

October

 **LUNCH**
 **SUPPER**

For meal delivery, call **ext. 105** by 11am.
For weekend meal delivery, call before the previous Friday.

RETIREMENT COMMUNITY

HOURS

Lunch 11:30am - 12:30pm
Supper 4:30 - 5:30pm

Meals **\$9**

All meals are
subject to change



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
BBQ Pork Au Gratin Potatoes Baked Beans Cherry Crisp 4		Turkey a la King Parslied Noodles Garden Blend Veg · Biscuit Apple Upside-Down Cake 5		Fish Fillet Sandwich French Fries Mixed Vegetables Chocolate Oatmeal Cookies 6		Garlic & Sage Chicken Herbed Penne Pasta Broccoli Normandy · Bread Banana Cake 7		Italian Sausage & Peppers Rosemary Potatoes Parmesan Broccoli Coconut Pudding 1	Baked Tilapia White & Wild Rice Blend Seasoned Spinach · Biscuit Cheddar Garlic · Lemon Bar 2	Hamburger and Toppings Steak Fries Capri Blend Veg · Watermelon Chocolate Chip Cookies 3
Tuna Salad Sandwich Chef Salad Bowl Grapes Orange Sherbet		Ham & Beans Garden Salad Carrots · Cornbread Peanut Butter Bar		Beef Ravioli with Marinara Italian Vegetable Blend Garlic Bread · Cottage Cheese Coconut Cake		Polish Sausage Oven-Browned Potato Wedges Steamed Corn Vanilla Ice Cream		Ham & Cheese Sandwich Macaroni Salad · Marinated Vegetable Salad · Canteloupe Frosted Orange Cake	Chicken Tenders · Mashed Potatoes & Gravy · Seasoned Green Beans · Coleslaw Poke Cake	Grilled Ham Glazed Sweet Potatoes Seasoned Green Peas · Roll Banana Split Dessert
Country Fried Steak Gravy · Mashed Potatoes Green Beans w/Bacon Strawberry Cream Pie 11		Beef Ragout Creamy Polenta · Brussels Sprouts with Bacon · Hawaiian Roll · Marbled Brownies 12		Teriyaki Chicken Fried Rice · Stir Fry Veg Vegetable Egg Roll Mandarin Orange Cake 13		Philly Cheese Steak Cottage Fries Chickpea Salad Blueberry Bar 14		Swedish Meatballs Zucchini Parmesan White Roll S'mores Pudding 8	Honey Citrus Salmon Herbed Rice · Calico Corn Hawaiian Roll · Lemon Wedge Lemon Pudding Cake 9	French Onion Pork Chop Baked Potato · Key West Blend Veg · Roll · Sour Cream Hot Cocoa Cake 10
Loaded Chili Carrots Cornbread Assorted Cookies		Egg Salad on Croissant Macaroni Salad Broccoli Salad Snickerdoodle Cookies		Soft Beef Taco Corn Chips · Pineapple Fiesta Blend Vegetables Cinnamon Bananas		Broccoli Cheese Soup · Baked Potato · Seasoned Green Beans Saltine Crackers · Peaches Orange Sherbet		Smothered Pork Chop Mashed Potatoes & Gravy Seasoned Broccoli Florets Breadstick · Poke Cake	Minestrone Soup Cold Cut Sandwich Seasoned Green Peas · Crackers Chai Poached Pears	Chicken Sandwich · Roasted Red Potatoes · Capri Blend Veg · Broccoli Slaw Ice Cream Sandwich
Beef Pot Roast Brown Gravy Potatoes & Carrots · Bread Chocolate Cream Pie 18		Baked Chicken Breast White Sauce · White & Wild Rice · Key West Blend Veg Bread · Maple Spice Cake 19		Sausage Patty Sandwich O'Brien Potatoes Carrots · Blonde Chocolate Chip Brownie 20		Roast Turkey · Mashed Potatoes & Poultry Gravy Seasoned Green Beans · Roll Iced Pumpkin Cake 21		Apricot Glazed Pork Loin Roasted Red Potatoes Steamed Corn · Roll Apple Crisp 15	Lemon Baked Fish Butternut Squash Orzo Garden Blend Veg · Biscuit Lemon Angel Cake 16	Braised Pork Chop Mashed Potatoes & Gravy California Blend Veg · Roll White Cake w/Strawberry Icing 17
Turkey Pot Pie Seasoned Green Beans Fruit Cocktail Pistachio Pudding		Tuna Noodle Casserole Squash and Peppers Biscuit Ambrosia		Beef Stew Steamed Corn Blushing Pears · Bread Banana Pudding		Ham Salad Sandwich Ranch Dressing · Potato Chips Marinated Vegetable Salad Chocolate Chip Cookies		Vegetable Soup Tuna Salad Sandwich Garden Salad · Crackers Pudding Caramel with Topping	Turkey Stew Capri Blend Vegetables Garden Salad · Breadstick Crackers · Oatmeal Cookies	Beef Lasagna Italian Vegetable Blend Garlic Bread Cranberry Oatmeal Bar
Fried Chicken Mashed Potatoes & Gravy Seasoned Green Beans Biscuit · Apple Pie 25		Pork Chop & Mushroom Sauce · Scalloped Potatoes Seasoned Spinach · Bread Butterscotch Square 26		Beef Goulash Hungarian Seasoned Green Beans Fruit Cocktail · Cornbread Pineapple Oatmeal Bar 27		Reuben Sandwich Roasted Red Potatoes Garden Blend Vegetables Crispy Rice Bar 28		Beef Stroganoff Herbed Penne Pasta Seasoned Broccoli Cut · Roll Bread · Red Velvet Cake 22	Fish & Chips Seasoned Green Peas Coleslaw Lemon Cake 23	Pork Tenderloin Onion Rings · Garden Blend Veg · Vanilla Ice Cream Sandwich 24
Baked Ham Baked Sweet Potato Seasoned Green Peas · Roll Pear Crisp		Potato Chowder Chicken Salad Sandwich Garden Salad Peanut Butter Cookies		Arroz con Pollo Stewed Tomatoes Corn Tortilla Butterscotch Pudding		Swiss Steak Herbed Rice Seasoned Broccoli Cuts · Roll Coconut Cream Pie		Tomato Basil Couscous Salad Turkey & Dressing Casserole Herbed Green Beans Tapioca Pudding	Cheese Pizza Sausage Pizza Garden Salad Vanilla Ice Cream	Spaghetti & Meatballs Italian Vegetable Blend Garlic Bread Vanilla Caramel Cake
								Cheese Tortellini · Alfredo Sauce · Garden Salad Italian Veg Blend · Breadstick Frosted White Cake 29	Fried Catfish Fillet Macaroni & Cheese Parsley Cauliflower · Ranch Lemon Cheese Bar 30	Mediterranean Chicken Mediterranean Orzo California Blend Veg · Roll Frosted Chocolate Cake 31
								Grilled Bratwurst Home Fries Chef Seasoning Capri Blend Vegetables Fudge Ice Cream Bar	Turkey Club Sandwich Italian Pasta Salad Cauliflower Pea Onion Salad Sugar Cookies	Chili Dog Home Fries Key West Blend Vegetables Vanilla Ice Cream