Chocolate Chip Cookies | Past Fagioli House Salad Grilled Flank Steak with Burgundy Sauce Chicken Marsala Roasted Rosemary Potato Cauliflower Bake Mixed Vegetable Multigrain Roll Veg. Beyond Beef Stew (SF,V) Apple Pie | Lentil and Tomato Soup Mixed Green Salad Garlic Oregano Chicken Cajun Catfish Wild Rice Glazed Carrots Braised Mustard Greens Wheat Dinner Roll Vegetarian Beyond Sausage W/ Peppers & Onions (SF,V.) Carrot Cake |