

Week at a Glance

Week 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B r e a k f a s t	Ham, Egg and Cheese on a Mini Kaiser Breakfast Potatoes Fruit Cocktail Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Cinnamon French Toast Bake Home Fried Potatoes Italian Sausage Mandarin Oranges Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Bacon and Cheddar Frittata Country Potatoes Fresh Mixed Berries Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Scrambled Eggs with Cheese Hash Brown Patty Breakfast Sausage Link Pears Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Scrambled Eggs Mushroom & Onion Hash Peaches Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Cheese Blintz with Fruit Topping Breakfast Sausage Fresh Banana Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Maple Waffles Syrup & Butter or Margarine Bacon or Sausage Cheesy Hash Brown Casserole Tropical Fruit Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry
	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf
L u n c h	Savory Mushroom Soup Apple Cranberry Salad Sherry Beef Tips Wild Rice Blend Roasted Cauliflower Choice of Bread & Butter or Margarine Maple Glazed Pork Loin Baked Sweet Potato Roasted Cauliflower Choice of Bread & Butter or Margarine Glazed & Cinnamon Sugar Donuts Choice of Beverage	Creamy Pumpkin Soup Caesar Salad Herb Roasted Chicken Quarters Baked Potato Herbed Green Beans Choice of Bread & Butter or Margarine Maple Glazed Ham Baked Potato Herbed Green Beans Choice of Bread & Butter or Margarine Baked Fall Fruits Choice of Beverage	Cream of Broccoli Soup Mandarin Orange Salad Smothered Pork Chop Egg Noodles Seasoned Spinach Choice of Bread & Butter or Margarine Baked Rigatoni with Cheese and Marinara Tossed Salad with Dressing Garlic Bread Glazed Chocolate Sheet Cake Choice of Beverage	Hearty Tomato Soup Cucumber Onion Salad Honey and Sage Turkey Breast with Gravy Cornbread Stuffing Seasoned Collard Greens Choice of Bread & Butter or Margarine Grilled Cheese and Tomato Sandwich Baked French Fries Pumpkin Pie with Topping Choice of Beverage	Lentil Soup Mixed Salad Greens with Dressing Bowtie Pasta with Alfredo Sauce Italian Sausage Peas with Red Peppers Choice of Bread & Butter or Margarine Fried Shrimp with Tartar Sauce & Lemon Peas with Red Peppers Creamy Coleslaw Chocolate Chip Crumb Cake Choice of Beverage	Cream of Turkey Soup Roasted Pear Salad Cornish Game Hen Grilled Fresh Asparagus Spears Dill Potatoes Choice of Bread & Butter or Margarine Tortellini with Vodka Sauce Garden Salad with Dressing Whole Grain Dinner Roll & Butter or Margarine Carrot Cake Choice of Beverage	Bean & Veggie Soup Tossed Salad with Dressing Pepperoni Pizza Tossed Salad with Dressing Apple Salad with Goat Cheese, Toasted Nuts, Red Onion, Grilled Chicken Served with Raspberry vinaigrette Choice of Bread & Butter or Margarine Apple Pie Choice of Beverage
D i n n e r	Chicken Vegetable Soup Italian Ravioli with Meat Sauce Basil Zucchini Saute Choice of Bread & Butter or Margarine Grilled Chicken Quesadilla Rice and Beans Salsa & Sour Cream Choice of Bread & Butter or Margarine Vanilla Butter Cake Milk Coffee / Tea / Decaf	Potato & Onion Soup Hunter Style Turkey Stew Biscuit Meatball Submarine Caesar Salad Lemon Loaf Cake Milk Coffee / Tea / Decaf	Split Pea Soup Tilapia with Herb Butter Rice with Lemon and Herbs Buttered Peas Choice of Bread & Butter or Margarine Turkey Reuben Sandwich Potato Salad Caramel Apple Bread Pudding Milk