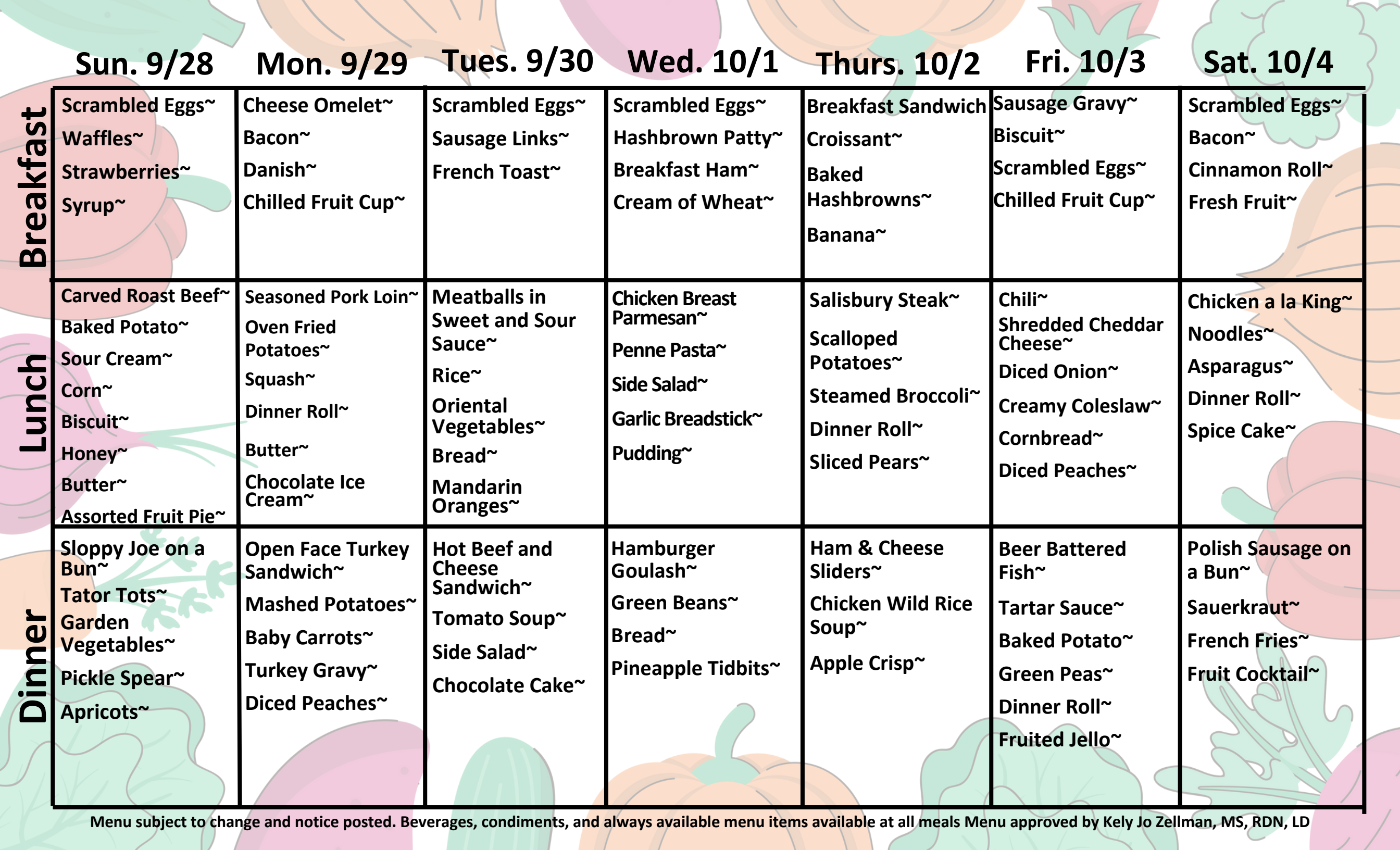


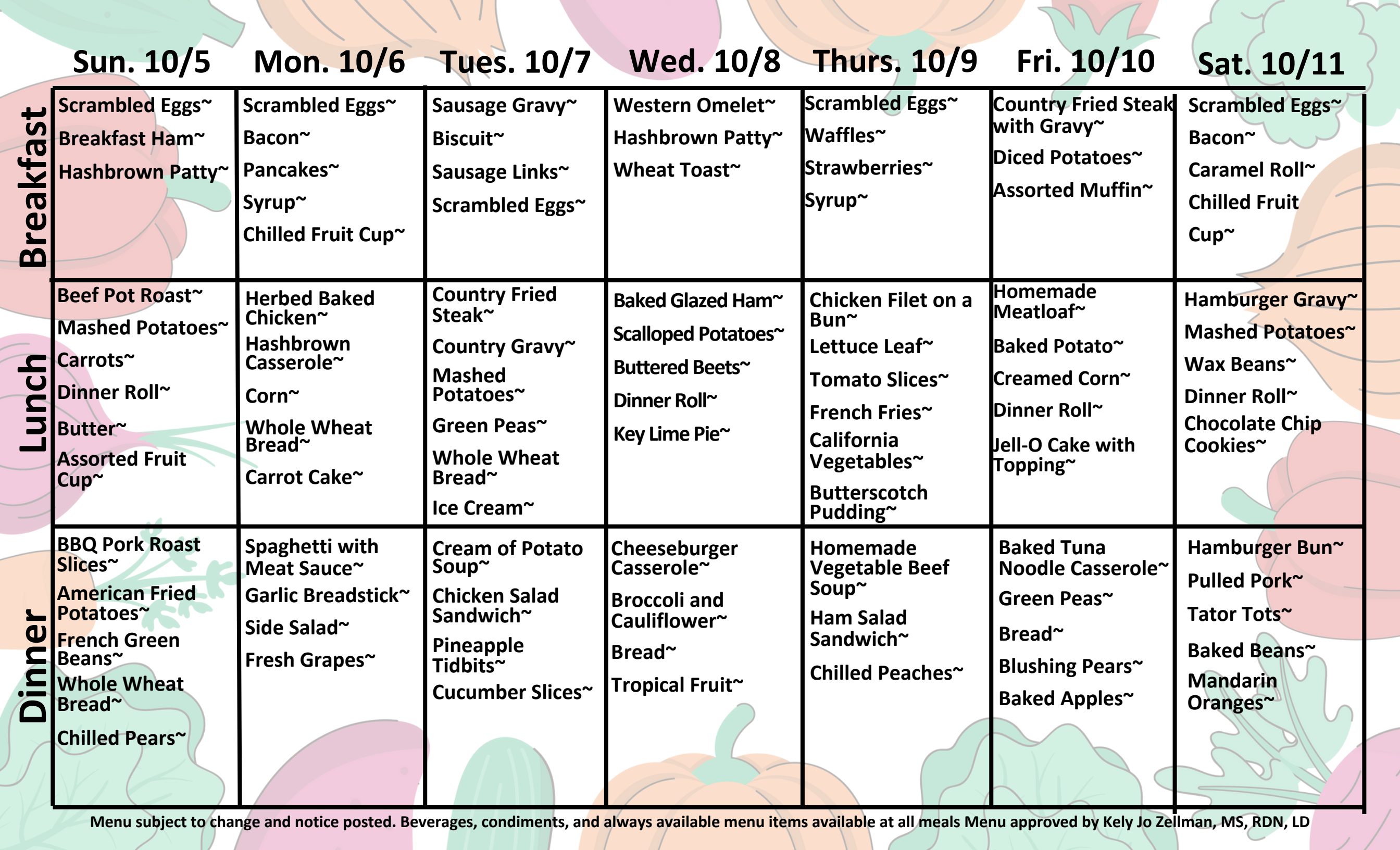


Breakfast

Lunch

Dinner

Sun. 9/28	Mon. 9/29	Tues. 9/30	Wed. 10/1	Thurs. 10/2	Fri. 10/3	Sat. 10/4
Scrambled Eggs~ Waffles~ Strawberries~ Syrup~	Cheese Omelet~ Bacon~ Danish~ Chilled Fruit Cup~	Scrambled Eggs~ Sausage Links~ French Toast~	Scrambled Eggs~ Hashbrown Patty~ Breakfast Ham~ Cream of Wheat~	Breakfast Sandwich~ Croissant~ Baked Hashbrowns~ Banana~	Sausage Gravy~ Biscuit~ Scrambled Eggs~ Chilled Fruit Cup~	Scrambled Eggs~ Bacon~ Cinnamon Roll~ Fresh Fruit~
Carved Roast Beef~ Baked Potato~ Sour Cream~ Corn~ Biscuit~ Honey~ Butter~ Assorted Fruit Pie~	Seasoned Pork Loin~ Oven Fried Potatoes~ Squash~ Dinner Roll~ Butter~ Chocolate Ice Cream~	Meatballs in Sweet and Sour Sauce~ Rice~ Oriental Vegetables~ Bread~ Mandarin Oranges~	Chicken Breast Parmesan~ Penne Pasta~ Side Salad~ Garlic Breadstick~ Pudding~	Salisbury Steak~ Scalloped Potatoes~ Steamed Broccoli~ Dinner Roll~ Sliced Pears~	Chili~ Shredded Cheddar Cheese~ Diced Onion~ Creamy Coleslaw~ Cornbread~ Diced Peaches~	Chicken a la King~ Noodles~ Asparagus~ Dinner Roll~ Spice Cake~
