

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|--|--|--|--|---|---|---|
| Sep-13, Oct-18, Nov-22, Dec-27, Jan-31, Mar-07   | Sep-14, Oct-19, Nov-23, Dec-28, Feb-01, Mar-08   | Sep-15, Oct-20, Nov-24, Dec-29, Feb-02, Mar-09   | Sep-16, Oct-21, Nov-25, Dec-30, Feb-03, Mar-10   | Sep-17, Oct-22, Nov-26, Dec-31, Feb-04, Mar-11  | Sep-18, Oct-23, Nov-27, Jan-01, Feb-05, Mar-12  | Sep-19, Oct-24, Nov-28, Jan-02, Feb-06, Mar-13  |
| <b>Lunch</b>   |  |  |  |   |   |   |
| Apple-Raisin Stuffed Chicken<br>Baked Sweet Potato Half<br>Green Beans<br>Choice of Roll<br>Cream Cheese Brownies<br>Margarine<br>Coffee/Tea | Fire Braised Pork Shoulder<br>Parmesan Rice<br>Honey-Glazed Carrots<br>Choice of Roll<br>Apple Cobbler w/ Biscuit<br>Margarine<br>Coffee/Tea | Crunchy Baked Ranch Chicken<br>Confetti Mashed Potatoes<br>Prince Charles Veggie Blend<br>Southern Style Biscuit<br>Peach Melba<br>Margarine<br>Coffee/Tea | Beef Shepherd's Pie<br>Mashed Potatoes<br>Cooked Cabbage<br>Choice of Roll<br>Double Chocolate Cake<br>Margarine<br>Coffee/Tea | Cheesy Turkey Casserole<br>Broccoli<br>Choice of Roll<br>Blueberry Cheesecake<br>Delight<br>Margarine<br>Coffee/Tea           | Panko Crusted Tilapia<br>Parsley Noodles<br>Sautéed Mushrooms<br>Choice of Roll<br>Lemon Bars<br>Margarine<br>Coffee/Tea  | Country Fried Steak<br>Baked Potato<br>Creamed Spinach<br>Southern Style Biscuit<br>Chocolate Chip Cookie<br>Sour Cream and Chives<br>Margarine<br>Coffee/Tea |
| Macaroni & Cheese<br>Stewed Tomatoes   | Oven Fried Chicken<br>Baked Beans  | Chef's Salad<br>Cottage Cheese   | Oven Baked Fish<br>Broccoli and Cheese   | Beef Enchilada<br>Corn  | Swedish Meatballs<br>Roasted Brussels Sprouts   | Grld Ham & Swiss Sandwich<br>French Fries   |
| <b>Dinner</b>  |  |  |  |   |   |   |
| Chicken Corn Chowder Soup<br>Saltines<br>Tuna Salad Sandwich<br>Lettuce / Tomato / Onion<br>Mandarin Oranges<br>2% Milk<br>Coffee/Tea        | Italian Sausage w/ Peppers & Onions<br>Potato Wedges<br>Garlic Bread Knot<br>Diced Pears<br>Margarine<br>2% Milk<br>Coffee/Tea               | Tomato Flortine w/Bean Soup<br>Saltines<br>Grilled Cheese Sandwich<br>Sugar Snap Peas<br>Cinnamon Applesauce<br>2% Milk<br>Coffee/Tea                      | Ham Slice<br>Au Gratin Potatoes<br>Brussels Sprouts<br>Buttered Breadstick<br>Banana<br>Margarine<br>2% Milk<br>Coffee/Tea     | Chili with Beans<br>Tossed Salad<br>Cornbread<br>Pineapple Chunks<br>Choice of Dressing<br>Margarine<br>2% Milk<br>Coffee/Tea | Apple Pork Chop<br>Roasted Red Potatoes<br>Whole Baby Carrots<br>Choice of Roll<br>Orange Wedges<br>2% Milk<br>Coffee/Tea | Green Bean Casserole Soup<br>Saltines<br>Turkey & Cheese Sandwich<br>Lettuce / Tomato / Onion<br>Red Grapes<br>2% Milk<br>Coffee/Tea                          |
| Cabbage Roll Stuffed w/Sauce<br>Mashed Potatoes  | Salmon Patty<br>Creamed Peas   | Beef Patty<br>Roasted Potato Medley  | Turkey Burger<br>Lettuce / Tomato / Onion<br>Sweet Potato Fries  | Vegetable Lasagna<br>Parslied Cauliflower   | Cheese Stfd Pasta Shells<br>Sautéed Asparagus   | Chicken Cordon Bleu<br>Italian Blend Mixed Vegetables   |

