



Weekly Menu



IN ADDITION TO THE DAILY SPECIALS,
THESE ITEMS ARE SERVED EVERY DAY

- Morning**
Eggs Made to Order • Breakfast Potato
Bacon or Another Breakfast Meat
Assorted Fruit & Juices
Assorted Hot & Cold Cereals
 - Noon**
Jello & Cottage Cheese with/without Fruit
Mixed Green Salad - Choice of Dressing
Fresh Baked Bread
 - Evening**
Homemade Bottomless Soup Du Jour
Dessert Cart Selections
- Includes **MIND DIET** Ingredients

SUNDAY, September 19

Peach Pancakes

Roasted Beef

Tender roasted beef in Au jus sauce served with Garlic Mashed Potatoes and Peas and Pearl Onions and fresh baked bread. Sunshine Gelatin Salad

Cake of Three Milks

Chef Choice:

Reuben Sandwich

Tater Tots. Potato Leek Soup

MONDAY, September 20

Carrot Muffin

Spaghetti and Meatballs

Served with Wax Beans and Cherry Tomatoes with fresh baked bread. Sweet Potato and Cabbage Slaw
Fudgy Chocolate Cake

Chef Choice:

Hamburger/Cheeseburger

Served with BLT salad
Chicken Vegetable Soup

TUESDAY, September 21

Irish Scramble

Potatoes, onions, sweet peppers and sausage scrambled and topped with cheese

Savory Pork Chop

Comes with Cornbread Dressing and Seasoned Lima Beans and Fresh baked Southern Cornbread

Waldorf salad Mississippi Mud Pie

Chef Choice:

Hot Roast Beef Sandwich

Mashed Potatoes & Gravy
Tomato Basil Soup

WEDNESDAY, September 22

Lemon Raspberry Muffin

Chicken Parmesan

Served with Creamy Polenta and Sautéed Zucchini with fresh baked bread. Coleslaw with Orange Dressing

Pumpkin Cheesecake

Chef Choice:

Breakfast for Supper

With Hash Browns and Bacon
Vegetable Beef Soup

THURSDAY, September 23

Cherry Banana Bread

Steak & Onions

Served Mashed Potatoes and Harvard Beets, and fresh baked bread

Corn, Pepper and Tomato Salad

Pina Colada Cake

Po' Boy Sandwich

Served with Chips and a Pickle Spear
Black Bean Soup

FRIDAY, September 24

Orange Nut Bread

Catch of the Day

A deliciously prepared catch. Served with Baked Beans and Fried Okra and Hush Puppies and fresh baked bread. Apple Raisin Slaw. Blueberry Pie

Chef Choice:

Ham Quiche

Served with Tossed Salad
Minestrone Soup

SATURDAY, September 25

Baked Eggs with Ham and Cheese

Chicken Pot Pie

Served with Rice Pilaf and Spinach Sautéed with Onions and fresh baked bread

Asian Cucumber Salad

Applesauce Cake

Chef Choice:

Monte Cristo Sandwich

Served with French Fries
Dilly of a Mushroom Soup