

Sun. 8/30

Mon. 8/31

Tues. 9/1

Wed. 9/2

Thurs. 9/3

Fri. 9/4

Sat. 9/5

Breakfast

Lunch

Dinner

Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Sweet Roll~ Fresh Fruit Cup~	Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Pancakes~ Syrup~ Chilled Fruit Cup~	Assorted Hot Cereal~ Sausage Gravy~ Biscuit~ Sausage Links~ Scrambled Eggs~	Assorted Hot Cereal~ Hamburger Steak w/ Gravy~ Diced Potatoes~ Assorted Muffin~	Assorted Hot Cereal~ Scrambled Eggs~ Strawberries~ Waffles~ Syrup~	Assorted Hot Cereal~ Western Omelet~ Baked Hashbrowns~ Wheat Toast~	Assorted Hot Cereal ~ Scrambled Eggs~ Sausage Links~ Flat Top Fried Hashbrowns~
BBQ Pork Country Rib~ Parmesan Pasta~ Creamed Corn~ Corn Muffin~ Variety Fruit Pie~	Sweet & Sour Chicken~ Fried Rice~ Egg Roll~ Lemon Bar~	Baked Chicken w/ Mushroom Sauce~ Baked Potato~ Sour Cream~ Diced Carrots~ Wheat Bread~ Pineapple Upside Down Cake~	Braised Beef Tips~ Beef Gravy~ Baby Red Potatoes~ Wheat Bread~ Squash Medley~ Chocolate Cake~	Turkey Cutlet~ Mashed Potatoes~ Turkey Gravy~ Diced Beets~ Dinner Roll~ Pumpkin Bar~	Pork Chop in Onion Gravy~ Country Style Fried Potatoes~ Green Beans~ Wheat Bread~ Angel Food Cake w. Strawberries~	Homemade Meatloaf~ Macaroni & Cheese~ Wheat Bread~ Spinach~ Chocolate Mousse~
Salisbury Steak~ Mashed Potatoes~ Beef Gravy~ Green Beans~ Wheat Bread~ Diced Peaches~	Hot Pork Sandwich~ Mashed Potatoes~ Pork Gravy~ Green Peas w/ Pearl Onions~ Strawberries~	Beef Taco Casserole~ Spanish Rice~ Corn w/ Peppers~ Mandarin Oranges~	Egg Salad Croissant~ Tomato Slices~ Vegetable Soup~ Pickle Spear~ Watermelon~	Brat N Sauerkraut~ Potato Salad~ Baked Beans~ Blueberries w. Whipped Topping~	California Burger on a Bun~ Tator Tots~ Creamy Cucumber Salad~ Vanilla Ice Cream~	Chicken Enchilada~ Spanish Rice~ Chuckwagon Corn~ Fresh Fruit Cup~

Sun. 9/6

Mon. 9/7

Tues. 9/8

Wed. 9/9

Thurs. 9/10

Fri. 9/11

Sat. 9/12

Breakfast

Lunch

Dinner

Assorted Hot Cereal~ Bacon~ Scrambled Eggs~ Cinnamon Roll~	Assorted Hot Cereal~ Scrambled Eggs~ Sausage Links~ Assorted Muffin~	Assorted Hot Cereal~ Sausage Gravy~ Biscuit~ Scrambled Eggs~ Chilled Fruit Cup~	Assorted Hot Cereal ~ Scrambled Eggs~ Corned Beef Hash~ Wheat Toast~	Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Hashbrown Patty~ Danish~	Assorted Hot Cereal~ Scrambled Eggs~ Pancakes~ Sausage Patty~ Syrup~ Chilled Fruit Cup~	Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Caramel Roll~ Banana~
Pot Roast~ Baby Red Potatoes~ Buttered Carrots~ Dinner Roll~ Apple Pie~	Brisket~ Ranch Bacon Pasta Salad~ Baked Beans~ Corn Bread~ Diced Pears~ 	Beef Ravioli in Marinara~ Green Beans~ Garlic Breadstick~ Bread Pudding~	BBQ Chicken~ Sweet Potato~ Bacon Ranch Pasta Salad~ Wheat Bread~ Chilled Fruit Cup~	Pizza Casserole~ Side Salad~ Parmesan Cheese~ Ice Cream Cup~	Baked Ham~ Sweet Potatoes~ Pickled Beets~ Apple Crisp~ Dinner Roll~	Hamburger Goulash~ Braised Cabbage~ Garlic Bread~ Vanilla Pudding~
Shore Lunch Pollock~ Buttered Noodles~ Fire Roasted Vegetable Blend Bean/Corn~ Wheat Bread~ Peach Parfait~	Homemade Porcupine Meatballs~ Mashed Potatoes~ Beef Gravy~ Green Peas~ Chocolate Mousse~	BBQ Pork Riblet on a Bun~ French Fries~ Baked Beans~ Watermelon~	Wild Rice Casserole~ Buttered Carrots~ Wheat Bread~ Frosted Cupcake~	Stuffed Pepper w. Tomato Sauce~ White Rice~ Asparagus~ Dinner Roll~ Cheesecake w/ Fruit Topping~	Swedish Meatballs~ Mashed Potatoes~ Broccoli~ Wheat Bread~ Brownie~	Pork Roast~ Garlic Mashed Potatoes~ Creamed Corn~ Dinner Roll~ Spiced Apples~

