

weekly MENU



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Hot Oatmeal ♥ Scrambled Eggs Orange Wedges Blueberry Muffin ♥ <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Congee Hard Boiled Egg Bacon ♥ Pineapple Tidbits English Muffin <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Apple Oatmeal Muffin ♥	Hot Oatmeal ♥ Chive Egg Bites Banana Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt English Muffin	Congee Hard Boiled Egg Diced Cantaloupe Raspberry Yogurt Muffin ♥ <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Cream of Wheat ♥ Potato & Egg Casserole Diced Peaches <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Hot Oatmeal ♥ Hard Boiled Egg Orange Wedges Pancake Square with Syrup <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Hot Oatmeal ♥ Scrambled Eggs Grapes Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Dark Bran Muffin ♥
Lunch	Roasted Vegetable Soup Breaded Chicken Burger ♥ Garden Salad with Ranch Dressing Diced Peaches <u>Alternate Choice</u> Ham Sandwich Garden Salad with Ranch Dressing Diced Peaches	Chicken & Rice Soup Macaroni & Cheese ♥ with Stewed Tomatoes Pineapple Tidbits <u>Alternate Choice</u> Turkey Sandwich on Whole Wheat Bread 🌱 Caesar Salad Pineapple Tidbits	Cream of Mushroom Soup ♥ Salmon Salad Sandwich on Whole Wheat Bread 🌱 Creamy Cucumber Salad ♥ Cherry Applesauce ♥ <u>Alternate Choice</u> Penne Pasta with Spinach Corn Niblets Cherry Applesauce	Butternut Squash Apple Soup Chicken & Vegetable Tarts ♥ Green & Wax Beans Mandarin Oranges <u>Alternate Choice</u> Ham Salad Sandwich on Whole Wheat Bread 🌱 Carrot & Mustard Slaw Mandarin Oranges	Cabbage Soup Egg Salad Sandwich 🌱 Banana <u>Alternate Choice</u> Pasta with Beef Bolognese Sauce Cauliflower Banana	Carrot Parsnip Soup Chicken Salad Sandwich on Whole Wheat Bread 🌱 Garden Salad with Ranch Dressing Ice Cream Cups <u>Alternate Choice</u> Oktoberfest Sausage with Gravy Sauteed Perogies with Sour Cream Braised Cabbage Ice Cream Cups	Cream of Cauliflower Soup ♥ Cheese Pizza with Mushroom, Pepper, Onions & Tomatoes Spring Mix Salad with Balsamic Dressing Diced Pears <u>Alternate Choice</u> Herb Tuna Salad on Whole Wheat Bread 🌱 Spring Mix Salad with Balsamic Dressing Diced Pears
Dinner	Beef Stir Fry in Shanghai Sauce ♥ Brown Rice Vanilla Ice Cream ♥ <u>Alternate Choice</u> Panko Crusted Basa Fish ♥ Brown Rice Italian Mixed Vegetables Vanilla Ice Cream ♥	Pork Chop with Gravy ♥ Mashed Potatoes ♥ Garlic Zucchini Carrot Cake with Frosting <u>Alternate Choice</u> Chicken Balls with Plum Sauce ♥ Ginger Fried Rice Garlic Zucchini Carrot Cake with Frosting	Stuffed Broccoli & Cheese Chicken Mashed Potatoes ♥ Sliced Carrots Baked Custard <u>Alternate Choice</u> Pork & Potato Stew Sliced Carrots Baked Custard	BBQ Beef Meatballs Savory Diced Potatoes ♥ Green Peas Jello <u>Alternate Choice</u> Vegetable Lasagna Green Peas Jello	Lemon Dill Sole ♥ Mashed Potatoes ♥ Harvard Beets ♥ Spice Cake with Cream Cheese Frosting <u>Alternate Choice</u> French Onion Chicken Casserole Harvard Beets ♥ Spice Cake with Cream Cheese Frosting	Beef Pepper Steak Butternut Squash Barley Risotto Green & Wax Beans Lemon Square <u>Alternate Choice</u> Vegetable Chili Herb Biscuit Lemon Square	Roasted Turkey with Gravy ♥ Cranberry Sauce with Stuffing Mashed Potatoes ♥ Sliced Carrots Blueberry Pie ♥ <u>Alternate Choice</u> Tortellini with Tomato Pesto Sauce Sliced Carrots Blueberry Pie ♥



Fall & Winter
Menu 2025

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Every item on the menu with a ♥ icon indicates that this item has been specifically requested by a resident

