

Breakfast**OCTOBER 2023**Menu subject to change due to
availability

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

Dinner

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Baked Ham, Sweet Potatoes, Corn, Lima Beans, Ice Cream	2 Meatloaf, Scalloped Potatoes, Carrots, Pie	3 Bourbon Chicken, Cheesy Potatoes, California Blend, Dessert	4 Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, Cake	5 Lasagna, Tossed Salad, Garlic Bread Dessert	6 Pollock, Rice, Broccoli, Roll Pudding	7 Cabbage Rolls, Mashed Potatoes, Carrots, Stewed Tomatoes, Brownie
8 BBQ Ribs, Baby Baked Potatoes, Green Beans, Ice Cream	9 Pizza, Pasta Salad, Cookie National Pizza & Beer Day! (root)	10 Turkey Pot Roast, Mashed Potatoes & Gravy, Prince Charles Blend National Angel Food Day!	11 Casserole, Roll, Bar	12 Pork Chops, Au Gratin Potatoes, Baby Carrots, National Pumpkin Pie Day!	13 Pecan Crusted Tilapia, Sweet Potatoes, Cauliflower Bar	14 Beef Stew, Biscuit, Fruit Salad, Dessert
15 Beef Roast, Mashed Potatoes & Gravy, Carrots, Beets, Ice Cream	16 Broccoli Stuffed Chicken, Rice dish, Normandy Blend Vegetables, Cake	17 Sweet & Sour Meatballs, Rice, Oriental Vegetables, Pudding	18 BBQ Pork Ribs Au Gratin Potatoes Corn bake, Green Beans National Cupcake Day!	19 Ham, Sweet Potatoes, Prince Charles Blend, Bar	20 Pollock, Artisan Macaroni & Cheese, Capri Blend Dessert	21 Tortellini Casserole, Breadsticks Dessert
22 Roast Turkey, Stuffing, Green Beans, Cranberry sauce, Ice Cream	23 Meatloaf, Scalloped Potatoes, Peas & Carrots, Dessert National Boston Crème Pie Day!	24 Shrimp Fettuccini Alfredo, Broccoli, Breadsticks Bar	25 Chicken Legs, Potatoes & Gravy, Cole Slaw, Corn, Biscuit, Cookie	26 Beef Tips, Noodles, Green Peas, Roll Dessert	27 Cod, Wild Rice, Capri Blend, Roll Pudding	28 Pot Pie, Cottage Cheese Salad, Brownie National Chocolate Day!
29 Beef Roast, Mashed Potatoes & Gravy, Green Beans, Ice Cream	30 Baked Chicken, Creamy Noodles, Scandinavian Blend, Dessert	31 Smothered Pork Chops, Mashed Potatoes & Gravy, Baby Carrots, Dessert				

Supper

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hamburger on bun, Potato Salad Fruit	2 Breakfast for Supper! Pancakes, Sausage Links, Fruit	3 National Soft Taco Day! Rice on the side, Peaches	4 Chicken Slider, Sweet Potato Fries, Jell-O w/ Fruit	5 Beef & Swiss Sandwich, Vegetable Soup, Pears	6 Goulash, Wheat Bread, Applesauce	7 Egg Salad Sandwich, Pasta Salad, Mixed Fruit
8 Turkey Club, 3 Bean Salad, Pineapple	9 Tater Tot Casserole, Roll, Jell-O	10 Sloppy Joes, Chips, Cole Slaw Pears	11 Grilled Turkey & Swiss, Pasta Salad, Peaches	12 Beef & Provolone sandwich, Green Pepper Soup, Fruit Cocktail	13 Pulled Chicken on bun, Tossed Salad, Mixed Fruit	14 Ham Slice, Macaroni & Cheese, Mixed Fruit
15 Turkey & Cheese Sandwich, Chicken Noodle Soup, Fruit	16 Grilled Beef and Swiss Sandwich, Onion Rings, Fruit Cocktail	17 Casserole, Roll, Pineapple	18 Pollock Wings, French Fries, Cole Slaw Pears	19 Pulled Pork on bun, German Potato Salad, Mixed Melon	20 Mexican Dish, Tortilla Chips Mixed Fruit	21 Hotdog on Bun, Baked Beans, Peaches
22 Chili, Corn Muffin, Mixed Fruit	23 Chicken Salad on Croissant, Carrot-Raisin Salad, Mandarins	24 Submarine Sandwich, Chips, Applesauce National Bologna Day!	25 Sloppy Joes, Tater Tots, Fruit Cocktail	26 Grilled Cheese, Tomato Soup, Pears	27 Chicken Tenders, French Fries, Jell-O w/Fruit	28 Turkey Burger, Broccoli Cheese Soup Pineapple
29 Tuna Sandwich, Seafood Pasta Salad, Peaches	30 Pepperoni Pizza Pasta Salad Pears	31 HALLOWEEN				