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| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|--|---|--|--|---|
| Sep-20, Oct-25, Nov-29, Jan-03, Feb-07, Mar-14  | Sep-21, Oct-26, Nov-30, Jan-04, Feb-08, Mar-15   | Sep-22, Oct-27, Dec-01, Jan-05, Feb-09, Mar-16   | Sep-23, Oct-28, Dec-02, Jan-06, Feb-10, Mar-17  | Sep-24, Oct-29, Dec-03, Jan-07, Feb-11, Mar-18   | Sep-25, Oct-30, Dec-04, Jan-08, Feb-12, Mar-19   | Sep-26, Oct-31, Dec-05, Jan-09, Feb-13, Mar-20  |
| <b>Lunch</b>  |  |  |   |  |  |   |
| Fried Pork Chop<br>Whipped Sweet Potatoes<br>Green Beans<br>Cornbread<br>Chocolate Cheesecake Bars<br>Margarine<br>Coffee/Tea                     | Dill Glazed Salmon<br>Roasted Potato Medley<br>Cooked Cabbage<br>Choice of Roll<br>Peaches & Cream Parfait<br>Margarine<br>Coffee/Tea                                  | Chicken and Dumplings<br>Peas & Carrots<br>Biscuit<br>Blackberry Fruit Cobbler<br>Margarine<br>Coffee/Tea                                | Beef & Vegetable Stir Fry<br>White Rice<br>Sautéed Mushrooms<br>Choice of Roll<br>Chocolate Chip Blondie<br>Margarine<br>Coffee/Tea             | Breaded Fish<br>Chs-Toppd Baked Potato<br>Asparagus<br>Choice of Roll<br>Oatmeal Cream Cookie<br>Margarine<br>Coffee/Tea | Cranberry Glazed Turkey<br>Mashed Potatoes<br>Green Bean Casserole<br>Choice of Roll<br>Peanut Butter Brownies<br>Gravy<br>Margarine<br>Coffee/Tea | Pizza Casserole<br>Tossed Salad<br>Buttered Breadstick<br>Raspberry Whip<br>Choice of Dressing<br>Margarine<br>Coffee/Tea                           |
| Chicken Fingers<br>Zucchini & Summer Squash   | Chili with Beans<br>Tossed Salad<br>Choice of Dressing   | Florentine Pollock<br>Sautéed Asparagus  | Cheese Ravioli w/Sauce<br>Prince Charles Veggie Blend   | Bratwurst on Bun<br>Baked Beans  | Fried Fish<br>Creamy Cole Slaw   | Turkey Reuben Sandwich<br>Marinated Cucumbers   |
| <b>Dinner</b>   |  |  |   |  |  |   |
| Eggplant Parmesan<br>Spaghetti Noodles<br>Tossed Salad<br>Garlic Toast<br>Diced Pears<br>Choice of Dressing<br>Margarine<br>2% Milk<br>Coffee/Tea | Roasted Butternut Squash<br>Soup<br>Saltines<br>Roast Beef & Provolone<br>Sandwich<br>Lettuce / Tomato / Onion<br>Fruit Cocktail<br>Margarine<br>2% Milk<br>Coffee/Tea | Ham & Sweet Potato<br>Casserole<br>Glazed Sugar Snap Peas<br>Choice of Roll<br>Cinnamon Applesauce<br>Margarine<br>2% Milk<br>Coffee/Tea | Chicken & Cauliflower Pot<br>Pie<br>Tossed Salad<br>Wheat Bread<br>Pineapple Chunks<br>Choice of Dressing<br>Margarine<br>2% Milk<br>Coffee/Tea | Beef and Noodles<br>Dilled Carrots<br>Choice of Roll<br>Banana<br>Margarine<br>2% Milk<br>Coffee/Tea                     | Chicken Enchiladas<br>Spanish Rice<br>Seasoned Black Beans<br>Chilled Peaches<br>2% Milk<br>Coffee/Tea   | Minestrone Soup<br>Saltines<br>Hamburger<br>Lettuce / Tomato / Onion<br>French Fries<br>Red Grapes<br>Ketchup<br>Margarine<br>2% Milk<br>Coffee/Tea |
| Turkey & Swiss Sliders<br>Tater Tots  | Three Meat Calzone<br>Broccoli   | Hot Turkey Sandwich<br>Mashed Potatoes   | Beef Pepper Patty<br>Corn on the Cob  | Blackberry Dijon Chicken<br>Onion Roasted Potatoes   | Pot Roast<br>Baked Potato<br>Sour Cream and Chives   | Tuna Noodle Casserole<br>Carrots  |

