

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
	BRUNCH	LUNCH					
SOUP W/ROLL	Broccoli & Cheddar	Manhattan Clam Chowder	Minestrone	Sausage Soup	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Tomato & Spinach Frittata	Black Bean Burger	Shrimp Taco w/ Slaw	Pork Chops w/ Gravy	Smoked Gouda Mac & Cheese	Tilapia Florentine	Chicken Quesadilla
ENTRÉE 2	Honey Baked Ham	BLT	Cobb Salad	Avocado Tomato Grilled Cheese	Philly Cheesesteak	Sausage, Peppers & Onions	Turkey Cranberry Sliders
STARCH	Scalloped Potatoes	Sweet Potato Fries	Quinoa	Pasta Salad	Steak Fries	Garlic Mashed Potatoes	Jasmine Rice
VEGGIE	Carrots	Broccoli	Green Beans	Roasted Root Vegetables	Cauliflower Bites	Roasted Brussel Sprouts	Sauteed Mushrooms & Garlic
DESSERT	Apple Crisp	Pumpkin Pie	Dutch Apple Pie	Chocolate Cake	Strawberry Short Cake	Sweet Potato Pie	Ice Cream Novelty
DINNER							
WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Broccoli & Cheddar	Manhattan Clam Chowder	Minestrone	Sausage Soup	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Baked Ziti	Roasted Herb Chicken	Goulash	Lemon Garlic Mahi Mahi	BBQ Ribs	Beer Battered Cod	Linguini w/ Clam Sauce
ENTRÉE 2	Chicken & Biscuits	Baked Haddock	Chicken & Broccoli Alfredo	Spaghetti with Meatballs	Impossible Burger	Bacon Wrapped Turkey	Sausage Parmesan
STARCH	Garlic Roasted Potatoes	Brown Rice	Garlic Bread	Spanish Rice	Mashed Potatoes	Couscous	Bruschetta
VEGGIE	Peas	Asparagus	California Mix	Spinach	Coleslaw	Mixed Veggies	Cauliflower
DESSERT	Apple Crisp	Pumpkin Pie	Dutch Apple Pie	Chocolate Cake	Strawberry Short Cake	Sweet Potato Pie	Ice Cream Novelty