

FINAL Regular Meals Week at a Glance

WEEK 1 WEEK OF: October 29, November 26, December 24, January 21, February 18, March 18, April 15, May 13

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Hot Oatmeal Cheddar Cheese Raisin Toast/ Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat w/ Brown Sugar Poached Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Scrambled Egg Country Ham WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	KV: Red River Cream of Wheat Fried Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Boiled Eggs Assorted Muffins <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Maple Cream of Wheat Cheddar Cheese Raisin Toast/ Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Pancakes Bacon WW Toast/ Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L U N C H	Cream of Mushroom Soup Hot Pork Sandwich Broccoli Diced Peaches <u>Alternate Choices</u> Assorted Sandwiches	Split Pea Soup Chili with Garlic Bread Caesar Salad Applesauce <u>Alternate Choices</u> Assorted Sandwiches	Corn Chowder Turkey Pot Pie Sliced Carrots Crushed Pineapple <u>Alternate Choices</u> Assorted Sandwiches	Chicken Rice Soup Tuna Salad Sandwich Cucumber Salad Fruit Cocktail <u>Alternate Choices</u> Assorted Sandwiches	Cream of Celery Soup Chicken Balls w/ Plum Sauce Broccoli & Cauliflower Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	French Onion Soup Egg Salad Sandwich Green Leaf Salad Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Cream of Chicken Soup Fish Cakes with Tartar Sweet Potato Fries Spinach Salad Tropical Fruit <u>Alternate Choices</u> Assorted Sandwiches
S U P P E R	Spanish Steak Rice Herbed Cauliflower Lemon Squares <u>Alternate Choices</u> Baked Cod/ Lemon Wedge	Baked Ham Scalloped Potatoes Fancy Mixed Vegetables Chocolate Pudding <u>Alternate Choices</u> Mac and Cheese	Meatloaf with Gravy Mashed Potato Green Peas Pecan Streusel Cake <u>Alternate Choices</u> Pork Cutlet with Gravy	Cajun Chicken Roasted Potatoes Green Beans Cantaloupe Wedges <u>Alternate Choices</u> Roasted Corn Beef	Salmon Fillet with Lemon Mashed Potato Brussel Sprouts Cherry Jell-O <u>Alternate Choices</u> Residents Choice Octoberfest Sausage	Breaded Veal with Herb Sauce Garlic Mashed Potato Diced Carrots Apple Pie <u>Alternate Choices</u> Chicken with Penne Pasta	Roasted Turkey with Cranberry Sauce Stuffing Mashed Potatoes Rutabaga Chocolate Cream Pie <u>Alternate Choices</u> Pork Chop

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FINAL Regular Meals Week at a Glance

WEEK 2 WEEK OF: November 5, December 3, December 31, January 28, February 25, March 25, April 22, May 20

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Cream of Wheat Breakfast Sausage WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Poached Eggs English Muffins <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Scrambled Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	KV: Red River Cream of Wheat Bacon WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Boiled Eggs Assorted Muffins <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oat bran Cheddar Cheese Raisin Toast/ Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat WW Toast/ Margarine French Toast with Syrup <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L U N C H	Vegetable Soup Pulled Chicken Sandwich Tossed Green Salad Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Cream of Carrot Soup Stuffed Peppers Italian Mixed Vegetables Watermelon <u>Alternate Choices</u> Assorted Sandwiches	Minestrone Soup Cheese Ravioli with Alfredo Sauce Spinach Salad Diced Pears <u>Alternate Choices</u> Assorted Sandwiches	Beef Barley Soup Chicken Salad Sandwich Spring Mix Salad Brownie Bite <u>Alternate Choices</u> Assorted Sandwiches	Borscht Soup Ruben Sandwich Cucumber Salad Apricot Halves <u>Alternate Choices</u> Assorted Sandwiches	Cream of Broccoli Soup Pancakes w/Strawberry Syrup Breakfast Sausage Diced Peaches <u>Alternate Choices</u> Assorted Sandwiches	Chicken Noodle Soup Turkey Mini Sub Green Leaf Salad Mandarin Oranges <u>Alternate Choices</u> Assorted Sandwiches
S U P P E R	Beef Bourguignon Egg Noodles Green Beans Lemon Crème Cake <u>Alternate Choices</u> Sweet & Sour Pork	Cinnamon Roast Pork Mashed Potatoes Parslied Cauliflower Butterscotch Pudding <u>Alternate Choices</u> Rosemary Chicken	Turkey Cacciatore Rice Pilaf PEI Mixed Vegetables Lemon and Lime Jell-O <u>Alternate Choices</u> Pork Chop	Cabbage Roll Mashed Potato Diced Carrot Iced Carrot Cake <u>Alternate Choices</u> Italian Sole	Shrimp Caribbean Citrus Basmati Rice Green Peas Tapioca Pudding <u>Alternate Choices</u> Pork Schnitzel with Gravy	Crunchy Chicken O'Brien Potato Brussel Sprouts Vanilla Caramel Cake <u>Alternate Choices</u> Lamb Stew Tea Biscuit	Baked Ham with Pineapple Sauce Scalloped Potato Baby Carrots Cherry Pie <u>Alternate Choices</u> Pollock Baked w/ Creamy Dill Sauce