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Week One

weekly MENU

you asked.
we delivered.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cream of Wheat ♥ Hard Boiled Egg Banana Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Blueberry Muffin ♥	Hot Oatmeal ♥ Scrambled Eggs Fruit Cocktail English Muffin <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Congee Hard Boiled Egg Banana Raisin Bran Muffin ♥ <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Hot Oatmeal ♥ Scrambled Eggs Diced Cantaloupe Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Raspberry Yogurt Muffin ♥	Cream of Wheat ♥ Chive Egg Bites Apricot Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt English Muffin	Hot Oatmeal ♥ Scrambled Eggs Grapes Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Banana Muffin ♥	Hot Oatmeal ♥ Sausage ♥ Banana Cinnamon French Toast Bake with Syrup <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast
Lunch	Sweet Potato & Onion Soup Dijon Ham Sandwich on Whole Wheat Bread 🌱 Garden Salad with Italian Dressing Apple Wedges <u>Alternate Choice</u> Fish Sticks with Tartar Sauce ♥ Baked Potato Wedges ♥ Corn Niblets Apple Wedges	Vegetable Florentine Soup ♥ Steak & Mushroom Pot Pie ♥ Green & Wax Beans Honeydew Melon <u>Alternate Choice</u> Egg Salad Sandwich on Whole Wheat Bread 🌱 Spring Mix Salad with Balsamic Dressing Honeydew Melon	Italian Wedding with Quinoa Soup Cheese Sandwich Garden Salad with Ranch Dressing Cinnamon Applesauce ♥ <u>Alternate Choice</u> Mac & Cheese Stewed Tomatoes Cinnamon Applesauce ♥	Cream of Broccoli Soup ♥ Roast Beef Sandwich on Whole Wheat Bread 🌱 Caesar Salad Diced Peaches <u>Alternate Choice</u> Tuna Noodle Casserole Sliced Carrots Diced Peaches	Three Sisters Bean Soup Chicken Fingers with Plum Sauce ♥ Country Wedge Fries ♥ Green Peas Banana <u>Alternate Choice</u> Chickpea Salad Sandwich 🌱 Garden Salad with Ranch Dressing Banana	Chicken Noodle Soup ♥ Egg Salad Sandwich Mandarin Oranges <u>Alternate Choice</u> Hot Dogs Savoury Diced Potatoes ♥ Green Beans Mandarin Oranges	Borscht Soup Open Faced Hot Turkey Sandwich Corn Niblets Fruit Cocktail <u>Alternate Choice</u> Salmon Salad Sandwich 🌱 Fruit Cocktail
Dinner	Beef Bourguignon Mashed Potatoes ♥ Strawberry Poke Cake <u>Alternate Choice</u> BBQ Chicken Breast ♥ Mashed Potatoes ♥ Peas & Carrots Strawberry Poke Cake	Chicken a la King Brown Rice Neapolitan Ice Cream ♥ <u>Alternate Choice</u> Cheese Stuffed Cannelloni Broccoli Neapolitan Ice Cream ♥	Sole with Orange Ginger Sauce ♥ Mashed Potatoes ♥ Bistro Mixed Vegetables Banana Yogurt Cake <u>Alternate Choice</u> Pork Chop with Mushroom Sauce ♥ Mashed Potatoes ♥ Bistro Mixed Vegetables Banana Yogurt Cake	Hearty Vegetable Bean Stew Whole Wheat Dinner Roll Tangerine Mousse <u>Alternate Choice</u> Chicken Cordon Bleu Mashed Potatoes ♥ Green Beans with Tarragon Tangerine Mousse	Apple Onion Pork Loin Mashed Potatoes ♥ Harvard Beets ♥ Pineapple Upside Down Cake <u>Alternate Choice</u> Haddock with Pesto Alfredo Sauce ♥ Mashed Potatoes ♥ Harvard Beets ♥ Pineapple Upside Down Cake	Chicken Divan Brown Rice Ice Cream Cup <u>Alternate Choice</u> Meat Lasagna ♥ Roasted Brussels Sprouts Ice Cream Cup	Braised Beef with Gravy ♥ Mashed Potatoes ♥ Diced Carrots Apple Peach Crisp <u>Alternate Choice</u> Vegetable Shepherd's Pie Diced Carrots Apple Peach Crisp