Sloppy Joe on a Bun~ Tator Tots~ Garden Vegetables~ Pickle Spear~ Apricots~	Open Face Turkey Sandwich~ Mashed Potatoes~ Baby Carrots~ Turkey Gravy~ Diced Peaches~	Hot Beef and Cheese Sandwich~ Tomato Soup~ Side Salad~ Chocolate Cake~	Hamburger Goulash~ Green Beans~ Bread~ Pineapple Tidbits~	Ham & Cheese Sliders~ Chicken Wild Rice Soup~ Apple Crisp~	Beer Battered Fish~ Tartar Sauce~ Baked Potato~ Green Peas~ Dinner Roll~ Fruited Jello~	Polish Sausage on a Bun~ Sauerkraut~ French Fries~ Fruit Cocktail~



Breakfast

Lunch

Dinner

Sun. 10/5	Mon. 10/6	Tues. 10/7	Wed. 10/8	Thurs. 10/9	Fri. 10/10	Sat. 10/11
Scrambled Eggs~ Breakfast Ham~ Hashbrown Patty~	Scrambled Eggs~ Bacon~ Pancakes~ Syrup~ Chilled Fruit Cup~	Sausage Gravy~ Biscuit~ Sausage Links~ Scrambled Eggs~	Western Omelet~ Hashbrown Patty~ Wheat Toast~	Scrambled Eggs~ Waffles~ Strawberries~ Syrup~	Country Fried Steak with Gravy~ Diced Potatoes~ Assorted Muffin~	Scrambled Eggs~ Bacon~ Caramel Roll~ Chilled Fruit Cup~
