

October 1st – October 7th

SUNDAY LUNCH 10/1/17

- *Butternut Squash Soup
- *Ground Smokehouse Beef Brisket
- *Garlic Mashed Potatoes
- *Roasted Vegetables
- *Dinner Roll
- *Peach Crisp


ALTERNATE MENU

- Marinated Squash Salad*
- Baked Fish*
- Macaroni and Cheese*
- Beets*
- Dinner Roll*
- Fruit Cocktail*

AL/MC Mechanical Soft Menu

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

SUNDAY DINNER 10/1/17

- *Marinated Squash Salad
-  *Vegetarian Paella with Edamame
- *Orzo
- *Green Beans
- *Dinner Roll
- *Ice Cream

ALTERNATE MENU

- Butternut Squash Soup*
- Ground Ham & Cheese Sandwich On Bread*
- Capri Vegetables*
- Fruit Cocktail*

MONDAY LUNCH 10/2/17

- *Cream Of Broccoli Soup
- *Chicken Spaghetti
- *Herb Breadsticks
- *Parmesan Tomatoes
- *Chocolate Pudding

ALTERNATE MENU

Dijon Potato Salad



Ground Jerk Pork with Mango Salsa

- Red Beans*
- Zucchini*
- Dinner Roll*
- Applesauce*

MONDAY DINNER 10/2/17

- *Dijon Potato Salad
- *Ground Country Fried Steak
- *Mashed Potatoes
- *Peas & Pearl Onions
- *Cheese Cake

ALTERNATE MENU

- Chicken Ditalini Soup*
- Crab Imperial Stuffed Flounder*
- Barley Pilaf with Mushrooms*
- Lima Beans*
- Applesauce*

TUESDAY LUNCH 10/3/17

- *Chicken Noodle Soup
- *Meatloaf
- *Scalloped Potatoes
- *Carrots
- *Pineapple Upside-down Cake

ALTERNATE MENU

- Macaroni Salad*
- Grilled Ground Turkey Sandwich on Wheat*
- Vegetable Blend*
- Peaches*

TUESDAY DINNER 10/3/17

- *Macaroni Salad
- *Stuffed Shells w/ Marinara Sauce
- *Bread Stick
- *Spinach
- *Blueberry Cobbler

ALTERNATE MENU

- Michigan White Bean Soup*
- Ground Garlic Ginger Baked Chicken*
- French Baked Potato Wedges*
- Home-Style Vegetables*
- Dinner Roll*
- Peaches*

WEDNESDAY LUNCH 10/4/17

- *Italian Wedding Soup
- *Lemon Dill Haddock
- *Green Beans
- *Orzo
- Dinner Roll
- *Lemon Poppy Seed Cake

ALTERNATE MENU

- Marinated Bean Salad*
- Cheeseburger on Bread*
- Mixed Vegetables*
- Mandarin Oranges*

WEDNESDAY DINNER 10/4/17

- *Marinated Bean Salad
- *Ground Balsamic Herb Turkey
- *Apple Cranberry Stuffing
- *Broccoli
- *Dinner Roll
- *Cherry Pie

ALTERNATE MENU

- Eggplant Parmesan Soup*
- Ground Italian Sausage with Onions & Peppers*
- Italian Mixed Vegetables*
- Garlic Bread Stick*
- Mandarin Oranges*

October 1st – October 7th

THURSDAY LUNCH 10/5/17



- *Potato and Leek Soup
- *Basil and Chive Chicken

- *Baked Artichoke w/ Tomato Bowtie Pasta
- *Peas
- *Dinner Rolls
- *Apple Butterscotch Tart

ALTERNATE MENU

- Roasted Veggies in Rosemary Marinade Salad
- Ground Philly Steak Sandwich
- Southern Green Beans
- Tropical Fruit

FRIDAY LUNCH 10/6/17

- *Pasta Fagioli Soup
- *Ground Assorted Pizza
- *Broccoli

- * Blueberry Cheesecake Bars

ALTERNATE MENU

- Marinated Bean Salad
- Ground Chicken Fajitas
- Pinto Beans
- Mexican Medley Vegetables
- Pears

SATURDAY LUNCH 10/7/17

- *Lentil w/Sausage Soup
- *Ground Chicken Stir Fry w/ Orange Sauce
- *Orzo

- *Cantonese Vegetables
- *Chocolate Brownie

ALTERNATE MENU

- Country Style Potato Salad
- Grilled Fish Sandwich
- Carrots
- Pineapple

AL/MC Mechanical Soft Menu

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THURSDAY DINNER 10/5/17

- *Roasted Veggies Rosemary Marinade Salad
- *Ground BBQ Ribs
- *Mashed Potatoes
- *Carrots
- * Assorted Rolls
- *Bread Pudding

ALTERNATE MENU

- Beef Barley Soup
- Broiled Cod
- Ratatouille
- Orzo
- Tropical Fruit

FRIDAY DINNER 10/6/17

- * Marinated Bean Salad
- *Ground Apple Ginger Pork Roast
- *Roasted Red Potatoes
- *Green Beans
- *Sponge Cake With Fruit Topping

ALTERNATE MENU



- Artichoke & Spinach Soup
- Ground Turkey & Butternut Squash Bake
- Green Peas
- Roasted Spice Apples
- Pears

SATURDAY DINNER 10/7/17

- * Country Style Potato Salad
- *Ground Chicken Kiev
- *Egg Noodles
- *Turnip Greens
- *Garlic Bread Sticks
- *Peach Pie

ALTERNATE MENU

- Portuguese Bean Soup
- Gr. Beef Pot Roast
- Mashed Potatoes
- Italian Blend Vegetables
- Assorted Rolls
- Pineapple

MECHANICAL



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



= Vegetarian Item