

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 <u>BREAKFAST</u> Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Butternut Squash Soup Honey Mustard Chicken Quarter Glazed Carrot/ Prunes, Apple Mint Salad <u>DINNER</u> White Bean Vegetable, Rolled Lasagna with Meat Sauce, Green Beans, Garlic Bread, Berry Pudding	2 <u>BREAKFAST</u> Hot/Cold Cereal, Eggs Any Style, Toast Fresh Fruit, Prunes <u>LUNCH</u> Noodle Soup Brisket, Roasted Butternut Squash, Brussel Sprouts <u>DINNER</u> Squash Soup Meatloaf, Rice Pilaf, Brussel Sprout Apple Spinach Salad	3 <u>BREAKFAST</u> Hot & Cold Cereal, Bagel, Beef Sausage Boiled Eggs, Fresh Fruit, Prunes <u>LUNCH</u> Tomato Soup Pita Pizza, Tabbouleh Salad Seasonal Fruit & Cheese <u>DINNER</u> Tomato Soup Spinach Grilled Cheese, 3 Bean Salad Root Beer Float	4 <u>BREAKFAST</u> Hot or Cold Cereal, Breakfast Muffins, Scrambled Eggs with Onions and Peppers, Toast, Fresh Fruit <u>LUNCH</u> Vegetable Soup, Grilled Chicken, Squash with Roasted Potatoes, Sliced Melons <u>DINNER</u> Squash Soup, Macaroni & Cheese Green Salad, Shortbread & Berries	5 <u>BREAKFAST</u> Hot or Cold Cereal, Yogurt Parfait, Omelettes Toast, with Fresh Fruit <u>LUNCH</u> Clam Chowder, Fish Burger Fries, Lettuce & Tomato, Red Onion Citrus Sorbet <u>DINNER</u> Tomato Soup, Pepper Beef, Rice Herbed Tomato Salad Berries & Cream	6 <u>BREAKFAST</u> Turkey Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Cottage Cheese <u>LUNCH</u> Vegetable Soup, Hummus, Tuna Wrap, Cole Slaw, Sliced Fruit <u>DINNER</u> Cabbage Soup Quiche, Salad, Garlic Bread Seasonal Fruit	
7 <u>BREAKFAST</u> Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prune Yogurt <u>LUNCH</u> Bok Choy Soup Chicken, Chow Mein, Egg Roll Banana Pudding <u>DINNER</u> Corn & Tomato Soup Fish, Rice, Broccoli Cherry Tart Daylight Saving Time Ends	8 <u>BREAKFAST</u> Pancakes, Eggs Any Style, Beef Sausage Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Clam Chowder Soup, Fish, Vegetable Rice Bowl, Pear Crisp with Spiced Cream <u>DINNER</u> Vegetable Soup, Assorted Deli Plate, Sliced Fruit	9 <u>BREAKFAST</u> French Toast, Eggs Any Style, Hot & Cold Cereal, Eggs any Style, Fruit <u>LUNCH</u> Vegetable Soup, Philly Chicken Cheese-steak Sandwich, Potato Wedges, Fruit Ice (Smoothie) <u>DINNER</u> Bean Soup Gourmet Spinach Salad (Vegetarian) Garlic Bread, Blueberry Muffins	10 <u>BREAKFAST</u> Eggs Any Style, Toast, Turkey Sausage Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Roasted Lentil Vegetable Soup Turkey Enchiladas with Creme sauce, Rice & Lentils, Sherbet <u>DINNER</u> Green Pea Soup Roasted Chicken, Loaded Beet Salad Oatmeal Cranberry Cookie	11 <u>BREAKFAST</u> Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit <u>LUNCH</u> Noodle Soup, Turkey salad Wrap, Roasted Potatoes, Green Salad, Fruit Cake <u>DINNER</u> Potato Mushroom Cream Soup Stuffed Manicotti Zucchini with Peppers, Blueberry Shortcake Veterans Day	12 <u>BREAKFAST</u> Cream of Wheat, Pancakes Eggs Any Style, Meat, and Fruit <u>LUNCH</u> Brown Rice Soup, Chickpea Chicken Curry with Peppers Cucumbers, Red Onions Pudding Parfait <u>DINNER</u> Squash Onion Soup, Oven Fried Fish Vegetables & Sweet Potato's Smoothie	13 <u>BREAKFAST</u> Toast, Scrambled Eggs, Hot & Cold Cereal, Fresh Fruit, Prune Applesauce <u>LUNCH</u> White Bean soup Hummus Platter with Chopped Salad, Flat Bread, Fruit <u>DINNER</u> Vegetable Noodle Soup , Grilled Cheese with Turkey Tomatoes, & Parsley Sherbet Ice Cream	
