



Lunch

Week 5	Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13	Saturday October 14	Sunday October 15
Soup	* Tomato Rice	Chicken & Dill	* Cream of Broccoli	Mulligatawny Soup	Potato Leek	* Minestrone Soup	* Tomato Kale
Entrée 1	Chicken Burger	Roast Beef & Cheddar Sandwich on Whole Wheat	California Chicken Salad	Assorted Sandwich on White	Turkey Mango Salad	Philly Cheese Steak Sub	Vegetarian Crepe
side	Sweet Potato Fries	Tossed Salad	Pita	* Beet & Onion Salad	Dinner Roll	French Fries	Fresh Seasonal Fruit
Entrée 2	Hawaiian Pizza	Grilled Chicken Breast on Warm Roast Vegetable Salad	Grilled Cheese Sandwich	Leek & Bacon Quiche	* Egg Salad on Croissant	Chicken Salad Sandwich on Whole Wheat	Scrambled Eggs, Bacon & Hash Browns
Side	Sweet Potato Fries	Dinner Roll	Potato Chips	* Beet & Onion Salad	House Salad	Garden Salad	Fresh Seasonal Fruit
Dessert	Pecan Streusel Cake	Ice Cream	Apple Cake	Cinnamon Danish	Strawberry Banana Smoothie	Carrot Cake	Assorted Desserts

Dinner

Appetizer	Roasted Sweet Potato & Corn Salad	House Salad	Risotto Balls & Garlic Mayo	Garden Salad	German Potato Salad	Artichoke Salad	Greek Salad
Entrée 1	* Roast Turkey with Traditional Dressing Cranberry Sauce & Gravy	Butter Chickpeas on Rice	Turkey Divan	Penne & Meat Sauce	Oktoberfest Sausage	Stuffed Pepper	Mediterranean Chicken
Side	Mashed Potatoes	Naan Bread	Mini Roasted Red Potatoes	Garlic Bread	Spaetzle	Mashed Potatoes	Roasted Mini Red Potatoes
Entrée 2	0	Fish n' Chips Tartar Sauce	Lamb Curry	* Coq au Vin Chicken Thighs	Chicken Schnitzel	Pork Goulash	Sole Filet w/ Parsley Sauce
Side	0		Naan Bread	Steamed Potatoes with Parslev	Spaetzle	Mashed Potatoes	Roasted Mini Red Potatoes
Vegetable	Brussels Sprouts	Coleslaw	*Cauliflower	Green Beans	Braised Red Cabbage	Roasted Carrots	Mixed Vegetables
Vegetable	Roasted Carrots	Seasoned Peas	Zucchini	* Seasoned Broccoli	* Seasoned Beets	Buttered Corn	0
Dessert	Pumpkin Pie	Assorted Desserts	Maple Chocolate Cake	Brownies & Ice Cream	Black Forest Cake	Pineapple Upsidedown Cake	Assorted Desserts

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea. Bacon on Saturdays and Sundays, sausages on Tuesdays and Wednesdays.

Meal Times: Breakfast 7:30-9:00a.m.; Lunch First Seating 11:45-12:30, Second Seating 12:30-1:15; Dinner First Seating 4:45-5:30, Second Seating 5:30-6:15