

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/Winter Menu
2023 Wk 4
Week of Nov 6th**

**Monday
Breakfast**

- French Toast w/Maple syrup
- Sausage

Lunch

- Chicken and Biscuits
- Mashed Butternut Squash
- Boston Cream Pie

Dinner

- Goulash
- Broccoli
- Italian Bread w/butter
- Sherbet

**Tuesday
Breakfast**

- Scrambled Eggs
- Pumpkin Coffeecake
- Maple Oatmeal

Lunch

- Salisbury Steak
- Mashed Potato w/ Gravy
- Roasted Asparagus
- Raspberry Cheese Cake

Dinner

- Cream of Spinach soup
- Turkey Salad Sandwich
- Chocolate Chip Cookie

**Wednesday
Breakfast**

- Fried Eggs
- English Muffin
- Raisin Bran

Lunch

- Spaghetti w/meatballs
- Tossed Salad w/dressing
- Garlic Knot
- Brownie

Dinner

- BBQ Ribette
- Mashed Potatoes w/Butter
- Peas
- Fruit Cocktail

**Thursday
Breakfast**

- Blueberry Pancakes
- Bacon

Lunch

- Campbell's Tomato Soup
- Grilled Cheese Sandwich
- Lemon Bar

Dinner

- Fishwich on a Bun w/Tartar Sauce
- Lettuce & Tomato
- Cauliflower
- Ice Cream

**Friday
Breakfast**

- Cheese Omelet
- Rye Toast
- Rice Krispies

Lunch

- Broccoli & Cheese Stuffed Chicken
- Roasted Red Potatoes
- Spinach w/vinegar
- Chocolate Cupcake w/Frosting

Dinner

- Split Pea Soup
- Sliced Ham Sandwich
- Molasses Cookie

**Saturday
Breakfast**

- Veggie & Cheese Scrambled Eggs
- Cream of Wheat
- Cinnamon Apple Muffins

Lunch

- Beef Stew
- Dinner Roll w/butter
- Carrots
- Apple Crumb Pie w/tpg

Dinner

- Turkey Tetrazzini Casserole
- Roasted Summer Squash
- Peaches

**Sunday
Breakfast**

- Scrambled Eggs
- Donut
- Honey Nut Cheerios

Lunch

- Baked Ham w/gravy
- Mashed Sweet Potatoes
- Diced Beets
- Lemon Cake

Dinner

- Beef Chili
- Cornbread w/Butter
- Green Beans
- Chocolate Mousse w/TPG

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.