

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST: Hot/Cold Cereal, French Toast, Pancakes, Eggs any style, Bacon/Sausage or Homemade Omelets	Dinner: Your Choice of Hamburger, Chicken Breast or Special of the Day				1 Waffle Day BREAKFAST: Your Choice LUNCH: Greek Salad, Fruit & Dessert DINNER Special: Shrimp Stir Fry, Rice, Mixed Vegetables & Dessert	BREAKFAST: Your Choice LUNCH: Salami Melt, Chips, Fruit & Dessert DINNER Special: Chicken Cordon Bleu, Stuffing, Vegetable & Dessert
BREAKFAST: Your Choice LUNCH: Pulled Pork Sliders, Broccoli Raisin Salad, Fruit & Dessert DINNER Special: Burgers, Roast Asparagus, Baked Beans & Dessert	4 BREAKFAST: Your Choice LUNCH: Pizza, Salad, Fruit & Dessert DINNER Special: Fried Chicken, Sweet Potatoes, Spinach & Dessert	5 BREAKFAST: Your Choice LUNCH: Fish Patty Sandwiches, Cole Slaw, Fruit & Dessert DINNER Special: Pot Roast, Potatoes, Carrots & Dessert	6 BREAKFAST: Your Choice LUNCH: Cobb Salad, Fruit & Dessert DINNER Special: Spaghetti, Peas & Dessert	7 BREAKFAST: Your Choice LUNCH: Chicken Salad w/crackers, Fruit & Dessert DINNER Special: Balsamic Glazed Pork Loin, Brussel Sprouts, Rice & Dessert	8 BREAKFAST: Your Choice LUNCH: Chili, Cornbread, Fruit & Dessert DINNER Special: Crab Cakes, Roasted Potatoes, Vegetables & Dessert	9 BREAKFAST: Your Choice LUNCH: Egg Salad Sandwich, Broccoli Cheddar Soup, Fruit & Dessert DINNER Special: Italian Meatballs, Garlic Bread, Broccoli & Dessert
BREAKFAST: Your Choice LUNCH: Crab roll, Cold Pasta Salad, Fruit & Dessert DINNER Special: BBQ Ribs, Cheesy Potatoes, Vegetables & Dessert	BREAKFAST: Your Choice LUNCH: White Chicken Chili, Cornbread, Fruit & Dessert DINNER Special: Cranberry Glazed Turkey Loaf, Stuffing, Veggies & Dessert	12 BREAKFAST: Your Choice LUNCH: Ham Salad w/ Crackers, Fruit & Dessert DINNER Special: Chicken Pot Pie, Carrots, Biscuit & Dessert	BREAKFAST: Your Choice LUNCH: Hot Turkey Sandwich, Mashed Potatoes, Fruit & Dessert DINNER Special: Salisbury Steak, Mashed Potatoes, Fiesta Corn, & Dessert	14 BREAKFAST: Your Choice LUNCH: Asian Salad, Warm Roll, Fruit & Dessert DINNER Special: Chicken Kiev, Vegetables, Wild Rice & Dessert	15 Waffle Day BREAKFAST: Your Choice LUNCH: Corn Dogs, Curly Fries, Fruit & Dessert DINNER Special: Salmon, Baked Potato, Green Beans & Dessert	16 BREAKFAST: Your Choice LUNCH: Chicken Fritters, Potato Salad, Fruit & Dessert DINNER Special: Swedish Meatballs, Noodles Vegetables & Dessert
BREAKFAST: Your Choice LUNCH: Deli Sub, Potato Soup, Fruit & Dessert DINNER Special: Kielbasa, Peppers & Onions, Rice & Dessert	18 BREAKFAST: Your Choice LUNCH: Chili Dogs, Tater Tots, Fruit & Dessert DINNER Special: Meatloaf, Mashed Potatoes, Vegetables & Dessert	19 BREAKFAST: Your Choice LUNCH: Chicken Salad Sandwich Relish Plate, Chips, Fruit & Dessert DINNER Special: Shepherd's Pie Vegetable & Dessert	BREAKFAST: Your Choice LUNCH: Ham Sandwich, Sour Cream Chips, Fruit & Dessert DINNER: Goulash, Zucchini, Garlic Bread & Dessert	BREAKFAST: Your Choice LUNCH: Chicken Wings, Tomato Mozzarella Salad, Fruit & Dessert DINNER Special: Chicken Parmesan, Green Beans, Penne & Dessert	22 Waffle Day BREAKFAST: Your Choice LUNCH: Chipped Beef on Toast, Fruit & Dessert DINNER Special: Pizza, Cucumber Salad & Dessert	23 BREAKFAST: Your Choice LUNCH: Pastrami Rueben Sandwich, Soup, Fruit & Dessert DINNER Special: Tuna Noodle Casserole, Mixed Vegetable & Dessert
BREAKFAST: Your Choice LUNCH: BLT Sandwich, Chips, Fruit & Dessert DINNER Special: Orange Chicken Stir Fry & Vegetables & Dessert	25 BREAKFAST: Your Choice LUNCH: Cheesy Ham Sliders, Mac and Cheese, Fruit and Dessert DINNER Special: Roast Turkey, Corn, Stuffing & Dessert	26 BREAKFAST: Your Choice LUNCH: Turkey Sandwich, Chips, Fruit & Dessert DINNER Special: Spiral Ham, Au Gratin, Vegetable & Dessert	27 BREAKFAST: Your Choice LUNCH: Turkey A La King, Fruit & Dessert DINNER Special: Chicken Marsala, Roast Potatoes, Mixed Veggies & Dessert	28 BREAKFAST: Your Choice LUNCH: Grilled Cheese, Tomato Soup. Fruit & Dessert DINNER Special: Stroganoff, Egg Noodles, Veggies & Dessert	29 Waffle Day BREAKFAST: Your Choice LUNCH: Tuna Pasta Salad, Fruit & Dessert DINNER Special: Turkey Tetrazzini, Rice, Veggies & Dessert	30 BREAKFAST: Your Choice LUNCH: Fried Chicken, Spinach Dip w/ Pretzels, Fruit & Dessert DINNER Special: Stuffed Green Peppers, Rice, Carrots & Dessert

31 BREAKFAST: Your Choice

LUNCH: Quiche, Muffin, Fruit & Dessert

DINNER Special: Pepper Steak, Veggies, Rice & Dessert