

**Week 3 Fall Winter 2022/2023  
November 6 through November 12**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<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 & Raspberries	Wedge Salad	Caesar Salad	House Salad	Yogurt & Apple Cinnamon	House Salad
Pot Roast <i>with</i> Gravy or Cape Cod Stuffed Chicken	Chicken Alfredo <i>with</i> Sundried Tomato or Steak Fajita	Oven Fried Chicken <i>with</i> Black Pepper Gravy or Classic Meatloaf <i>with</i> Gravy	Clam and Linguini Pasta or Roasted Pork <i>with</i> Cranberry Apple Glaze	Corned Beef or Korean BBQ Chicken <i>with</i> Rice	New England Baked Haddock or Tortellini <i>with</i> Tomato Cream Sauce	Breaded Pork Chop or Crab Cakes <i>with</i> Dill Cream Sauce
Green Bean Casserole or Stewed Tomatoes	Steamed Broccoli or Mexican Street Corn Salad	Beets or Parsnips	Garlic Spinach or Cream Corn	Boiled Cabbage or Sliced Carrots	Italian Blend or Roasted Zucchini	California Blend or Dill Carrots
Mashed Potato	Spanish Rice	Mashed Potato	Scalloped Potato	Boiled Potato	Rice Pilaf	Potato Wedges
Blueberry Pie	Raspberry Chimi	Ginger Bread	Chocolate Cake	Lemon Layer Cake	Coconut Meringue Pie	Chocolate Cream Pie
<i>Supper</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
Pancakes or American Chop Suey	Beef Burrito or Lemon Garlic Grilled Chicken Strips	Pizza or Grilled Ham & Cheese Sandwich	Fried Eggs & Bacon <i>with</i> Toast or Seafood Salad Plate	Chicken a la King or Meatball Sub	Sloppy Joe or Asparagus Bacon Quiche	Grilled Cheese Tomato or Spaghetti <i>with</i> Meat Sauce
Cantaloupe	Refried Beans	Cranberry Apple Fruit Salad	Watermelon	Fruit Cocktail	Pickled Beets	Cinnamon Raisin Apples
Hash Brown	Pineapple Carrot Slaw	Onion Rings	Home Fries	French Fries	BLT Pasta Salad	Winter Slaw
Lemon Bar	Baklava	Chocolate Chip Cookie	Lemon Pudding	Chocolate Pudding	Chef's Choice	Cherry Tart

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