Beef Pot Roast~ Mashed Potatoes~ Carrots~ Dinner Roll~ Butter~ Assorted Fruit Cup~	Herbed Baked Chicken~ Hashbrown Casserole~ Corn~ Whole Wheat Bread~ Carrot Cake~	Country Fried Steak~ Country Gravy~ Mashed Potatoes~ Green Peas~ Whole Wheat Bread~ Ice Cream~	Baked Glazed Ham~ Scalloped Potatoes~ Buttered Beets~ Dinner Roll~ Key Lime Pie~	Chicken Filet on a Bun~ Lettuce Leaf~ Tomato Slices~ French Fries~ California Vegetables~ Butterscotch Pudding~	Homemade Meatloaf~ Baked Potato~ Creamed Corn~ Dinner Roll~ Jell-O Cake with Topping~	Hamburger Gravy~ Mashed Potatoes~ Wax Beans~ Dinner Roll~ Chocolate Chip Cookies~
BBQ Pork Roast Slices~ American Fried Potatoes~ French Green Beans~ Whole Wheat Bread~ Chilled Pears~	Spaghetti with Meat Sauce~ Garlic Breadstick~ Side Salad~ Fresh Grapes~	Cream of Potato Soup~ Chicken Salad Sandwich~ Pineapple Tidbits~ Cucumber Slices~	Cheeseburger Casserole~ Broccoli and Cauliflower~ Bread~ Tropical Fruit~	Homemade Vegetable Beef Soup~ Ham Salad Sandwich~ Chilled Peaches~	Baked Tuna Noodle Casserole~ Green Peas~ Bread~ Blushing Pears~ Baked Apples~	Hamburger Bun~ Pulled Pork~ Tator Tots~ Baked Beans~ Mandarin Oranges~