14 <u>BREAKFAST</u> Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Vegetable Soup, Pasta Primavera, Garlic Bread Sliced Cucumber Fruit <u>DINNER</u> Vegetable Soup, Lemon Herb Chicken, Potatoes, Green Beans	15 <u>BREAKFAST</u> Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Garden Soup, Corned Beef, Rye Bread, Macaroni Salad, Jello with Cream <u>DINNER</u> Garlic Knot Challah Split Pea Soup Grilled Chicken Salad Spiced Couscous with Almonds Chef's Dessert	16 <u>BREAKFAST</u> French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Lima Bean Soup Crispy Chicken Salad with Buttermilk Ranch Dressing, Garlic Bread Ice Cream Sundaes <u>DINNER</u> Lima Bean Soup, Vegetable Pasta Primavera Sliced Beets with Feta Watermelon Slices	17 <u>BREAKFAST</u> Eggs Any Style, Toast, Beef Sausage Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> French Onion Soup, Vegetable Egg Fried Rice, Egg Roll, Salad, Sherbet <u>DINNER</u> Chicken Soup with Kreplach Gefilte Fish, Waldorf Salad Lemon Herb Chicken Legs Potato Pancakes	18 <u>BREAKFAST</u> Coffee Cake Muffin, Home-Style Potatoes with Peppers, Eggs Scrambled, Fruit <u>LUNCH</u> Split Pea Vegetable Soup Ground Beef Kabobs Baked Tomato with Dill Rice Jello with fruit <u>DINNER</u> White Bean Vegetable, Rolled Lasagna with Meat Sauce, Green Beans, Garlic Bread, Berry Pudding	19 <u>BREAKFAST</u> Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit <u>LUNCH</u> Clam Chowder, Lemon Stuffed Fish, Broccoli & Red Potato's, Chocolate Ice Cream Sundae <u>DINNER</u> Cabbage Vegetable Soup, Turkey Salad Sandwich Parsley Red Onion Salad, Honey Yogurt	20 <u>BREAKFAST</u> Hot & Cold Cereal, Poached Eggs, Toast Fresh Fruit, Prunes <u>LUNCH</u> Vegetable Soup, Stuffed Peppers, Salad, Lemon Pudding <u>DINNER</u> Pinto Bean Soup Herb Baked Chicken, Sweet Potato Vegetable Salad Watermelon Slice	
21 <u>BREAKFAST</u> Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Vegetable Soup Chicken Egg Noodle Pasta Green Salad Fruit <u>DINNER</u> Beef Vegetable Soup, Sliced Beef with Gravy,, Brown Rice Pilaf	22 <u>BREAKFAST</u> Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes, Cottage Cheese <u>LUNCH</u> Cabbage Soup Fish Fillet, Couscous with Vegetables Baked Blueberry Apple Slices <u>DINNER</u> Vegetable Rice Soup, Warm Turkey Salad Banana Pudding	23 <u>BREAKFAST</u> French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Tomato & White Bean Soup, Beet & Butternut Squash Salad with Chicken Cream & Puff Pastry <u>DINNER</u> Squash Soup Baked Quiche, Greens with Fruit Dinner Roll, Jello with Fruit	24 <u>BREAKFAST</u> Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Barley Squash Soup, 1/4 Chicken Roasted Egg Noodles, Vegetables Apple Turnover <u>DINNER</u> Root Vegetable Soup, Pesto Pasta Salad with Sliced Chicken Lemon Cake	25 <u>BREAKFAST</u> Breakfast Muffins, Hash Browns with Onions and Peppers, Eggs, Fruit <u>LUNCH</u> THANKSGIVING FEAST <u>DINNER</u> Country Vegetable, Spaghetti & Meat Balls, Salad, Garlic Bread, Chocolate Pudding Thanksgiving Day	26 <u>BREAKFAST</u> Cream of Wheat, Eggs Any Style, Meat, English Muffins and Fruit <u>LUNCH</u> Vegetable Soup, Pasta Primavera, Garlic Bread Sliced Cucumber Fruit <u>DINNER</u> Tomato Soup, Gourmet Grilled Tomato Cheese, Garden Carrot Salad Sliced Fruit	27 <u>BREAKFAST</u> Passover Breakfast Special <u>LUNCH</u> Chicken Noodle Soup, Assorted Deli Wraps, Chips, Orange Slices Cookie <u>DINNER</u> Egg Drop Soup, Quiche, Potatoes, Salad Fruit & Plain Yogurt with Honey	
28 <u>BREAKFAST</u> Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Split Pea Soup, Meatloaf Potato Hash Vanilla Mousse HANUKKAH DINNER Sweet Potato Soup, Braised Brisket, Latkes, Jelly Donuts Hanukkah Begins	29 <u>BREAKFAST</u> Eggs Any Style, Toast, Beef Sausage Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> French Onion Soup, Vegetable Egg Fried Rice, Egg Roll, Salad, Sherbet <u>DINNER</u> Vegetable Soup, Fried Chicken, Mixed Vegetables Mashed Sweet Potatoes Apple Salad	30 <u>BREAKFAST</u> Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <u>LUNCH</u> Butternut Squash Soup Honey Mustard Chicken Quarter Glazed Carrot/ Prunes, Apple Mint Salad <u>DINNER</u> White Bean Vegetable, Rolled Lasagna with Meat Sauce, Green Beans, Garlic Bread, Berry Pudding				<h1>November 2021</h1>	

Dining Hours | Breakfast from 8:00am to 9:30am | Lunch from 12:00pm to 1:30pm | Dinner from 5:00pm to 6:30pm
Menu Subject to Change

We prepare our menu with no added salts or sugars.
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