

Week 3 – Spring Summer 2020
Oct 11 thru Oct 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Greek Salad	Cottage Cheese & Pineapple	Wedge Salad	Caesar Salad	House Salad	Yogurt with Fruit	House Salad
Beef Pot Roast <i>with</i> Gravy or Chicken Lo Mein	Spaghetti & Meatballs or Chicken Marsala 	Chicken Sausage <i>with</i> Cranberry Chutney or BBQ Meatloaf	Shrimp Scampi <i>with</i> Sundried Tomato on a Skewer <i>over</i> Linguini or Teriyaki Pork Tenderloin	Boiled Corned Beef or Jamaican Jerk Chicken Thigh	Baked Haddock <i>with</i> Hollandaise Sauce or Grilled Chicken Caesar Salad	Grilled Pork Chop & Warm Apple Sauce or Baked Tilapia
Peas & Onions or Stir Fry Veggies	Italian Green Beans or Mixed Vegetables	Italian Green Beans or Roasted Parsnips	Seasonal Squash Blend or Green Beans	Roasted Brussels Sprouts or Baby Carrots	Grilled Asparagus or Wax Beans	Garlic Spinach or Cauliflower
Au Gratin Potato	Citrus Rice	Mashed Potato	White Rice	Boiled Potato	Baked Sweet Potato	Roasted Potato
Carrot Cake	Chocolate Cake	Mixed Berry Pie	Peach Crisp	Key Lime Pie	Cup Cake	Lemon Meringue Pie
<i>Dinner</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>
Soup Du Jour	Soup Du Jour	Soup Du Jour	Soup Du Jour	Soup Du Jour	Soup Du Jour	Soup Du Jour
Turkey, Ham & Cheese Sandwich on Rye Bread or Pork Pot Stickers	Fried Chicken Sandwich <i>with</i> Special Sauce or Pork Carnitas Soft Taco	Veggie Pizza or Chicken Salad in Pita Pocket	Belgian Waffles <i>with</i> Sausage Links or Chicken Tenders <i>with</i> BBQ Sauce	Mediterranean Turkey Burger or Seafood Salad Cold Plate	Roast Beef & Cheddar on a Roll or Baked Macaroni & Cheese	Steamed Hot Dogs or Grilled Chicken Sandwich <i>with</i> Lettuce & Tomato
Onion Rings	Spanish Rice	Italian Pasta Salad	Grapes	Chickpea Salad	Mushroom Salad	Baked Beans
Pineapple	Black Bean & Corn Salad	Balsamic Dressed Tomatoes	Sweet Potato Puffs	Potato Chips	Fruit Cocktail	Herbed Potato Salad
Tapioca Pudding	Raspberry Cheesecake Chimi	Oatmeal Raisin Cookie	Peanut Butter Brownie	Baklava	Chef's Choice	Ice Cream Sandwich

To Order a Meal Tray, Please Call 410-9973 or 410-9974