Sun. 10/12 Mon. 10/13 Tues. 10/14 Wed. 10/15 Thurs. 10/16 Fri. 10/17 Sat. 10/18

Breakfast

Lunch

Dinner

Scrambled Eggs~ Breakfast Ham~ Wheat Toast~	Scrambled Eggs~ Sausage Links~ Assorted Muffin~	Sausage Gravy~ Biscuit~ Scrambled Eggs~ Chilled Fruit Cup~	Scrambled Eggs~ Corned Beef Hash~ Wheat Toast~	Scrambled Eggs~ Breakfast Ham~ Hashbrown Patty~ Danish~	Scrambled Eggs~ Pancakes~ Sausage Patty~ Chilled Fruit Cup~ Syrup~	Scrambled Eggs~ Bacon~ Sausage Links~ Cinnamon Roll~ Fresh Fruit~
Homestyle Roast Turkey~ Turkey Gravy~ Mashed Potatoes~ California Vegetables~ Dinner Roll~ Cream Pie~	Creamed Chipped Beef~ White Toast~ Carrots~ Chocolate Mousse~	Crispy Pork Fritter~ Country Gravy~ Hashbrown Potatoes~ Buttered Mixed Vegetables~ Bread~ Strawberry Ice Cream~	American Beef Chop Suey~ Rice~ French Green Beans~ Chilled Fruit Cup~	Salisbury Steak~ Mashed Potatoes~ Capri Mixed Vegetables~ Bread~ Cheesecake~	Oven Fried Chicken~ Mashed Potatoes~ Chicken Gravy~ Creamed Peas~ Dinner Roll~ Angel Food Cake with Strawberries~	Spaghetti with Meat Sauce~ Tossed Salad and Dressing~ Garlic Breadstick~ Pineapple Tidbits~
Baked Beef and Noodles~ Stewed Tomatoes~ Fresh Fruit Cup~	Calico Bean Casserole~ Broccoli~ Dinner Roll~ Butter~ Sliced Pears~	Chicken Noodle Soup~ Hot Turkey and Cheese Sandwich~ Tomato Slice~ Pistachio Salad~	Deluxe Pizza~ Lettuce Salad~ Garlic Breadstick~ Sugar Cookie~	Ham and Bean Soup~ Summer Sausage Sandwich~ Fruit Cocktail~	Tator Tot Casserole~ Pickled Beets~ Bread~ Peach Slices~	Chicken Tenders~ French Fries~ Green Beans~ Bread~ Lemon Bar~

Menu subject to change and notice posted. Beverages, condiments, and always available menu items available at all meals Menu approved by Kely Jo Zellman, MS, RDN, LD