Coffee / Tea / Decaf	Chicken Noodle Soup Chicken Parmesan Spaghetti with Tomato Sauce Parmesan Broccoli Garlic Bread Egg Salad on Croissant Creamy Coleslaw Assorted Cookies Milk Coffee / Tea / Decaf	French Onion Soup Chili Con Carne Served with Cheddar Cheese & Diced Onions Cheese and Onions White Rice House Salad with Dressing Cornbread Muffin Turkey and Swiss Sandwich Pickle Spear Macaroni Salad Assorted Pudding Parfaits Milk Coffee / Tea / Decaf	Pasta Fagioli Soup Stuffed Cabbage Rolls Seasoned Rice Shrimp Salad Roll Potato Salad & Pickle Assorted Desserts Milk Coffee / Tea / Decaf	Egg Drop Soup Orange Beef White Rice Stir Fry Vegetables Mini Egg Rolls Krab Cake White Rice Stir Fry Vegetable Blend Choice of Bread & Butter or Margarine Rice Pudding Milk Coffee / Tea / Decaf

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B r e a k f a s t	Sausage Egg & Cheese on a Kaiser Roll Breakfast Potatoes Fruit Cocktail Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Blueberry French Toast Bake Breakfast Sausage Link Home Fried Potatoes Mandarin Oranges Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Breakfast Casserole Country Potatoes Fresh Mixed Berries Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Scrambled Eggs Italian Sausage Hash Brown Patty Pears Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Biscuit with Sausage Gravy Skillet Fried Potatoes Peaches Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Sausage and Cheese Frittata Breakfast Potatoes Banana Half Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Pancakes with Apple Topping Bacon Breakfast Potatoes Tropical Fruit Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk
	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf
	Navy Bean and Ham Soup Apple Cranberry Salad	Cream of Broccoli Soup Caesar Salad	Harvest Vegetable Soup Mandarin Orange Salad	Corn Chowder Cucumber Onion Salad	Seafood Bisque Mixed Green Salad with Dressing	Italian Sausage Soup Roasted Pear Salad	Turkey Vegetable Soup Tossed Salad with Dressing
L u n c h	Roasted Chicken Wild Rice Blend Italian Green Beans Choice of Bread & Butter or Margarine Beef Soft Tacos Rice and Beans Fried Plantains	Maple Glazed Pork Loin Baked Sweet Potato Herb Buttered Corn Choice of Bread & Butter or Margarine Stuffed Green Pepper Herb Buttered Corn Choice of Bread & Butter or Margarine	Honey Garlic Shrimp Fried Rice Oriental Blend Vegetables Choice of Bread & Butter or Margarine Asian Marinated Pork Loin Fried Rice Oriental Blend Vegetables Choice of Bread & Butter or Margarine	Salisbury Steak with Gravy Egg Noodles Fresh Brussels Sprouts with Bacon Choice of Bread & Butter or Margarine Chicken Caesar Salad Choice of Bread & Butter or Margarine	Roasted Turkey en Croute Mashed Potatoes Sauteed Spinach Choice of Bread & Butter or Margarine Autumn Salad with Apples, Bacon, Feta Cheese with Balsamic Dressing Grilled Chicken Breast Choice of Bread & Butter or	Grilled Fish with Pomodoro Sauce Rice Pilaf Zucchini with Red Peppers Choice of Bread & Butter or Margarine Fettucini Bolognese Zucchini with Red Peppers Choice of Bread & Butter or Margarine	Sauerbraten with Ginger Snap Gravy Potato Pancakes Braised Red Cabbage with Apples Choice of Bread & Butter or Margarine Waldorf Salad over Tossed Salad Whole Grain Dinner Roll & Butter or Margarine
				Cinnamon Bread Pudding with	Margarine		