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Week Two

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Hot Oatmeal ♥ Hard Boiled Egg Diced Honeydew Melon English Muffin</p> <p><u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast</p>	<p>Cream of Wheat ♥ Scrambled Eggs Diced Peaches Carrot Muffin ♥</p> <p><u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast</p>	<p>Hot Oatmeal ♥ Cheddar Egg Bites Orange Wedges Whole Wheat Toast</p> <p><u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt English Muffin</p>	<p>Congee Hard Boiled Egg Banana Whole Wheat Toast</p> <p><u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Apple Oatmeal Muffin ♥</p>	<p>Hot Oatmeal ♥ Western Frittata Cinnamon Applesauce ♥ Whole Wheat Toast</p> <p><u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Fruit Extreme Muffin ♥</p>	<p>Cream of Wheat ♥ Hard Boiled Egg Banana Blueberry Oatmeal Pancakes Pancake Syrup</p> <p><u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast</p>	<p>Hot Oatmeal ♥ Scrambled Eggs Bacon ♥ Diced Cantaloupe Whole Wheat Toast</p> <p><u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Banana Muffin ♥</p>
Lunch	<p>Pumpkin Soup Chicken Salad Sandwich Harvest Salad with Balsamic Dressing Herb Biscuit Diced Pears</p> <p><u>Alternate Choice</u> Cheese Pizza Harvest Side Salad with Balsamic Dressing Diced Pears</p>	<p>Lentil Soup Fish Sandwich Country Wedge Potatoes ♥ Green Peas Banana</p> <p><u>Alternate Choice</u> Chicken Pot Pie ♥ Garden Salad with French Dressing Diced Peaches</p>	<p>Cream of Vegetable Soup ♥ Beef Hamburger on a Bun ♥ Sweet Potato Fries Pineapple Tidbits</p> <p><u>Alternate Choice</u> Tuna Salad Sandwich Spring Mix Salad & Italian Dressing 🌿 Whole Wheat Dinner Roll Pineapple Tidbits</p>	<p>Minestrone Soup ♥ Boneless Chicken Wings with Ranch Dipping Sauce Savoury Diced Potatoes ♥ Peas & Carrots Mandarin Oranges</p> <p><u>Alternate Choice</u> Deli Style Ham Sandwich on Whole Wheat Bread 🌿 Rainbow Salad Mandarin Oranges</p>	<p>Split Pea Soup Egg Salad Sandwich on a Croissant 🌿 Spinach and Carrot Salad with Herb Dressing Grapes</p> <p><u>Alternate Choice</u> Beef & Vegetable Macaroni Cauliflower Grapes</p>	<p>Corn Chowder ♥ Thai Chicken Stir Fry ♥ Steamed Rice Apricots</p> <p><u>Alternate Choice</u> Egg Salad Sandwich Garden Salad with Italian Dressing Apricots</p>	<p>Roasted Vegetable Soup ♥ Cheese Ravioli in Marinara Sauce Italian Mixed Vegetables Diced Pears</p> <p><u>Alternate Choice</u> Salmon Salad Sandwich on Whole Wheat Bread 🌿 Creamy Coleslaw Diced Pears</p>
Dinner	<p>Fish in Lemon Butter Sauce ♥ Mashed Potatoes ♥ Green & Wax Beans Banana Pudding</p> <p><u>Alternate Choice</u> Salisbury Steak with Mushroom Gravy Mashed Potatoes ♥ Green & Wax Beans Banana Pudding</p>	<p>Baked Ham ♥ Scalloped Potatoes Sliced Carrots Gingerbread Cake with Whipped Topping</p> <p><u>Alternate Choice</u> Turkey & Wild Rice Casserole Sliced Carrots Gingerbread Cake with Whipped Topping</p>	<p>Dijon Marmalade Chicken Thighs ♥ Barley & Butternut Squash Risotto Bistro Mixed Vegetables Jello</p> <p><u>Alternate Choice</u> Whole Wheat Vegetable Lasagna Bistro Mixed Vegetables Jello</p>	<p>Swiss Steak Mashed Potatoes ♥ Sauteed Zucchini Lemon Buttermilk Cake</p> <p><u>Alternate Choice</u> Red Lentil Dhal Steamed Rice Sauteed Zucchini Lemon Buttermilk Cake</p>	<p>Chicken Paprikash Stew Mashed Potatoes ♥ Cream Cheese Swirl Brownie</p> <p><u>Alternate Choice</u> Battered Shrimp with Sweet & Sour Sauce ♥ Fried Rice Asian Mixed Vegetables Cream Cheese Swirl Brownie</p>	<p>Beef Tips in Mushroom Sauce Egg Noodles Diced Turnip Ice Cream Cups</p> <p><u>Alternate Choice</u> Vegetable Sausage Gumbo Garlic Breadstick Ice Cream Cups</p>	<p>Roasted Turkey with Gravy ♥ Cranberry Sauce Stuffing Mashed Potatoes ♥ Butternut Squash ♥ Apple Pie ♥</p> <p><u>Alternate Choice</u> Honey Garlic Pork Chop ♥ Mashed Potatoes ♥ Butternut Squash ♥ Apple Pie ♥</p>