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| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|--|---|---|---|---|--|---|
| Sep-27, Nov-01, Dec-06, Jan-10, Feb-14, Mar-21   | Sep-28, Nov-02, Dec-07, Jan-11, Feb-15, Mar-22  | Sep-29, Nov-03, Dec-08, Jan-12, Feb-16, Mar-23  | Sep-30, Nov-04, Dec-09, Jan-13, Feb-17, Mar-24  | Oct-01, Nov-05, Dec-10, Jan-14, Feb-18, Mar-25  | Oct-02, Nov-06, Dec-11, Jan-15, Feb-19, Mar-26   | Oct-03, Nov-07, Dec-12, Jan-16, Feb-20, Mar-27  |
| <b>Lunch</b>   |   |   |   |   |  |   |
| Chicken Marsala<br>Garlic Mashed Potatoes<br>Garden Seasoned Broccoli<br>Choice of Roll<br>Cherry Pie<br>Margarine<br>Coffee/Tea | Creamy Swiss Beef<br>Bread Stuffing<br>Green Peas<br>Choice of Roll<br>Pudding Tart<br>Margarine<br>Coffee/Tea                                    | Herbed Pork Loin<br>Red Skin Mashed Potatoes<br>Green Beans<br>Choice of Roll<br>Harvest Apple Strudel<br>Margarine<br>Coffee/Tea                     | Swedish Meatballs<br>Buttered Noodles<br>Whole Baby Carrots<br>Choice of Roll<br>Orange Sherbet<br>Margarine<br>Coffee/Tea          | Cornflake Chicken Breast<br>Baked Sweet Potato Half<br>Cauliflower<br>Southern Style Biscuit<br>Chocolate Mousse<br>Margarine<br>Coffee/Tea | Grilled Sweet & Sour Beef<br>White Rice<br>Oriental Vegetable Blend<br>Choice of Roll<br>Angel Food Cake w/<br>Strawberries<br>Margarine<br>Coffee/Tea | Turkey Pot Roast<br>Mashed Potatoes<br>Prince Charles Veggie Blend<br>Choice of Roll<br>Pumpkin Pie<br>Gravy<br>Margarine<br>Coffee/Tea |
| Ham Slice<br>Crumb Topped Brussels<br>Sprouts  | Zesty Lemon Pepper Turkey<br>Dilled Carrots   | Herb Marinated Chicken<br>Breast<br>Corn O'Brien  | Grilled Cheese Sandwich<br>Tomato Soup  | Hamburger<br>Baked Beans  | Tuna Melt Sandwich<br>Tater Tots   | Chili with Beans<br>Chs-Toppd Baked Potato  |
| <b>Dinner</b>  |   |   |   |   |  |   |
| Lemon Baked Fish<br>Garden Rice Blend<br>Asparagus<br>Choice of Roll<br>Banana<br>Margarine<br>2% Milk<br>Coffee/Tea             | Cheese Ravioli w/Sauce<br>Tossed Salad<br>Parslied Cauliflower<br>Garlic Toast<br>Mandarin Oranges<br>Choice of Dressing<br>2% Milk<br>Coffee/Tea | Creamy Garden Veg Soup<br>Saltines<br>Turkey and Swiss Sandwich<br>Lettuce / Tomato / Onion<br>Pineapple Chunks<br>Margarine<br>2% Milk<br>Coffee/Tea | Vegetable Baked Fish<br>Parmesan Rice<br>Brussels Sprouts<br>Choice of Roll<br>Fruit Cocktail<br>Margarine<br>2% Milk<br>Coffee/Tea | Ham & Potato Au Gratin<br>Spinach<br>Choice of Roll<br>Cinnamon Applesauce<br>Margarine<br>2% Milk<br>Coffee/Tea                            | Macaroni & Cheese<br>Stewed Tomatoes<br>Tossed Salad<br>Wheat Bread<br>Diced Pears<br>Choice of Dressing<br>Margarine<br>2% Milk<br>Coffee/Tea         | Italian Veg & Bean Soup<br>Saltines<br>Deli Sandwich<br>Lettuce / Tomato / Onion<br>Red Grapes<br>2% Milk<br>Coffee/Tea                 |
| Country Fried Steak<br>Sweet Potatoes  | Pot Roast<br>Mashed Potatoes  | Panko Crusted Tilapia<br>Broccoli and Cheese  | Italian Sausage on Bun<br>French Fries  | Cheese Pizza<br>Tossed Salad<br>Choice of Dressing  | Bourbon Pork Chop w/Apples<br>Red Skin Mashed Potatoes   | Fire Braised Pork Shoulder<br>Green Peas  |