	Pumpkin Pie with Topping Choice of Beverage	Blueberry Pie Choice of Beverage	Assorted Cookies Choice of Beverage	Crème Choice of Beverage	Assorted Desserts Choice of Beverage	Marble Crumb Cake Choice of Beverage	Chocolate Pudding Parfait Choice of Beverage
	Cream of Carrot Soup	Tomato Macaroni Soup	Zesty Lentil Soup	Beef and Rice Soup	Asian Noodle Soup	Manhattan Clam Chowder	Chicken Barley Soup
D i n n e r	Hearty Beef Stew White Rice Tossed Salad with Dressing Choice of Bread & Butter or Margarine Tuna Salad Plate with Crackers Tossed Salad with Dressing	Stuffed Shells with Sauce Mixed Vegetables Garlic Bread BBQ Pulled Pork on a Bun Pickle Spear Onion Rings	Bowties with Sausage, Broccoli in a Herb Garlic Butter Wine Sauce Whole Grain Dinner Roll & Butter or Margarine Fried Flounder served with Lemon and Tarter Sauce Potato Wedges	Pecan Crusted Fish Butternut Squash Risotto Steamed Mixed Vegetables Choice of Bread & Butter or Margarine Baked Ham Butternut Squash Risotto Steamed Mixed Vegetables	Chinese Boneless Ribs Fried Rice Oriental Blend Vegetables Mini Egg Rolls Chicken Stir Fry Fried Rice Oriental Blend Vegetables Mini Egg Rolls	Shepherd's Pie Roasted Carrots Choice of Bread & Butter or Margarine Ham and Swiss on a Mini Kaiser Potato Salad & Pickle	Bowtie Carbonara Italian Sausage Caesar Salad Choice of Bread & Butter or Margarine Beef Pot Pie Glazed Carrots Choice of Bread & Butter or
	Cappuccino Chip Pound Cake Milk Coffee / Tea / Decaf	Apple Pie Milk Coffee / Tea / Decaf	Parmesan Broccoli Peach Pie Milk Coffee / Tea / Decaf	Coconut Cream Pie Milk Coffee / Tea / Decaf	Brownie Milk Coffee / Tea / Decaf	Pecan Pie Milk Coffee / Tea / Decaf	Margarine Cherry Pie Milk Coffee / Tea / Decaf

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B r e a k f a s t	Scrambled Eggs with Cheese Bacon Biscuit Fruit Cocktail Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	French Toast Strata Italian Sausage Home Fried Potatoes Mandarin Oranges Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Scrambled Eggs Breakfast Sausage Country Potatoes Fresh Mixed Berries Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Broccoli Cheese Frittata Breakfast Sausage Link Hash Brown Patty Pears Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Stuffed Blueberry Pancakes Bacon Breakfast Potatoes Peaches Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Spinach, Ham and Cheese Frittata Banana Half Breakfast Potatoes Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry	Belgian Waffle with Strawberry Topping Bacon or Sausage Tropical Fruit Cheesy Hash Brown Casserole Oatmeal Cream of Wheat Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry
	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf	Choice of Juice Milk Coffee / Tea / Decaf
	Beef and Lentil Soup Apple Cranberry Salad	Stuffed Pepper Soup Caesar Salad	Chicken Noodle Soup Mandarin Orange Salad	Creamy Pumpkin Soup Cucumber Onion Salad	Chicken Spinach Soup Mixed Salad Greens with Dressing	Stuffed Pepper Soup Roasted Pear Salad	Tortilla Soup Tossed Salad with Dressing
L u n	Cran-Pear Pork Loin Oven Browned Potatoes Seasoned Green Peas Choice of Bread & Butter or Margarine Tuna Melt Sandwich	Garlic Roasted Chicken Cornbread Stuffing Roasted Parsnips Choice of Bread & Butter or Margarine Cottage Cheese and Fruit Plate	Roasted Garlic Shrimp over Penne Pasta Alfredo Peas and Carrots Ham and Swiss Sandwich Macaroni Salad Pickle Spear	Roasted Turkey Breast with Gravy Roasted Root Vegetables Harvard Beets Choice of Bread & Butter or Margarine	Arroz Con Pollo Grilled Onions and Peppers Choice of Bread & Butter or Margarine Cheeseburger on a Bun	Fried Shrimp with Tartar Sauce & Lemon Orzo Pilaf Buttered Peas Choice of Bread & Butter or Margarine	Potato Crusted Fish Fillet Oven Roasted Potatoes Broccoli and Cauliflower Choice of Bread & Butter or Margarine Kielbasa with Sauerkraut
