

October 1st – October 7th

SUNDAY LUNCH 10/1/17

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


ALTERNATE MENU

- Waldorf Salad
- Crispy Parmesan Pollock
- Macaroni and Cheese
- Beets
- Dinner Roll
- Fruit Cocktail

MONDAY LUNCH 10/2/17

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

ALTERNATE MENU

- Tossed Salad
-  Jerk Pork w/ Mango Salsa
- Red Beans and Rice
- Zucchini
- Cornbread
- Applesauce


TUESDAY LUNCH 10/3/17

- *Chicken Noodle Soup
- *Meatloaf
- *Scalloped Potatoes
- *Sugar Snap Peas
- *Pineapple Upside-down Cake

ALTERNATE MENU

- Spinach Orange Blueberry Salad
- Bistro Turkey Sandwich on Wheat
- Vegetable Blend
- Peach Slices

WEDNESDAY LUNCH 10/4/17

-  *Italian Wedding Soup
- *Lemon Dill Haddock
- *Asparagus
- *Brown Rice
- *Dinner Roll
- *Lemon Poppy Seed Cake


ALTERNATE MENU

- Caesar Salad
- Cheeseburger w/ Lettuce & Tomato
- Mixed Vegetables
- Mandarin Oranges

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 DINNER 10/1/17

- *Waldorf Salad
-  *Vegetarian Paella with Edamame
- *Brown Rice
- *Green Beans
- *Coconut Cream Pie

ALTERNATE MENU

- Butternut Squash Soup
- Ham & Cheese Sandwich On Ciabatta
- Capri Vegetables
- Fruit Cocktail

MONDAY DINNER 10/2/17

- *Tossed Salad
- *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 DINNER 10/3/17

- *Spinach Orange Blueberry Salad
- *Stuffed Shells w/ Marinara Sauce
- *Garlic Bread
- *Spinach
- *Blueberry Cobbler

ALTERNATE MENU

- Michigan White Bean Soup
- Baked Crispy Garlic Ginger Chicken Wings
- French Baked Potato Wedges
- Home-Style Vegetables
- Cornbread
- Peach Slices

WEDNESDAY DINNER 10/4/17

- *Caesar Salad
- *Balsamic Herb Turkey
- *Apple Cranberry Stuffing
- *Broccoli
- *Dinner Roll
- *Cherry Pie

ALTERNATE MENU


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

October 1st – October 7th

AL/MC Regular Menu

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

THURSDAY LUNCH 10/5/17

- *Potato and Leek Soup
-  *Basil and Chive Chicken Breast
- *Baked Artichoke & Tomato Bowtie Pasta
- *Snap Peas
- *Dinner Rolls
- *Apple Butterscotch Tart

ALTERNATE MENU

- Coleslaw
- Philly Steak Sandwich
- Southern Green Beans
- Tropical Fruit

THURSDAY DINNER 10/5/17

- *Coleslaw
- *BBQ Ribs
- *Corn
- *Carrots
- * Assorted Rolls
- *Bread Pudding

ALTERNATE MENU

- Beef Barley Soup
- Broiled Cod
- Ratatouille
- Aztec Rice
- Tropical Fruit

FRIDAY LUNCH 10/6/17

- *Pasta Fagioli Soup
- *Assorted Pizza
- *Broccoli
- * Blueberry Cheesecake Bars

ALTERNATE MENU

- Pineapple Cucumber Salad
- Chicken Fajitas
- Pinto Beans
- Mexican Medley Vegetables
- Pears


FRIDAY DINNER 10/6/17

- *Pineapple Cucumber Salad
- *Apple Ginger Pork Roast
- *Roasted Red Potatoes
- *Green Beans
- *Sponge Cake With Fruit Topping

ALTERNATE MENU

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

SATURDAY LUNCH 10/7/17

- *Lentil w/Sausage Soup
-  *Chicken Stir Fry with Blood Orange Sauce
- *Brown Rice
- *Cantonese Vegetables
- *Chocolate Brownie

ALTERNATE MENU

- Corn Cherry Tomato Arugula Salad
- Grilled Fish Sandwich
- Carrots
- Baked Tater Tots
- Pineapple

SATURDAY DINNER 10/7/17

- *Corn Cherry Tomato Arugula Salad
- *Chicken Kiev
- *Egg Noodles
- *Turnip Greens
- *Garlic Bread
- *Peach Pie

ALTERNATE MENU

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



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



= Vegetarian Item