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| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|--|--|--|--|---|
| Oct-04, Nov-08, Dec-13, Jan-17, Feb-21, Mar-28   | Oct-05, Nov-09, Dec-14, Jan-18, Feb-22, Mar-29  | Oct-06, Nov-10, Dec-15, Jan-19, Feb-23, Mar-30   | Oct-07, Nov-11, Dec-16, Jan-20, Feb-24, Mar-31   | Oct-08, Nov-12, Dec-17, Jan-21, Feb-25, Apr-01   | Oct-09, Nov-13, Dec-18, Jan-22, Feb-26, Apr-02   | Oct-10, Nov-14, Dec-19, Jan-23, Feb-27, Apr-03  |
| <b>Lunch</b>   |   |  |  |  |  |   |
| Baked Glazed Ham<br>Bread Stuffing<br>Asparagus<br>Choice of Roll<br>Carrot Cake<br>Margarine<br>Coffee/Tea                  | Tuna Noodle Casserole<br>Carrots<br>Buttered Breadstick<br>Ginger Spiced Blondie Bar<br>Margarine<br>Coffee/Tea | Crispy Lemon Chicken Breast<br>Garden Rice Blend<br>Sugar Snap Peas<br>Wheat Bread<br>Banana Cream Pie<br>Margarine<br>Coffee/Tea                            | Honey Glazed Pork Chop<br>Roasted Potato Medley<br>Green Beans<br>Choice of Roll<br>Turtle Squares<br>Margarine<br>Coffee/Tea                        | Meatloaf<br>Mashed Potatoes<br>Peas & Pearl Onions<br>Choice of Roll<br>Peach Cobbler with Biscuit<br>Brown Gravy<br>Margarine<br>Coffee/Tea | Cheese Pizza<br>Tossed Salad<br>Buttered Breadstick<br>Cherries in the Snow<br>Choice of Dressing<br>Margarine<br>Coffee/Tea | Pork and Apple Stew<br>Baked Potato<br>Southern Style Biscuit<br>Peanut Butter Cookie<br>Sour Cream and Chives<br>Margarine<br>Coffee/Tea |
| Dill Glazed Salmon<br>Prince Charles Veggie Blend  | Grilled Chicken Breast Swch<br>Marinated Cucumbers &<br>Tomatoes  | Pizza Casserole<br>Tossed Salad<br>Choice of Dressing  | Lemon Baked Fish<br>Parslied Cauliflower   | Grilled Ham & Cheese<br>Sandwich<br>Creamy Garden Veg Soup   | Coney Island Hot Dog<br>French Fries   | Turkey Reuben Sandwich<br>Baked Beans   |
| <b>Dinner</b>  |   |  |  |  |  |   |
| Hot Turkey Sandwich<br>Mashed Potatoes<br>Broccoli<br>Choice of Roll<br>Fruit Cocktail<br>Margarine<br>2% Milk<br>Coffee/Tea | Beef Fajitas<br>Refried Beans<br>Corn<br>Orange Wedges<br>2% Milk<br>Coffee/Tea                                 | Braised Boneless Short Ribs<br>Red Skin Mashed Potatoes<br>Lima Beans<br>Southern Style Biscuit<br>Cinnamon Applesauce<br>Margarine<br>2% Milk<br>Coffee/Tea | Old Fashioned Vegetable<br>Beef Soup<br>Saltines<br>Turkey & Swiss Sliders<br>Lettuce / Tomato / Onion<br>Mixed Melon Salad<br>2% Milk<br>Coffee/Tea | Florentine Pollock<br>Rice Pilaf<br>Zucchini & Tomatoes<br>Choice of Roll<br>Cottage Cheese & Pears<br>Margarine<br>2% Milk<br>Coffee/Tea    | Chicken Chili<br>Potato Wedges<br>Broccoli<br>Cornbread<br>Red Grapes<br>Margarine<br>2% Milk<br>Coffee/Tea                  | Savory Beef with Vegetables<br>White Rice<br>Whole Baby Carrots<br>Choice of Roll<br>Banana<br>Margarine<br>2% Milk<br>Coffee/Tea         |
| Beef Ravioli w/Sauce<br>Italian Blend Mixed<br>Vegetables  | Pork Chop Supreme<br>Onion Roasted Potatoes   | Vegetable Lasagna<br>Brussels Sprouts  | Beef Pepper Patty<br>Corn on the Cob   | Crunchy Baked Ranch<br>Chicken<br>Prince Charles Veggie Blend  | Potato Crunch Fish Fillet<br>Green Bean Casserole  | Cheese Stfd Pasta Shells<br>Green Peas  |