c h	Garden Potato Salad Pickle Spear Choice of Bread & Butter or Margarine	Collage Oncese and Francisco	Tionic opeal	Shrimp Salad Roll Potato Chips Choice of Bread & Butter or Margarine	French Fries Creamy Coleslaw Choice of Bread & Butter or Margarine	Grilled Pork Chop with Roasted Peaches Orzo Pilaf Buttered Peas Choice of Bread & Butter or Margarine	Oven Roasted Potatoes Choice of Bread & Butter or Margarine
	Apple Crisp Choice of Beverage	Peach Pie Choice of Beverage	Blueberry Pie Choice of Beverage	Angel Food Cake Choice of Beverage	Cherry Pie Choice of Beverage	Raspberry Crumb Cake Choice of Beverage	Apple Blossom with Ice Cream Choice of Beverage
	Minestrone Soup	Cream of Broccoli Soup	Potato and Onion Soup	Potato & Onion Soup	Corn Chowder	Split Pea Soup with Ham	Mushroom & Rice Soup
D	Manicotti with Meat Sauce Sautéed Broccoli Florets Garlic Bread Grilled Chicken Sandwich	Hearty Beef Stew White Rice Choice of Bread & Butter or Margarine	Chicken Pot Pie Garden Salad with Dressing Choice of Bread & Butter or Margarine	Chicken Tenders with Honey Mustard Onion Rings Creamy Coleslaw	Chicken Marsala Spaghetti Roasted Carrots Choice of Bread & Butter or	Eggplant Parmesan Pasta with Marinara Tossed Salad with Dressing Garlic Bread	Grilled Ham and Cheese Sandwich Macaroni Salad Chicken and Biscuits with White
n n e r	Crunchy Vegetable Salad Pickle Spear Choice of Bread & Butter or Margarine	Baked Lemon Fish White Rice Mixed Vegetables	French Dip Sandwich with Au Jus Garlic Roasted Potato Wedges Country Tomato Salad	Egg Salad on a Kaiser Roll Potato Salad Pickle Spear	Margarine Bologna and Cheese Sandwich Pickle Spear Pasta Salad with Vegetables	Pastrami Reuben Sandwich Potato Chips	Chicken and Biscuits with White Country Gravy Buttered Corn Choice of Bread & Butter or Margarine
	Coconut Cake Milk Coffee / Tea / Decaf	Banana Bread Milk Coffee / Tea / Decaf	Assorted Desserts Milk Coffee / Tea / Decaf	Brownie Milk Coffee / Tea / Decaf	Frosted Carrot Cake Milk Coffee / Tea / Decaf	Pumpkin Pie with Topping Milk Coffee / Tea / Decaf	Pumpkin Lava Cake Milk Coffee / Tea / Decaf

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B r e a k f a s t	Sausage, Egg and Cheese on a Kaiser Roll Breakfast Potatoes Fruit Cocktail Oatmeal Cream of Wheat	Banana French Toast Bake Breakfast Ham Steak Home Fried Potatoes Mandarin Oranges Oatmeal Cream of Wheat	Quiche Florentine Bacon Country Potatoes Fresh Mixed Berries Oatmeal Cream of Wheat	Scrambled Eggs with Cheese Breakfast Sausage Link Hash Brown Patty Pears Oatmeal Cream of Wheat	Blueberry Stuffed Pancakes Bacon Skillet Fried Potatoes Peaches Oatmeal Cream of Wheat	Scrambled Eggs Bacon Breakfast Potatoes Fruit Cocktail Oatmeal Cream of Wheat	Belgian Waffle Bacon or Sausage Cheesy Hash Brown Casserole Tropical Fruit Oatmeal Cream of Wheat
	Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk	Resident's Choice of Egg Breakfast Sausage Toast, Muffin or Pastry Choice of Juice Milk
	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf	Coffee / Tea / Decaf