Sun. 9/13

Mon. 9/14

Tues. 9/15

Wed. 9/16

Thurs. 9/17

Fri. 9/18

Sat. 9/19

Breakfast

Lunch

Dinner

Assorted Hot Cereal~ Breakfast Ham~ Scrambled Eggs~ Wheat Toast~	Assorted Hot Cereal~ Breakfast Sandwich~ Biscuit~ Hashbrown Patty~ Banana~	Assorted Hot Cereal~ Bacon~ Scrambled Eggs~ Wheat Toast~	Assorted Hot Cereal~ Scrambled Eggs~ Waffles~ Syrup~ Strawberries~ Assorted Muffin~	Assorted Hot Cereal~ Cheese Omelet~ Sausage Links~ Wheat Toast~	Assorted Hot Cereal~ Breakfast Pizza~ Hashbrown Patty~ Chilled Fruit Cup~	Assorted Hot Cereal~ Scrambled Eggs~ Breakfast Ham~ Danish~
Roasted Turkey~ Stuffing~ Turkey Gravy~ Green Bean Casserole~ Wheat Bread~ Variety Fruit Pie~	Meat Lasagna~ Side Salad~ Breadstick~ Sherbet~	Meatloaf~ Mashed Potatoes~ Beef Gravy~ Diced Carrots~ Apricots~	Chicken Kiev~ Rice Pilaf~ Asparagus~ Wheat Bread~ Banana Cream Pie~	Ham & Scalloped Potatoes~ Garlic Green Beans~ Dinner Roll~ Diced Peaches~	Oven Fried Chicken~ Mashed Potatoes~ Chicken Gravy~ Garden Vegetables~ Wheat Bread~ Strawberry Delight~	Hamburger Macaroni Casserole~ Tator Tots~ Green Peas~ Mandarin Oranges~
Cabbage Roll~ Creamy Mashed Sweet Potatoes~ Roasted Broccoli~ Chilled Fruit Cup~	BBQ Chicken Sliders~ Buttered Cheese Tortellini~ Green Peas~ Wheat Bread~ Apple Crisp~	Beer Battered Fish~ French Fries~ Creamy Coleslaw~ Wheat Bread~ Oreo Cookie Delight Dessert~	Beef Hot Dog on a Bun~ Calico Beans~ Chilled Beets~ Watermelon~	BBQ Meatballs~ Macaroni & Cheese~ Zucchini~ Cheesecake w/ Fruit Topping~	Bacon Cheeseburger~ Onion Rings~ Diced Carrots~ Diced Pears~	BBQ Pork on a Bun~ Potato Salad~ Corn~ Boston Cream Pie~