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|--|--|--|---|--|--|---|
| Oct-11, Nov-15, Dec-20, Jan-24, Feb-28, Apr-04   | Oct-12, Nov-16, Dec-21, Jan-25, Mar-01, Apr-05   | Oct-13, Nov-17, Dec-22, Jan-26, Mar-02, Apr-06   | Oct-14, Nov-18, Dec-23, Jan-27, Mar-03, Apr-07  | Oct-15, Nov-19, Dec-24, Jan-28, Mar-04, Apr-08   | Oct-16, Nov-20, Dec-25, Jan-29, Mar-05, Apr-09   | Oct-17, Nov-21, Dec-26, Jan-30, Mar-06, Apr-10  |
| <b>Lunch</b>   |  |  |   |  |  |   |
| Chicken Piccata<br>Fettuccine Alfredo<br>Broccoli<br>Garlic Toast<br>Cherry Tart<br>Margarine<br>Coffee/Tea                                | Pot Roast<br>Mashed Potatoes<br>Dilled Carrots<br>Southern Style Biscuit<br>Red Velvet Cake Roll<br>Brown Gravy<br>Margarine<br>Coffee/Tea | Cranberry Glazed Turkey<br>Onion Roasted Potatoes<br>Green Beans<br>Choice of Roll<br>Apricot Crisp<br>Margarine<br>Coffee/Tea | Beef Teriyaki<br>White Rice<br>Oriental Vegetable Blend<br>Choice of Roll<br>Butterscotch Brownie Parfait<br>Margarine<br>Coffee/Tea              | Chicken & Broccoli Pot Pie<br>Tossed Salad<br>Choice of Roll<br>Cinnamon Maple Apple Cake<br>Choice of Dressing<br>Margarine<br>Coffee/Tea | Beef Burgundy<br>Red Skin Mashed Potatoes<br>Sugar Snap Peas<br>Choice of Roll<br>Princess Bars<br>Margarine<br>Coffee/Tea | Corned Beef Brisket w/Veggies<br>Baked Potato<br>Choice of Roll<br>Caramel Dumpling<br>Sour Cream and Chives<br>Margarine<br>Coffee/Tea |
| Beef Enchilada<br>Refried Beans  | Cheesy Turkey Casserole<br>Stewed Tomatoes   | Beef and Noodles<br>Sauteed Asparagus  | Baked Glazed Ham<br>Au Gratin Potatoes  | Meatballs<br>Green Beans & Mushrooms   | Oven Baked Fish<br>Prince Charles Veggie Blend   | Cheese Ravioli w/Sauce<br>Sauteed Asparagus   |
| <b>Dinner</b>  |  |  |   |  |  |   |
| Fried Fish<br>French Fries<br>Mandarin Cole Slaw<br>Choice of Roll<br>Cinnamon Applesauce<br>Ketchup<br>Margarine<br>2% Milk<br>Coffee/Tea | Three Meat Calzone<br>Tossed Salad<br>Fruit Compote<br>Choice of Dressing<br>Margarine<br>2% Milk<br>Coffee/Tea                            | Vegetable Chowder<br>Saltines<br>Bratwurst on Bun<br>Three Bean Salad<br>Chilled Peaches<br>2% Milk<br>Coffee/Tea              | Baked Cod<br>Lemon Parsley Butter Sauce<br>Potatoes Romanoff<br>Green Peas<br>Choice of Roll<br>Diced Pears<br>Margarine<br>2% Milk<br>Coffee/Tea | Parmesan Breaded Pork<br>Spaghetti Noodles<br>Parslied Cauliflower<br>Garlic Toast<br>Orange Wedges<br>Margarine<br>2% Milk<br>Coffee/Tea  | Vegetable Lasagna<br>Whole Baby Carrots<br>Buttered Breadstick<br>Red Grapes<br>Margarine<br>2% Milk<br>Coffee/Tea         | Chicken Fingers<br>Sweet Potato Fries<br>Choice of Roll<br>Banana<br>Ketchup<br>Margarine<br>2% Milk<br>Coffee/Tea                      |
| Pork Chop<br>Zucchini & Tomatoes   | Salmon Patty<br>Corn O'Brien   | Eggplant Parmesan<br>Spinach   | Herb Marinated Chicken Breast<br>Italian Blend Mixed Vegetables   | Hamburger<br>French Fries  | Blackberry Dijon Chicken<br>Broccoli   | Ham & Cheese Omelet<br>Hearty Hashbrowns  |

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