	Tomato Florentine Soup Apple Cranberry Salad	White Bean and Ham Soup Caesar Salad	Chicken Noodle Soup Mandarin Orange Salad	Zuppa Toscana Cucumber Onion Salad	Chicken Rice Soup Mixed Salad Greens with Dressing	Mushroom & Rice Soup Roasted Pear Salad	Bean & Veggie Soup Tossed Salad with Dressing
L u	Roasted Pork Loin with Gravy Baked Sweet Potato Green Beans Choice of Bread & Butter or Margarine	Spiral Baked Ham Mashed Sweet Potatoes Roasted Parsnips and Turnips Choice of Bread & Butter or Margarine	Buttermilk Fried Chicken Macaroni and Cheese Southern Collard Greens Choice of Bread & Butter or Margarine	Roast Beef with Gravy Mashed Potatoes Seasoned Green Peas Choice of Bread & Butter or Margarine	Spaghetti with Meatballs Peas and Carrots Choice of Bread & Butter or Margarine	Nathans Hot Dog served on a bun Boston Baked Beans Sauerkraut Choice of Bread & Butter or Margarine	Shrimp Scampi Angel Hair Pasta Mixed Vegetables Choice of Bread & Butter or Margarine
n c h	Italian Sausage with Onions & Peppers on a Roll with Marinara Sauce Caesar Salad Choice of Bread & Butter or Margarine	Open-faced Roast Beef Sandwich with Grilled Onions and Gravy Roasted Parsnips and Turnips Choice of Bread & Butter or Margarine	Pastrami and Swiss on Rye Bread Potato Chips Choice of Bread & Butter or Margarine	Cheese Ravioli with Vodka Sauce Garden Salad with Dressing Choice of Bread & Butter or Margarine	Turkey and Cheese Sandwich Potato Salad & Pickle	BBQ Chicken Thigh Boston Baked Beans Herb Buttered Corn on the Cob Choice of Bread & Butter or Margarine	Grilled Ham and Cheese Sandwich Sweet Potato Fries Creamy Coleslaw Choice of Bread & Butter or Margarine
	Dutch Apple Pie Choice of Beverage	Rice Pudding Choice of Beverage	Peach Cobbler Choice of Beverage	Red Velvet Cake Choice of Beverage	Assorted Desserts Choice of Beverage	Assorted Cookies Choice of Beverage	Frosted Carrot Cake Choice of Beverage
	Lentil Soup	Turkey and Rice Soup	Broccoli Cheese Soup	Vegetable Beef Soup	Creamy Pumpkin Soup	Beef Barley Soup	Bean and Pasta Soup
D	Cheese Lasagna with Meat Sauce Steamed Peas Whole Grain Dinner Roll & Butter or Margarine	Meatloaf with Gravy Mashed Potatoes Seasoned Broccoli Choice of Bread & Butter or Margarine	Roast Pork Shoulder Rice and Beans Fried Plantains Choice of Bread & Butter or Margarine	Chicken Cacciatore Spaghetti and Marinara Sauce Whole Grain Dinner Roll & Butter or Margarine Baked Lemon Fish	Burger Sliders with American Cheese and Caramelized Onions Onion Rings Creamy Coleslaw Choice of Bread & Butter or Margarine	Chili Con Carne Served with Cheddar Cheese & Diced Onions White Rice Tortilla Chips & Salsa Breadstick with Butter or Margarine	Braised Beef Brisket Dill Potatoes Orange Glazed Carrots Choice of Bread & Butter or Margarine
n n e r	Fish and Chips served with Tartar Sauce & Lemon Steamed Peas Choice of Bread & Butter or Margarine	Shrimp Salad Roll with Crispy Onions Potato Chips Choice of Bread & Butter or Margarine	Egg Salad Platter with Assorted Crackers	Wild Rice Pilaf Buttered Zucchini Choice of Bread & Butter or Margarine	Pear Pecan Chicken Salad Choice of Bread & Butter or Margarine	Potato Chips BLT on a Kaiser Roll Choice of Bread & Butter or Margarine	Croque Monsieur Strata Tossed Salad with Dressing
	Chocolate Cake Milk Coffee / Tea / Decaf	Coconut Cream Pie Milk Coffee / Tea / Decaf	Orange Pineapple Ambrosia Milk Coffee / Tea / Decaf	Chocolate Chip Crumb Cake Milk Coffee / Tea / Decaf	Boston Cream Pie Milk Coffee / Tea / Decaf	Angel Food Cake with Fresh Berries & Whipped Cream Milk Coffee / Tea / Decaf	Chocolate Cream Pie Milk Coffee / Tea / Decaf