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Fall & Winter Menu 2025

Week Three

weekly MENU



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cream of Wheat ♥ Scrambled Eggs Banana Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt English Muffin	Hot Oatmeal ♥ Hard Boiled Egg Apple Wedges French Toast with Syrup <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Hot Oatmeal ♥ Scrambled Egg Banana Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Fruit Extreme Muffin ♥	Hot Oatmeal ♥ Hard Boiled Egg Grapes Morning Glory Muffin ♥ <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast	Congee Scrambled Eggs Bacon ♥ Banana Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt English Muffin	Hot Oatmeal ♥ Mushroom Egg Bites Diced Cantaloupe Whole Wheat Toast <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Raspberry Yogurt Muffin ♥	Hot Oatmeal ♥ Hard Boiled Egg Banana Waffle with Syrup <u>Alternate Choice</u> Assorted Cold Cereal Creamy Yogurt Whole Wheat Toast
Lunch	Creamy Chicken Soup Franks Hot Dogs & Beans Garden Salad with Ranch Dressing Tropical Applesauce ♥ <u>Alternate Choice</u> Egg Salad Sandwich Garden Salad with Ranch Dressing Tropical Applesauce ♥	Spring Vegetable Soup ♥ Beef Chili Corn Bread Cauliflower Honeydew Melon <u>Alternate Choice</u> Chicken Salad Sandwich on Whole Wheat Bread 🌱 Greek Salad Apple Wedges	Carrot & Red Lentil Soup Deli Style Turkey Sub Beet & Balsamic Salad 🌱 Apricots <u>Alternate Choice</u> Broccoli & Cheddar Quiche Stewed Tomatoes Apricots	Cream of Mushroom Soup ♥ Stuffed Pepper Casserole Julienne Carrots Diced Pears <u>Alternate Choice</u> Tuna Salad Sandwich on Whole Wheat Bread 🌱 Marinated Cucumber Salad ♥ Diced Pears	<p><i>Chef's Special</i></p> 	Pasta E Fagioli Soup Oatmeal Pancakes with Pancake Syrup Turkey Sausage Apple Compote Mandarin Oranges <u>Alternate Choice</u> Egg Salad Sandwich on Whole Wheat Bread 🌱 Caesar Salad Mandarin Oranges	Chicken Noodle Soup ♥ BBQ Pulled Pork Potato Salad Vinaigrette Coleslaw Pineapple Tidbits <u>Alternate Choice</u> Fish Sandwich Savoury Diced Potatoes ♥ Sliced Carrots Pineapple Tidbits
Dinner	Beef Liver & Onions ♥ Garlic Mashed Potatoes ♥ Julienne Carrots Boston Cream Poke Cake <u>Alternate Choice</u> Breaded Chicken Drumstick ♥ Garlic Mashed Potatoes ♥ Julienne Carrots Boston Cream Poke Cake	Honey Garlic Pork Meatballs Brown Rice Green Peas Raspberry Crumble Bar <u>Alternate Choice</u> Eggplant Parmesan Spaghetti Raspberry Crumble Bar	Balsamic Salmon ♥ Mashed Potatoes ♥ Broccoli Ice Cream Cup <u>Alternate Choice</u> Pork Stir Fry in Ginger Sauce ♥ Brown Rice Ice Cream Cup	Vegetable Alfredo Lasagna Sautéed Zucchini Pumpkin Loaf <u>Alternate Choice</u> Turkey Ratatouille Rice Pilaf Pumpkin Loaf	Honey Mustard Pork Ribs ♥ Mashed Potatoes ♥ Peas & Carrots Vanilla Mousse <u>Alternate Choice</u> Beer Battered Haddock with Tartar Sauce ♥ Mashed Potatoes ♥ Peas & Carrots Vanilla Mousse	Butter Chicken Thighs ♥ Basmati Rice Green & Wax Beans Ice Cream Cup <u>Alternate Choice</u> Meatloaf with Gravy Mashed Potatoes ♥ Green & Wax Beans Ice Cream Cup	Braised Beef with Gravy ♥ Mashed Potatoes ♥ Diced Turnip Peach Buckle <u>Alternate Choice</u> Penne Primavera ♥ Garlic Bread Peach Buckle

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Week Four