



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, NOVEMBER 6

Pumpkin Nut Pancakes
Served with maple syrup

Pot Roast
Homestyle Pot Roast served with Creamy mashed potatoes and gravy, Italian green beans served with wheat dinner rolls. Whipped Jello Salad
Lemon Meringue Pie
Chef Choice:

Grilled Turkey Gyros
Grilled turkey in a pita break, Greek style
French Vegetable Soup

MONDAY, NOVEMBER 7

Corned Beef Hash

Baked Ham
A kitchen favorite – Ham baked with a delicious cranberry fruit glaze served with fresh baked bread
Garden Salad Apple & Cheddar Cheesecake
Chef Choice:

Garlic Honey Chicken
Sautéed Pepper & Onions
fresh fruit cup

TUESDAY, NOVEMBER 8

Cranberry Orange Scones

Baked Tilapia w/Tomatoes & Olives
Served with mashed sweet potatoes and mixed vegetables and fresh baked bread
Tomato Aspic
Apple Crumb Pie
Chef Choice:

Vegetarian Stuffed Peppers
Served with mixed salad
Corn and Kidney Bean Soup

WEDNESDAY, NOVEMBER 9

Apple Crumble Coffee Cake

Chicken Breast Royal
Served with baked red potatoes and Capri mixed vegetables with fresh baked bread Garden Bean Salad Apricot Almond Torte
Chef Choice:

Pigs in a Blanket
Breakfast for supper with fresh fruit garnish
Zucchini Beef Soup

THURSDAY, NOVEMBER 10

Omelet Bar

Beef Fajitas
Served with Spanish Rice and Refried beans with fresh baked bread or tortillas
Herbed Broccoli Salad
Double Layer Pumpkin Dessert
Chef Choice:

Patty Melt
Potato chips Carrot/Celery Sticks
Broccoli Cheese Soup

FRIDAY, NOVEMBER 11

Cinnamon Raisin Rolls

Catch of the day
A deliciously prepared catch. Served with Corn & Bean Quinoa Pilaf, Garden mix vegetables and fresh wheat rolls. Gourmet Spinach Salad
Shortbread Lemon Bars
Chef Choice:

Country Pie
Fresh Fruit Chicken Noodle Soup

SATURDAY NOVEMBER 12

Blueberry Muffins

Pork Tenderloin Diane
Served with Butternut squash, and delicious Au Gratin Potatoes and fresh baked bread Creamy Coleslaw Chocolate Squares
Chef Choice:

Hot Turkey Sandwich
Sweet Potato Fries
Lentil Soup