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FINAL Regular Meals Week at a Glance

WEEK 3 WEEK OF: November 12, December 10, January 7, February 4, March 4, April 1, April 29, May 27

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Hot Oat Bran Scrambled Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Boiled Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	KV: Red River Hot Oatmeal Sliced Ham Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Scrambled Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oat Bran Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Boiled Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Waffle/ Syrup Bacon <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L U N C H	Clam Chowder Sliced Pork Salad Plate (Sl. Pork, Sweet Potato Salad, Mediterranean Salad, WW Roll) Crushed Pineapple <u>Alternate Choices</u> Assorted Sandwiches	Vegetable Florentine Soup Spaghetti & Meat Sauce Caesar Salad Baked Apple <u>Alternate Choices</u> Assorted Sandwiches	Cream of Tomato Soup Grilled Cheese Sliced Pickles Tossed Salad Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	Turkey Vegetable Soup KV: Chicken Jambalaya Corned Beef Hash PEI Blend Vegetables Apricots <u>Alternate Choices</u> Assorted Sandwiches	Cream of Mushroom Tuna Melt on a Bun Spring Mix Salad Diced Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Butternut Squash Soup Chicken Nuggets w/ BBQ Sauce Waffle Fries Tossed Salad Tropical Fruit Salad <u>Alternate Choices</u> Assorted Sandwiches	Cream of Celery Hot Turkey Sandwich Sliced Carrots Diced Pears <u>Alternate Choices</u> Assorted Sandwiches
S U P P E R	Vegetarian Lasagna Garlic Bread Parsnips Angel Food Cake with Raspberry Sauce <u>Alternate Choices</u> Salisbury Steak	Oven Fried Chicken Mashed Potato Cream Corn Lemon Bar <u>Alternate Choice</u> Pork Chop Supreme	Beef Chop Suey Broccoli Florets Rice Diced Pears <u>Alternate Choices</u> Cod with Tomato Sauce	Honey Mustard Ribs Roasted Potato Green Peas Chocolate Cake <u>Alternate Choices</u> Paprika Chicken	Turkey Cranberry Casserole Tea Biscuit Baked Squash Fruit Cocktail <u>Alternate Choices</u> Beef Stroganoff Buttered Egg Noodles	Baked Haddock with Lemon Dill Sauce Lyonnais Potato Green Beans Carmel Bread Pudding <u>Alternate Choices</u> Honey & Spice Glazed Pork	Pot Roast & Gravy Mashed Potato Chopped Broccoli Banana Cream Pie <u>Alternate Choices</u> Green Pea and Lentil Casserole

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FINAL Regular Meals Week at a Glance

WEEK 4 WEEK OF: November 19, December 17, January 14, February 11, March 11, April 8, May 6, June 3

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Hot Oatmeal Boiled Egg Cinnamon Roll <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Cheddar Cheese Morning Glory Muffin <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	KV: Red River Hot Oatmeal Scrambled Eggs Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Cheese Omelet WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Cheddar Cheese Raisin Toast/ Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Poached Eggs WW Toast. Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Breakfast Scrambler WW Toast. Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L U N C H	Harvest Pumpkin Soup Cheeseburger Waffle Fries Greek Salad Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	Cream of Potato Soup Pepperoni Pizza Caesar Salad Cinnamon Baked Apple <u>Alternate Choices</u> Assorted Sandwiches	Vegetable Soup Battered Shrimp Potato Pom Poms Tossed Salad Apricots <u>Alternate Choices</u> Assorted Sandwiches	Cream of Asparagus Baked Beans with Sausage Creamy Coleslaw Diced Pears <u>Alternate Choices</u> Assorted Sandwiches	Minestrone Soup Chicken Strips with Honey Mustard Sauce Fries Tossed Salad Diced Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Cream of Broccoli Pancake's & Syrup with Baked Apple Slices Bacon Mandarin Oranges <u>Alternate Choices</u> Assorted Sandwiches	Beef and Barley Turkey Sausage Potato Cakes Green Leaf Salad Tropical Fruit Salad <u>Alternate Choices</u> Assorted Sandwiches
S U P P E R	Bruschetta Chicken Alfredo with Fusilli Fancy Vegetable Blend Chocolate Pudding <u>Alternate Choices</u> Cheese Cannelloni with Cream Sauce	Turkey Chili Whole Wheat Bun Green Peas Mixed Berry Pie <u>Alternate Choices</u> Liver & Onions with Gravy	Perogies w/Sour cream, Bacon, Fried onions Parslied Boiled Potato Cabbage/Margarine Jell-O <u>Alternate Choices</u> Greek Style Chicken	Turkey Cutlet with Gravy & Cranberry Sauce Mashed Potato Carrots Banana Cake <u>Alternate Choices</u> Residents Choice Corned Beef Sandwich	Mediterranean Pollock Lyonnaise Potato Broccoli Vanilla Pudding <u>Alternate Choices</u> Pork Chop	Shepherd's Pie Carrots & Parsnips Devil's Food Chocolate Cake <u>Alternate Choices</u> Chicken Stir Fry Rice	Roast Pork with Applesauce & Gravy Mashed Potatoes Turnip Lemon Meringue Pie <u>Alternate Choices</u> Tuna Penne Bake

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