Week 1

Sun. 9/20

Mon. 9/21

Tues. 9/22

Wed. 9/23

Thurs. 9/24

Fri. 9/25

Sat. 9/27

Breakfast

Lunch

Dinner

Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Sweet Roll~	Assorted Hot Cereal~ Cheese Omelet~ Bacon~ Danish~	Assorted Hot Cereal~ Scrambled Eggs~ Sausage Links~ French Toast~	Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Diced Potatoes~	Assorted Hot Cereal ~ Sausage Egg Bake~ Baked Hashbrowns~ Banana~	Assorted Hot Cereal~ Sausage Gravy~ Biscuit~ Scrambled Eggs~	Assorted Hot Cereal~ Scrambled Eggs~ Strawberries~ Waffles~ Syrup~
Carved Roast Beef~ Mashed Potatoes~ Beef Gravy~ Roasted Carrots~ Dinner Roll~ Assorted Cream Pie~	Seasoned Pork Loin~ Sweet Potatoes~ Pork Gravy~ Beets w. Orange Sauce~ Wheat Bread~ Apple Crisp~	Chicken Cordon Bleu~ Scalloped Potatoes~ Green Peas~ Wheat Bread~ Poke Cake~	Skinless Polish Sausage~ Baked Beans~ Cucumber Onion Salad~ Wheat Bread~ Brownie~	Spaghetti Noodles~ Marinara Meatballs~ Side Salad~ Breadstick~ Sherbet~	Hamburger Gravy~ Mashed Potatoes~ Garlic Green Beans~ Wheat Bread~ Banana Bread~	Crispy Chicken~ Country Gravy~ Lyonnaise Potatoes~ Buttered Carrots~ Wheat Bread~ Vanilla Pudding~
Shrimp Fettuccini Alfredo ~ Broccoli~ Wheat Bread~ Chilled Fruit Cup~	Sloppy Joe on a Bun~ Steak Fries~ Creamed Corn~ Pickle Spear~ Fruited Jello~	Baked Cod~ Rice Pilaf~ Stir Fry Vegetable Blend~ Dinner Roll~ Fresh Melon Cup~	Hamburger on a Bun~ Tuna Macaroni Salad w/Peas~ Tomato Slices~ Crushed Pineapple~	Grilled Chicken on Bun~ French Fries~ Creamy Coleslaw~ Orange Fluff~	Tator Tot Hotdish~ Corn~ Wheat Bread~ Chilled Fruit Cup~	Italian Pasta Bake~ Garlic Bread~ Side Salad~ 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

Sun. 9/28

Mon. 9/29

Tues. 9/30

Wed. 10/1

Thurs. 10/2

Fri. 10/3

Sat. 10/4

Breakfast

Lunch

Dinner

Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Sweet Roll~ Fresh Fruit Cup~	Assorted Hot Cereal~ Scrambled Eggs~ Bacon~ Pancakes~ Syrup~ Chilled Fruit Cup~	Assorted Hot Cereal~ Sausage Gravy~ Biscuit~ Sausage Links~ Scrambled Eggs~	Assorted Hot Cereal~ Hamburger Steak w/ Gravy~ Diced Potatoes~ Assorted Muffin~	Assorted Hot Cereal~ Scrambled Eggs~ Strawberries~ Waffles~ Syrup~	Assorted Hot Cereal~ Western Omelet~ Baked Hashbrowns~ Wheat Toast~	Assorted Hot Cereal ~ Scrambled Eggs~ Sausage Links~ Flat Top Fried Hashbrowns~
BBQ Pork Country Rib~ Parmesan Pasta~ Creamed Corn~ Corn Muffin~ Variety Fruit Pie~	Sweet & Sour Chicken~ Fried Rice~ Egg Roll~ Lemon Bar~	Baked Chicken w/ Mushroom Sauce~ Baked Potato~ Sour Cream~ Diced Carrots~ Wheat Bread~ Pineapple Upside Down Cake~	Braised Beef Tips~ Beef Gravy~ Baby Red Potatoes~ Wheat Bread~ Squash Medley~ Chocolate Cake~	Turkey Cutlet~ Mashed Potatoes~ Turkey Gravy~ Diced Beets~ Dinner Roll~ Pumpkin Bar~	Pork Chop in Onion Gravy~ Country Style Fried Potatoes~ Green Beans~ Wheat Bread~ Angel Food Cake w. Strawberries~	Homemade Meatloaf~ Macaroni & Cheese~ Wheat Bread~ Spinach~ Chocolate Mousse~
Salisbury Steak~ Mashed Potatoes~ Beef Gravy~ Green Beans~ Wheat Bread~ Diced Peaches~	Hot Pork Sandwich~ Mashed Potatoes~ Pork Gravy~ Green Peas w/ Pearl Onions~ Strawberries~	Beef Taco Casserole~ Spanish Rice~ Corn w/ Peppers~ Mandarin Oranges~	Egg Salad Croissant~ Tomato Slices~ Vegetable Soup~ Pickle Spear~ Watermelon~	Brat N Sauerkraut~ Potato Salad~ Baked Beans~ Blueberries w. Whipped Topping~	California Burger on a Bun~ Tator Tots~ Creamy Cucumber Salad~ Vanilla Ice Cream~	Chicken Enchilada~ Spanish Rice~ Chuckwagon Corn~ Fresh Fruit Cup~