

## Week Four Fall Menu

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

Monday 12/16/24	Tuesday 12/17/24	Wednesday 12/18/24	Thursday 12/19/24	Friday 12/20/24	Saturday 12/21/24	Sunday 12/22/24
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Oatmeal Assorted Cold Cereals Vegetable 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 French Toast w/butter & syrup  Breakfast Meat and Potato Scrambled Eggs Fresh Fruit  Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Crustless Quiche with Vegetables  Breakfast Meat and Potato Fresh Fruit and Breakfast Bread  Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Omelet w/cheese  Breakfast Meat and Potato Fresh Fruit and Breakfast Bread  Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Two Eggs Over Hard  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
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
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  Hot Turkey Open Face Sand.w/Gravy  Meatball sub  Grilled Cheese and Tomato (v)  Mash Potato  Steamed Green Beans  Oranges w/ Whipped Topping	Chicken Noodle Soup  Asian Salad w/Sesame Vin.  Crispy Sesame Chicken  Turkey, Spinach Swiss Quiche  Tofu Stir fry(V)  Rice  Stir Fry Vegetables  Cottage Cheese and Fruit	Vegetable Alphabet Soup (V)  Macaroni Salad  Rueben Sandwich  Roast beef, Cheddar Sandwich  Spanakopita(v)  Onion Rings  Mixed Vegetables  Chocolate Oreo Parfait	Cream of Mushroom Soup (v)  Cous cous Primavera  Swedish meatballs  Mongolian Beef Stir Fry  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
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Three Bean Chili (v)  Mixed Greens Salad  Citrus Garlic Shrimp  Turkey Meatloaf with Gravy  Red Parslied Potatoes  Steamed Broccoli  Roasted Mixed Vegetables  Yeast Roll  Broccoli Quiche (V)  Oatmeal Raisin Cookies	Split Peas Soup (v)  Caesar Salad  Pepper Steak  Teriyaki Chicken Breast  Mixed Vegetable Rice  Stir Fry Vegetables  Roasted Cauliflower  Multigrain roll  Beyond Beef Broccoli Stir-fry (V)  Spicecake Cup Cakes	Chicken Noodle Soup  Marinated Tomato Salad  Beer Batter Alaskan Cod  Green Chili Pork Stew  Roasted Sweet Potatoes  Steamed Corn  Sauteed Cabbage and Peppers  Hawaiian Roll  Vegetable Stew (V,GF,SF,VG) (V)  Apple Cobbler	Vegetable Alphabet Soup (V)  Spinach Salad  Herbed Marinated Chicken  Lemon Baked Tilapia  Wild Rice  Glazed Carrot Coins  Sauteed Collard Greens  Yeast Roll  Beyond BeefLoaf (V)  Pumpkin Pie	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)  CheeseCake w/Berry sauce	Chicken Corn Chowder  Caesar Salad  Hawaiian Ham Steak  Baked Cod Cake  Augratin Potatoes  Green Beans Wax Bean Carrot  Succotash  Multigrain Roll  Marinated Roasted Tofu (V)  Butter Toffee Cake	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