

Breakfast**OCTOBER 2022**Menu subject to change due to
availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Danish, Boiled Egg, Choice of Hot or cold cereal, Toast	31 Scrambled Eggs, Bacon, Choice of Hot or cold cereal, Toast					1 Omelet, Choice of Hot or cold cereal, Toast
2 Coffeecake, Boiled Egg, Choice of Hot or cold cereal, Toast	3 Eggs Florentine, Choice of Hot or cold cereal, Toast	4 Donut, Yogurt Cup, Choice of Hot or cold cereal, Toast	5 Frittata, Choice of Hot or cold cereal, Toast	6 Waffles W/ Fruit, Smoky Links, Choice of Hot or cold cereal, Toast	7 Egg Patty, Cheese & Sausage Patty Croissant, Choice of Hot or cold cereal Toast	8 Omelet, Bacon, Choice of Hot or cold cereal, Toast
9 Pancakes, Sausage Links, Choice of Hot or Cold cereal, Toast	10 Eggs Benedict, Choice of Hot or cold cereal, Toast	11 Donut, Yogurt, Choice of Hot or cold cereal, Toast	12 Scrambled Eggs, Sausage, Choice of Hot or cold cereal, Toast	13 Muffin, Boiled Eggs, Choice of Hot or Cold cereal, Toast	14 Egg, Bacon, Choice of Hot or Cold cereal, Toast	15 Egg Bake, Choice of Hot or cold cereal Toast
16 Pig in the Blanket, Citrus Fruit, Choice of Hot or Cold cereal, Toast	17 Breakfast Scramble, Choice of Hot or cold cereal, Toast	18 Cinnamon Roll, Boiled Eggs, Choice of Hot or cold cereal, Toast	19 Frittata, Choice of Hot or cold cereal, Toast	20 Egg Patty, Cheese & Sausage Patty on Croissant, Choice of Hot or cold cereal Toast	21 Waffles w/Fruit, Smoky Links, Choice of Hot or cold cereal, Toast	22 Eggs, Bacon, Choice of Hot or cold cereal, Toast
23 Scrambled Eggs, Corned Beef Hash, Choice of Hot or cold cereal, Toast	24 Breakfast Bowl, Choice of Hot or cold cereal, Toast	25 Biscuits & Gravy, Egg Patty, Choice of Hot or Cold cereal, Toast	26 Muffin, Boiled Egg, Choice of Hot or cold cereal, Toast	27 Egg, Ham Slice, Choice of Hot or cold cereal, Toast	28 Pancakes, Sausage, Choice of Hot or cold cereal, Toast	29 Egg, Hash Brown Patty, Choice of Hot or Cold cereal, Toast

Dinner**OCTOBER 2022**Menu subject to change
due to availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Pork Roast, Potatoes & Gravy, Green Beans, Red Cabbage, Ice Cream	31 Chicken, Baby Baked Potatoes, Vegetable Blend,					1 Chicken Fettuccini Alfredo, Cottage Cheese, Breadsticks Dessert
2 Beef Roast, Mashed Potatoes & Gravy, Carrots, Beets, Ice Cream	3 Chicken Thighs, Baked Potatoes, Green Beans, Bar	4 Riblets, Scalloped Potatoes, Corn Bake, California Blend, Cake	5 Chicken Legs, Potatoes & Gravy, Cole Slaw, Corn, Biscuit, Cookie	6 Beef Tips, Noodles, Peas, Roll Dessert	7 Pollock, Rice, Normandy Blend, Pudding	8 Spaghetti & Meat Sauce, Garlic Bread, Cottage Cheese, Bar
9 Roast Turkey, Stuffing, Prince Charles, Cranberry sauce, Ice Cream	10 Meatloaf, Scalloped Potatoes, Peas & Carrots, National Angel Food Cake Day!	11 Shrimp Alfredo, Broccoli, Breadsticks Mini Eclairs	12 Ham Loaf, Au Gratin Potatoes, California Blend, Pie	13 Stuffed Chicken, Party Potatoes, Mixed Vegetables Bar	14 Cod, Rice, Capri blend National Dessert Day!	15 Kielbasa & Cabbage, Potatoes, Carrots Pudding
16 Beef Roast, Mashed Potatoes & Gravy, Prince Charles Blend, Ice Cream	17 Italian Chicken Breast, Pasta & Vegetable Blend, Roll, Bar National Pasta Day!	18 Smothered Pork Chops, Mashed Potatoes & Gravy, Green Beans National Chocolate Cupcake Day!	19 Chopped Steak, Baked Potatoes, California Blend, Dessert	20 Sweet & Sour Chicken with Oriental Vegetables, Rice Cookie	21 Haddock, French Fries, Cole Slaw Cake	22 Pot Pie, Cottage Cheese Salad, Roll Dessert
23 Ham, Sweet Potatoes, Succotash, Wax Beans, Ice Cream	24 Bourbon Chicken, Cheesy Potatoes, Cauliflower Bar	25 Lasagna, Tossed Salad, Garlic Bread Mini Eclairs	26 Pizza, Pop, Pasta Salad, Cookie	27 Shepherd's Pie, Fruit Salad, Roll, Dessert National Potato Day!	28 Pollock, Rice, Prince Charles Blend, National Chocolate Day!	29 Open Faced Turkey Sandwich, Mashed Potatoes & Gravy, Peas & Carrots, Dessert

Supper

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Turkey Club, 3 Bean Salad, Jell-O	31 Halloween Supper!					1 Bologna & Cheese Sandwich, Macaroni & Cheese, Mixed Fruit
2 Ham Salad on Bun, Bacon-Pea Salad, Mixed Fruit	3 Tater Tot Casserole, Roll, Peaches	4 Grilled Cheese, Tomato Soup Watermelon	5 Turkey Pastrami on Bun, German Potato Salad, Pears	6 Chicken Slider, Chips, Jell-O w/ Fruit	7 Turkey & Swiss Sandwich, Chicken Noodle Soup, Fruit	8 Hamburger on Bun, Chips, Mixed Melon
9 French Dip, French Onion Soup , Mixed Fruit	10 Chicken Salad on Croissant, Carrot-Raisin Salad, Pears	11 National "Sausage Pizza" Day! Chips Jell-O w/ Fruit	12 Tuna Casserole, Roll Watermelon	13 Grilled Ham & Cheese Sandwich, Macaroni & Cheese, Peaches	14 Sloppy Joe's, Broccoli Salad, Chips Fruit	15 Chili, Cornbread, Pineapple
16 Tuna Sandwich, Pasta Salad, Fruit	17 Rubeen Sandwich, Potato Chips, Pears	18 Turkey Sandwich, Broccoli Cheese Soup Mixed Melon	19 Beef Slider, Artisan Macaroni & Cheese, Mandarins	20 Pea Soup, Ham Sandwich, Pineapple	21 Pulled Pork on bun, Onion Rings, Fruit	22 Chicken Tenders, Sweet Potato Fries, Peaches
23 Cabbage Rolls, Mashed Potatoes, Stewed Tomatoes, Mixed Fruit	24 Sub Sandwich, Chips, Fruit Cocktail	25 White Chicken Chili, Corn Muffins, Pineapple	26 Fishwich Sandwich, Tater Tots Jell-O w/ Fruit	27 Grilled Turkey & Swiss Sandwich, Potato Soup, National Potato Day! Pears	28 Goulash, Wheat Bread, Peaches	29 Hotdog, Baked Beans, Chips, Fruit