Sun. 10/19 Mon. 10/20 Tues. 10/21 Wed. 10/22 Thurs. 10/23 Fri. 10/24 Sat. 10/25

Breakfast

Lunch

Dinner

Scrambled Eggs~ Breakfast Ham~ Danish~	Breakfast Sandwich~ Croissant~ Hashbrown Patty~ Banana~	Scrambled Eggs~ Bacon~ Wheat Toast~	Scrambled Eggs~ Waffles~ Strawberries~ Syrup~	Cheese Omelet~ Sausage Links~	Eggs Benedict~ Fresh Fruit~ Hashbrown Patty~ Chilled Fruit Cup~	Scrambled Eggs~ Bacon~ Caramel Roll~ Fresh Fruit~
Pork Roast~ Candied Sweet Potatoes~ Dinner Roll~ Assorted Fruit Pie~	Lasagna~ Lettuce Salad~ Garlic Breadstick~ Brownie~	Meatballs & Gravy~ Mashed Potatoes~ Broccoli & Cauliflower~ Dinner Roll~ Ice Cream~	Beer Battered Fish~ Tartar Sauce~ Au Gratin Potatoes~ Coleslaw~ Bread~ Red Velvet Cake with Whipped Frosting~	Cheeseburger on a Bun~ Lettuce & Tomato~ Pickle Spear~ Potato Chips~ Fresh Grapes~	Home Style Roast Turkey~ Mashed Potatoes~ Turkey Gravy~ Scalloped Corn~ Dinner Roll~ Bread Pudding with Topping~	Sweet and Sour Chicken~ White Rice~ Broccoli~ Bread~ Tropical Fruit Fluffy Jell-O Salad~
Beef Stew~ Biscuit~ Honey Butter~ Cottage Cheese~ Chilled Apricots~	Open Face Turkey Sandwich~ Turkey Gravy~ Mashed Potatoes~ Fresh Green Beans~ Apple Cobbler~	Homemade Chicken Noodle Soup~ Ham Sandwich~ Blushing Pears~	Hamburger Gravy~ Mashed Potatoes~ Seasoned Asparagus~ Bread~ Mandarin Oranges~	Baked Glazed Ham~ Oven Fried Potato~ Creamed Peas~ Bread~ Pineapple Tidbits~	Beef Stroganoff~ Buttered Egg Noodles~ California Vegetables~ Bread~ Peach Crisp~	Homemade Beef and Barley Soup~ Summer Sausage Sandwich~ V-8 Juice~ Crackers~ Rice Pudding~

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Sun. 10/26 Mon. 10/27 Tues. 10/28 Wed. 10/29 Thurs. 10/30 Fri. 10/31 Sat. 11/1

Breakfast

Lunch

Dinner

Scrambled Eggs~ Waffles~ Strawberries~ Syrup~	Cheese Omelet~ Bacon~ Danish~ Chilled Fruit Cup~	Scrambled Eggs~ Sausage Links~ French Toast~	Scrambled Eggs~ Hashbrown Patty~ Breakfast Ham~ Cream of Wheat~	Breakfast Sandwich~ Croissant~ Baked Hashbrowns~ Banana~	Sausage Gravy~ Biscuit~ Scrambled Eggs~ Chilled Fruit Cup~	Scrambled Eggs~ Bacon~ Cinnamon Roll~ Fresh Fruit~
Carved Roast Beef~ Baked Potato~ Sour Cream~ Corn~ Biscuit~ Honey~ Butter~ Assorted Fruit Pie~	Seasoned Pork Loin~ Oven Fried Potatoes~ Squash~ Dinner Roll~ Butter~ Chocolate Ice Cream~	Meatballs in Sweet and Sour Sauce~ Rice~ Oriental Vegetables~ Bread~ Mandarin Oranges~	Chicken Breast Parmesan~ Penne Pasta~ Side Salad~ Garlic Breadstick~ Pudding~	Salisbury Steak~ Scalloped Potatoes~ Steamed Broccoli~ Dinner Roll~ Sliced Pears~	Chili~ Shredded Cheddar Cheese~ Diced Onion~ Creamy Coleslaw~ Cornbread~ Diced Peaches~	Chicken a la King~ Noodles~ Asparagus~ Dinner Roll~ Spice Cake~
Sloppy Joe on a Bun~ Tator Tots~ Garden Vegetables~ Pickle Spear~ Apricots~	Open Face Turkey Sandwich~ Mashed Potatoes~ Baby Carrots~ Turkey Gravy~ Diced Peaches~	Hot Beef and Cheese Sandwich~ Tomato Soup~ Side Salad~ Chocolate Cake~	Hamburger Goulash~ Green Beans~ Bread~ Pineapple Tidbits~	Ham & Cheese Sliders~ Chicken Wild Rice Soup~ Apple Crisp~	Beer Battered Fish~ Tartar Sauce~ Baked Potato~ Green Peas~ Dinner Roll~ Fruited Jello~	Polish Sausage on a Bun~ Sauerkraut~ French Fries~ Fruit Cocktail~

Menu subject to change and notice posted. Beverages, condiments, and always available menu items available at all meals Menu approved by Kely Jo Zellman, MS, RDN, LD