

Breakfast: 7:00

Lunch: 12:00

Dinner 5:00

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Weekly Menu

SEPTEMBER/OCTOBER 2019

Sunday 9/29	Monday 9/30	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4	Saturday 10/5
Breakfast Breakfast Scramble & Toast	Breakfast Pancakes Scrambled Eggs & Bacon	Breakfast Biscuit & Gravy Scrambled Eggs	Breakfast Scrambled Eggs Bacon, Hash Browns	Breakfast Scramble Eggs Sausage, Danish	Breakfast French Toast Scrambled eggs fresh fruit	Breakfast Scrambled Eggs Sausage Potatoes
Lunch Jello w/fruit Tuna Salad Sandwich Served with Steak Fries Dessert: Carrot Cake	Lunch Carrot Raisin Salad Cheese Burger w/lettuce, tomato, onions, on the side served w/fries Dessert: Banana Pudding	Lunch Potato Salad Ground Beef Burrito w/ cheese Served w/Spanish Rice, Lettuce & Tomato Dessert: Bread Pudding	Lunch Fruit Salad Roast Beef w/gravy Served w/mashed potatoes, veggies, & dinner roll Dessert: Cherry Cake	Lunch Ambrosia Fried Chicken Served w/mac & cheese, & green beans. Dessert: Sweet Potato Pie	Lunch Macaroni Salad Beef Stew Served w/veggies & Dinner Roll Dessert: Ice Cream	Lunch Beets Corn Beef & Cabbage Served w/whole red steamed potatoes, & dinner roll Dessert: Strawberry shortcake
Dinner Beef Barley Soup Beef Broccoli w/ white Rice & Veggies	Dinner Chicken Noodle Soup Chili Mac Veggies, & Cornbread	Dinner Split Pea w/Ham Soup Pizza Meat/cheese Bread sticks Green salad	Dinner French Onion Soup Chicken Pasta Bake w/veggies, & garlic bread	Dinner Navy Bean/Ham Soup BBQ Pulled Pork on a bun w/baked beans & coleslaw	Dinner Broccoli Cheese Soup Teriyaki Meatballs With white rice & veggies	Dinner Tomato Soup Hot Dogs w/fries Condiments

ALTERNATE 

- 1. Grilled Cheese Sandwich & Soup,
- 2 Cottage Cheese & Fresh Fruit,
- 3. Peanut Butter & Jelly Sandwich
- 4. Traditional Salad,

DIABETIC MENU



CHICKEN BOWL

Chicken, Pinto Beans,
Brown Rice w/Cheese & Salsa

DION CHICKEN

Baked Chicken, Sweet Potato Fries,
Steamed Broccoli

GARDEN SALAD

Lettuce & Vinaigrette Dressing