

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	19-Oct	20-Oct	21-Oct	22-Oct	10/23	24-Oct	25-Oct
	BRUNCH	LUNCH					
SOUP W/ROLL	Wild Mushroom and Rice	Ginger Carrot	Minestrone	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Tomato & Spinach Frittata	Black Bean Burger	Shrimp Po Boy (sub)	Pork & Vegetable Stir Fry	Smoked Gouda Mac & Cheese	Crab Cake	Chicken Quesadilla
ENTRÉE 2	Roasted Turkey	Philly Cheesesteak	Waldorf Chicken Salad Plate	Avocado Tomato Grilled Cheese Sandwich	Reuben Sandwich	Bratwurst w/ Sauerkraut	Beef & Broccoli Stir Fry
STARCH	Hash Brown	Sweet Potato Fries	Curly Fries	Quinoa	Steak Fries	Garlic Mashed Potatoes	Cilantro Rice
VEGGIE	Acorn Squash	Grilled Peppers, Onions & Mushrooms	Green Beans	Roasted Vegetables	Broccoli	Roasted Brussel Sprouts	Seasoned Peas
DESSERT	Scones, Dessert Cart	Chocolate Pie	Dutch Apple Pie	Half Moon Cookies	Pecan Pie	Chocolate Flourless Torte	Tapioca Pudding
DINNER							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Wild Mushroom and Rice	Ginger Carrot	Minestrone	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Stuffed Pepper	Pork Tenderloin w/ Apple Compote	Meatloaf	Mahi Mahi w/ Mango Salsa	BBQ Ribs	Fried Catfish	Linguini w/ Clam Sauce
ENTRÉE 2	Chicken Francaise	Baked Haddock	Eggplant Lasagna	Seasoned Chicken	Veggie Burger	Turkey Tagine	Sausage Parmesan
STARCH	Angelhair Spaghetti	Risotto	Mashed Potatoes	Rice	Mashed Sweet Potatoes	Couscous	Bruschetta
VEGGIE	Peas	Rainbow Carrots	Roasted Root Vegetables	Plantain	Corn Casserole	Mixed Veggies	Asparagus
DESSERT	Scones, Dessert Cart	Chocolate Pie	Dutch Apple Pie	Half Moon Cookies	Pecan Pie	Chocolate Flourless Torte	Tapioca Pudding