

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
	BRUNCH	LUNCH					
SOUP W/ ROLL	Wild Mushroom and Rice	Manhattan Clam Chowder	Minestrone	Hearty Sausage Soup	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Blueberry Pancake	Beef Soft Tacos	Eggplant Parmesan	Grilled Ham & Brie Sandwich	Lemon Pepper Chicken Breast	Crab Cake	Pot Roast
ENTRÉE 2	Roasted Turkey	Chicken with Roasted Red Pepper Cream Sauce	Seafood Salad on a Croissant	Greek Salad	Gyro	Hot Dog	Pesto Chicken
STARCH	Hash Brown	Spanish Rice	Thin Spaghetti w/ Fresh Tomatoes	Sweet Potato Fries	Quinoa	Pasta Salad	Red Skin Mashed Potatoes
VEGGIE	Buttered Corn	Peppers & Onions	Zucchini	Mixed Vegetables	Grilled Asparagus	Steamed Broccoli	Spinach
DESSERT	Black Forest Parfait Cup	Lemon Bar	Dutch Apple Pie	Iced Banana Cake	Strawberry Short Cake	Sweet Potato Pie	French Silk Pie
DINNER							
WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ ROLL	Wild Mushroom and Rice	Manhattan Clam Chowder	Minestrone	Hearty Sausage Soup	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Chicken Cordon Blue	Baked Parmesan Cod	Lamb Burger w/ Feta & Cucumber Sauce	Chicken Pot Pie	BBQ Ribs	Sweet & Sour Chicken	Turkey Meatloaf
ENTRÉE 2	Swedish Meatballs w/ Egg Noodles	Mediterranean Flatbread Pizza	Cranberry Turkey Burger	Salmon w/ Ginger Soy Sauce	Mac & Cheese	Shrimp Scampi	Pork Tenderloin
STARCH	Mashed Sweet Potatoes	Risotto	Potato Salad	Jasmine Rice	Roasted Potatoes	Basmati White Rice / Linguini	Garlic Bread Stick
VEGGIE	Peas & Carrots	Broccoli	Baked Beans	Snap Peas	Collard Greens	Garlic Green Beans	Harvard Beets
DESSERT	Black Forest Parfait Cup	Lemon Bar	Dutch Apple Pie	Iced Banana Cake	Strawberry Short Cake	Sweet Potato Pie	French Silk Pie