


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