

All meals are served with Coffee, and Assortment of Teas, Whole Milk, 2% Milk or Skim, and a variety of juices such as Orange, Apple, Cranberry, and Grape.

**Fall Menu Wk 2**

**Monday  
Breakfast**

- Pancakes w/ VT Maple Syrup
- Bacon

**Lunch**

- Meatloaf w/ Gravy
- Mashed Potatoes w/ Gravy
- Buttered Beets
- Banana Pudding w TPG

**Dinner**

- Chicken Noodle Soup
- Egg Salad Sandwich
- Lettuce & Tomato
- Mandarin Oranges

**Tuesday  
Breakfast**

- Cinnamon & Brown Sugar Oatmeal
- Cheesy Scrambled Eggs
- Berry Muffin

**Lunch**

- Seafood Chowder
- Grilled Cheese on Sourdough
- Fresh Steamed Broccoli
- Apple Crisp w/ TPG

**Dinner**

- BBQ Pork on a Bun
- Maple Glazed Carrots
- Watermelon

**Wednesday  
Breakfast**

- French Toast w/VT Maple Syrup
- Sausage Patty

**Lunch**

- Open-Faced Turkey Burger w/ Sweet & Sour Sauce
- Vegetable Stir-fry w/ Noodles
- Raspberry-Filled Cookie

**Dinner**

- Mac & Cheese
- French Bread w/Butter
- Stewed Tomatoes
- Grapes

**Thursday  
Breakfast**

- Fried Eggs
- Blueberry Coffeecake
- Oatmeal

**Lunch**

- Chipped Beef on Toast Points
- Spinach (w/Vinegar)
- Chocolate Cupcake w/ Frosting

**Dinner**

- Sweet Potato & Apple Bisque
- Chicken Salad Sandwich
- Pears

**Friday  
Breakfast**

- Apple Cinnamon Cream of Wheat
- Sausage Gravy on a Biscuit

**Lunch**

- Baked Cod w/ Tartar Sauce
- Oven-Fried Potatoes
- Peas & Pearl Onions
  - Ice Cream

**Dinner**

- Mild Beef Chili
- Cornbread w/Butter
- Fresh Fruit Cup

**Saturday  
Breakfast**

- Scrambled Eggs
- Blueberry Coffeecake
- Oatmeal

**Lunch**

- Chicken Taco Casserole
- Baked Potato w/ Butter
- Scalloped Corn
- Eclair

**Dinner**

- Cheesy Potato Soup
- Ham Salad Sandwich
- Peaches

**Sunday  
Breakfast**

- Cinnamon Roll
- Cold Cereal
- Scrambled Eggs

**Lunch**

- Roast Turkey w/ Gravy
- Mashed Potato w/ Gravy
- Apple Stuffing w/Gravy
- Green Bean
- Pumpkin Pie w/ TPG

**Dinner**

- Goulash
- Italian Bread w/ Butter
- Roasted Yellow Squash
- Fruit Cocktail

Good nutrition is an essential part of your care in our center. The menu has been planned with variety and moderation in mind, and to achieve a well-balanced diet. The daily menu may vary slightly due to the special diet ordered to meet your needs. Please, feel free to ask any questions regarding your menu, diet, or service.