

♥ Heart Healthy * High in Sodium

Sunday, October 24, 2021

Lunch Menu

Salad Bar

SOUP OF THE DAY

Beef Barley

ENTRÉE

Baked Salmon ♥

On top of a
Bed of mixed Greens

Home Made Turkey Chili ♥

ACCOMPANIMENTS

Rice Pilaf

Mixed Vegetable ♥

DESSERT

Chocolate Pudding

With whipped topping

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Sunday, October 24, 2021

Dinner Menu

Soup of the Day ♥

Beef Barley

ENTRÉE

Chicken sliders

With Cole slaw/sliced pickles

Cavatelli & Broccoli

Pasta with in olive oil and Garlic / Broccoli

ACCOMPANIMENTS

Pasta Salad

Potato Chips

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Monday, October 25, 2021

Lunch Menu

Salad Bar

SOUP OF THE DAY

Loaded Baked Potato Chowder

ENTRÉE

Chicken Cacciatore
Over pasta

Beef Brisket

ACCOMPANIMENTS

Cheesy Potatoes
Broccoli
Green Beans ♥

DESSERT

Tapioca Pudding
Sugar Free Pudding

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Monday, October 25, 2021

Dinner Menu

SOUP OF THE DAY

Loaded Baked Potato Chowder

ENTRÉE

Grilled Cheese and Bacon *

Tuna Platter ♥

**Potato salad, Cole slaw
On a bed of lettuce**

ACCOMPANIMENTS

**Potato Salad
Seasoned Carrots ♥**

DESSERT

**Assorted Cakes & Pies
Sugar Free Assorted Cakes & Pies**

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Tuesday, October 26, 2021

Lunch Menu

Salad Bar ♥

SOUP OF THE DAY

Home Made Tomato Basil

ENTRÉE

French Salisbury steak
With Fried Onions

Center Cut Pork Chop ♥
Smothered in Onions

ACCOMPANIMENTS

Capri Blend Vegetables ♥
French Cut Green Beans ♥
Garlic Mashed Potato

DESSERT

Sliced Pears ♥
SF JELL-0 ♥

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Tuesday, October 26, 2021

Dinner Menu

SOUP OF THE DAY

Home Made Tomato Basil

ENTRÉE

Cheese Steak with Mozzarella cheese

Deli Sandwich *

On a soft Bun

ACCOMPANIMENTS

Baked Sweet Potato ♥

Three Bean Salad ♥

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Wednesday, October 27, 2021

Lunch Menu Salad Bar ♥

SOUP OF THE DAY

Pasta e Fagoli Soup

ENTRÉE

Baked Ham

**Chicken or Cheese
Quesadilla
With Sour Cream**

ACCOMPANIMENTS

**Baked Beans ♥
Roasted Potatoes
Creamed Spinach ♥**

DESSERT

**Sliced Peaches
With whipped topping**

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Wednesday, October 27, 2021

Dinner Menu

SOUP OF THE DAY

Pasta e Fagoli Soup

ENTRÉE

**Lobster Ravioli
In Alfredo sauce**

**Cottage Cheese/Jell-O
Fruit Salad
Muffin**

ACCOMPANIMENTS

Italian Blend Vegetable

DESSERT

Assorted Cakes & Pies

Assorted Sugar Free Cakes & Pies

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Thursday, October 28, 2021

Lunch Menu **Salad Bar ♥**

SOUP OF THE DAY

Cream of Chicken ♥

ENTRÉE

Grilled Chicken Burger
On a Toasted Bun

Shepard's Pie

Ground Beef / Tomatoes / Vegetables / Mashed Potatoes

ACCOMPANIMENTS

Macaroni Salad

DESSERT

Chocolate Pudding
With whipped topping

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Thursday, October 28, 2021

Dinner Menu

SOUP OF THE DAY

Cream of Chicken ♥

ENTRÉE

**Grilled all Beef
Hot Dog on a bun**

Broccoli & Ham Cheese Quiche ♥

ACCOMPANIMENTS

**Potato Salad
Waxed Beans
Potato Chips**

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Friday, October 29, 2021

Lunch Menu Salad Bar

SOUP OF THE DAY

Vegetable

ENTRÉE

Grilled Sword Fish

**Hot Opened Face Turkey Sandwich ♥
On white Bread With turkey gravy**

ACCOMPANIMENTS

**Fresh Sun Green Beans
Rice Pilaf
Corn Nugget
(Corn/cheese battered and fried)**

DESSERT

Vanilla Pudding

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Friday, October 29, 2021

Dinner Menu

SOUP OF THE DAY

Vegetable

ENTRÉE

Pizza Supreme *

Broiled Tilapia ♥

ACCOMPANIMENTS

Carrot Coins ♥

Yellow Rice ♥

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Saturday, October 30, 2021

Lunch Menu

Salad Bar

SOUP OF THE DAY

Minestrone

ENTRÉE

**Corn Beef Brisket
Seasoned Cabbage
Boiled Potatoes**

Stuffed Shell ♥

With Home Made Tomato Sauce

ACCOMPANIMENTS

Broccoli & Cauliflower

DESSERT

Sliced Pineapples

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Saturday, October 30, 2021

Dinner Menu

SOUP OF THE DAY

Minestrone

ENTRÉE

**Hungarian Goulash
Over
Egg noodles**

BBQ Chicken

ACCOMPANIMENTS

**Roasted Potatoes
Green Beans
Sweet Baby Peas**

DESSERT

**Assorted Cakes & Pies
Sugar Free Assorted Cakes & Pies**