

Week Two Fall Menu 2026

DM-Diabetic Meal,V-Vegetarian, GF- Gluten Free, VG- Vegan, SF- Soy Free

Monday 10/5/26	Tuesday 10/6/26	Wednesday 10/7/26	Thursday 10/8/26	Friday 10/9/26	Saturday 10/10/26	Sunday 10/11/26
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals Vegetable Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Milk	Oatmeal Assorted Cold Cereals Cream Chipped Beef w/ Biscuit Potato, Scrambled egg Fresh Fruit Orange Juice Milk	Oatmeal Assorted Cold Cereals Crustless Quiche With Vegetables Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Milk	Oatmeal Assorted Cold Cereals Omelet With Cheese Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Broccoli Cheddar Soup (V) Mixed Green Salad Chicken BBQ Breast Roast beef & Cheddar Pinwheel Meatless Chix Nugget w/ sauce (V) Whipped Sweet Potato Cut Green Beans Strawberry Apple Sauce	Vegetable Soup (V) Caesar Salad Spaghetti w/ Meatballs Chicken Alfredo Penne Spaghetti w/ Vegt. Meatballs(GF.V) Garlic Knot Baby Carrots Yogurt and Fruit Cup	Beef & Noodle Apple Raisin Walnut Salad Turkey Sand w/Let. Tom. Cheese Ham Salad Sandwich Grilled Cheese on Wheat (v) Sweet Potato Fries Steamed Peas Mixed Grapes	Carrot Ginger Soup (V) Cole Slaw Salmon Patty BLT on Rye California Garden Burger (V) Brown Rice Succotash Lime Gelatin Parfait	Chicken Tortilla Soup Black Bean Salad Open Face Roast Beef w/ Gravy Tuna Salad Croissant Chopped Garden Chef Salad (v) Mashed Potatoes Steamed Spinach Ambrosia	Chili Con Carne Macaroni Salad All American Burger Shrimp Salad on Roll Vegt. Chicken Salad Sand. (V) Roasted Potatoes Mixed Vegetables Cottage Cheese with Fruit	Corn Chowder Asian Broccoli Slaw Korean BBQ Chicken Mini Corndogs Gardien Teriyaki Chicken (v) Lo Mein noodle Stir Fry Vegetables Whipped Topping Fruit Cocktail
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Broccoli Cheddar Soup (V) Garden Salad Shrimp Scampi (DM) Teriyaki Chicken Thigh Mango Brown Rice (DM) Asparagus tips (DM) Sugar Snap Peas Hawaiian Roll Teriyaki Tofu (V,VG,GF) Oatmeal Raisin Cookies	Vegetable Soup (V) Greek Salad Boneless Braised Beef Short Rib w/ Vegetables (DM) Baked Fresh Ham w/Grilled Pineapple Roasted Sweet potato (DM) Green Beans w/ Red peppers(DM) Roasted Cauliflower Yeast Roll Vegetable Beef and Broccoli (V) Cherry Pie	Beef & Noodle Spinach Salad Beef Lasagna Chicken Puttanesca (tom., olive, caper) (DM) Roasted Red Potatoes Italian Green Beans (DM) Roasted Butternut Squash (DM) Garlic Bread Stick White Bean with Vegetables (V) Marble Banana Chocolate Cake	Carrot Ginger Soup (V) Kale Caesar Herb Roasted Airline Chicken Breast (DM) Seafood Quiche Whipped Sweet Potatoes(NAS,DM) Steamed Broccoli (DM) Sauteed Mustard Greens Multigrain Roll Vegetable Quiche (V, SF) Peach Cobbler	Chicken Tortilla Soup Mixed Green Salad Baked Flounder Florentine (DM) Roast BBQ Pork Brown Rice (DM) Ginger Carrots (DM) Roasted Vegetable No Onions (DM) Yeast Roll Vegetable Tofu Stir Fry (V) Strawberry Angel Food Cake	Chili Con Carne House Salad Carved Smoked Brisket Chicken Meatloaf (DM) Au gratin Potatoes Wax Bean, Green Bean Carrot (DM) Steamed Cauliflower (DM) Corn Bread Beyond Meatloaf (V) Sweet Potato Pie	Corn Chowder Chopped Salad Tilapia w Lemon Caper sauce (DM) Pork Spare Rib Wild Rice (DM) Roasted Squash Medley (DM) Basil Lima Beans and Corn Wheat Roll Gardien Breaded Chicken Piccata (V) Italian Lemon cake