

October 8th – October 14th

AL/MC Regular Menu

** House Diet If There is Not A Selected Meal.
Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert

SUNDAY LUNCH 10/8/17

- *Cauliflower Cheddar Soup
- *Baked Mahi w/ Lemon Dill Sauce
- *Rice Pilaf
- *Snap Peas
- *Dinner Roll
- *Lemon Meringue Pie

ALTERNATE MENU

Caesar Salad
Baked Ziti with Meat Sauce
Napa Valley Vegetables
Fruit Cocktail

SUNDAY DINNER 10/8/17



- *Caesar Salad
- * Apricot Glazed Turkey
- *Cornbread Stuffing
- *Carrots
- *Pina Colada Pudding Cup

ALTERNATE MENU

Cauliflower Cheddar Soup
Roast Beef & Swiss on Rye Bread
Roasted Veg in Rosemary Marinade
Fruit Cocktail

MONDAY LUNCH 10/9/17

- *Chili Con Carne Soup
- *BBQ Chicken Breast
- *Zucchini
- *Corn Pudding
- *Cookie of the Day

ALTERNATE MENU

Beet, Cucumber ,Onion Salad
Mediterranean Cod Fish
Orzo With Spinach And Feta Salad
Garlic Broccoli
Tropical Fruit

MONDAY DINNER 10/9/17

- *Beet, Cucumber ,Onion Salad
- *Baked Stuffed Pork Chops
- *Baked Macaroni & Cheese
- *Asparagus
- *Peach Crisp

ALTERNATE MENU

Split Pea Soup
Broccoli & Beef Stir Fry
Jasmine Rice
Bok Choy
Tropical Fruit

TUESDAY LUNCH 10/10/17

- *Baked Potato Soup
 - *Braised Pork Shoulder
 - *Oven Roasted Potatoes
 - *Vegetable Blend
 - *Iced Yellow Cake
- ALTERNATE MENU**
Cucumber Salad
West Coast Chicken Sandwich
Carrots
Applesauce

TUESDAY DINNER 10/10/17

- *Cucumber Salad
 - *Meatball Sub
 - *Seasoned Green Beans
 - *Cherry Cobbler
- ALTERNATE MENU**
Cream Of Celery Soup
Baked Pollock
Succotash
Creamed Spinach
Cornbread
Applesauce

WEDNESDAY LUNCH 10/11/17

- *6 Bean Soup
 - *Turkey And Brie Croissant
 - * Broccoli
 - *Apple Pie
- ALTERNATE MENU**
Marinated Bean Salad
Chicken & Sausage Jambalaya
Roasted Vegetables
Multigrain Roll
Pineapple

WEDNESDAY DINNER 10/11/17

- *Marinated Bean Salad
 - *Beef Burgundy
 - *Egg Noodles
 - *Southern Greens
 - *Dinner Roll
 - *Butterscotch Pudding
- ALTERNATE MENU**
Italian Vegetable Soup
Apple Almond Chicken Salad Plate
Lettuce Tomato w/ Crackers
Roasted Veg in Rosemary Marinade
Pineapple

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THURSDAY LUNCH 10/12/17

- * Chunky Cream of Potato Soup
 - *Turkey A La King
 - over Biscuit
- *Parmesan Tomatoes
- *Oreo Brownie

ALTERNATE MENU

- Tossed Salad
- Monterey Black Bean Burger
- Summer Slaw
- Mandarin Oranges



THURSDAY DINNER 10/12/17

- *Tossed Salad
- *Beef Pot Pie
- *Roasted Red Potatoes
- *Broccoli, Cauliflower, & Carrots
- *Key Lime Pie

ALTERNATE MENU

- Cream of Mushroom Soup
- Shrimp Etouffee (seasoned sauce)
- Basmati Rice
- Zucchini
- Mandarin Oranges

FRIDAY LUNCH 10/13/17

- *Tuscan Seven Vegetable Soup
- *Assorted Pizza
- *Mixed Vegetables
- *Lemon Cheesecake Bar

ALTERNATE MENU

- Cole Slaw
- Country Fried Steak
- Whipped Potatoes
- Okra and Tomatoes
- Fruit Cocktail



FRIDAY DINNER 10/13/17

- *Cole Slaw
- *Dijon Pork Tenderloin
- *Scalloped Potatoes
- *Collard Greens
- *Cornbread
- *Blueberry Pie

ALTERNATE MENU

- Vegetable Beef Soup
- Herb Crusted Tilapia
- Sliced Carrots
- Cheese Grits
- Dinner Roll
- Fruit Cocktail



SATURDAY LUNCH 10/14/17

- * Senate Bean Soup
- *Charleston Crab Cakes
 - *Broccoli
 - *Corn
- *Pineapple Upside Down Cake

ALTERNATE MENU

- Mixed Green Salad
- BBQ Beef Sandwich
- Capri Vegetables
- Grapes

SATURDAY DINNER 10/14/17

- *Mixed Greens Salad
- *Lemon Curry Chicken Breast
 - *Rice Pilaf
- *Sautéed Vegetables
- *Naan
- *Confetti Cake

ALTERNATE MENU

- Butternut Squash Soup
- Spaghetti and Meatballs
- Garlic Bread
- Italian Green Beans
- Grapes



= Mindful Item (lower in calories, lower in salt, higher in protein)



= Vegetarian Item