

Fall 2021 Sample Menu – effective Monday, September 20

	MONDAY	OPTION 2	WEDNESDAY	OPTION TWO	FRIDAY	OPTION TWO
WEEK ONE	Chicken a La King Sunrise Veg. Mashed potatoes Yellow pea soup Chocolate brownie Square	Chef Salad With Ham, Smoked Turkey Cheese Boiled egg Green Salad	Beef & Veg Stew Green Peas Mashed Potatoes Cream of Cauliflower Soup Spiced Apple Granola Crisp	Breaded Cod Loin Tartare Sauce, Dill With Rice Vegetable Medley	Roast Pork Loin With Savory stuffing Pan Gravy & Apple Sauce Roasted Potatoes Vegetable Medley Carrot Cake	Salisbury Steak Onion Gravy Mixed Veg. Potatoes
WEEK TWO	Turkey Schnitzel w/ Mushroom Sauce Broccoli Carrots Mashed Potatoes Tomato Basil Soup Lemon Pudding	Three Cheese Ravioli Fire Grilled Tomato &Red pepper Sauce W/ Green Salad Italian Dressing	Beef Stroganoff Vegetable Medley Egg Noodles Butternut Squash Soup Orange chocolate delight	Chinese Orange Sesame Chicken Oriental veg. Steamed Rice	Roast Beef Pan Gravy Roasted Potatoes Peas Carrots Mushroom Soup English Trifle	Vegetarian Lasagna Romaine salad Caesar dressing Dinner Bun
WEEK THREE	Roasted chicken Thighs in a Bacon, Mushroom & onion sauce Veg. Medley Mashed Potatoes Lentil Soup Pineapple Bavarian Cream	Spinach & Mushroom Frittata Herbed Tomato Parmesan Hash Brown Potatoes	Turkey Tetrazzini Over Rice Italian Mixed Vegetables Beef &vegetable Soup German Chocolate Cake	Pesto Crusted Salmon- Parmesan cream Sc. Broccoli Carrots Parsley Boiled Potatoes	Pork& Beef Meatloaf gravy Corn Green beans Roasted Potatoes Cheesecake with Cherry topping	Chinese Chicken Stir fry Rice
WEEK FOUR	Chicken Cordon Blue Wine sauce Garlic Mash California mixed Veg. Mushroom Soup Banana Pudding	Spinach & Cheese Cannelloni Pesto Cream Sauce Italian Veg.	Danish Meatballs Mash Potato Chef Choice Veggies Wonton Soup Coconut Cream Pie	Cranberry Orange Chicken Breast Rice Pilaf Vegetable Medley	Greek Style Chicken Breast & Herb Roasted Potatoes Broccoli Carrots Greek Bean Soup Blueberry Coffee Cake	Breaded Pork Cutlet Mushroom Gravy Mashed Potatoes Vegetable Medley
WEEK FIVE	Marmalade & Ginger Baked Ham Scalloped potatoes Butternut Squash Brussels Sprouts Cream of Spinach Soup Pumpkin Spice Square	Chicken Parmesan Tomato Sauce Italian Mixed Veggies Herbed Orzo Pasta	Irish Shepherd's Pie Carrots Rutabagas Leek & potato Soup Triple berry Crumble	Bangers & Mash Mushy Peas Cornish Pasty	Bacon Wrapped London Broil Mushroom Ragout Sunrise Veg Medley Mash Potatoes Mulligatawny Soup English Custard Stewed Rhubarb	Fish N' Chips w/ Atlantic Haddock Creamy Coleslaw Tartar Sauce
WEEK SIX	Roast Turkey Breast, Pan Gravy Cranberry Sauce Veg. medley Cream of Cauliflower Soup Mashed Potatoes Butter tart Square	Tortellini Alfredo Green Salad Dinner bun	Madras Curry Beef Broccoli Carrots Basmati Rice Green Lentil Soup Coconut Pudding	Breaded Chicken Cutlet Bolognaise Italian vegetable Medley Orzo Pasta	Bacon & old Cheddar Savory Meat Loaf With Gravy Green beans Kernel corn Sliced potato & Onion Roast Navy Bean Soup Coffee Cake	Mini Pork Hunter Schnitzels Mushroom Gravy Veg. Medley Noodles