

♥ Heart Healthy *High in Sodium

Sunday, October 30, 2022

Lunch Menu Salad Bar

SOUP OF THE DAY

Cream of Potato ♥

ENTRÉE

Stuffed Fish ♥

Fillet stuffed with crab Meat

Veal Stew

Carrots, celery, onions, potatoes

With a Biscuit

ACCOMPANIMENTS

Peas & Carrots ♥

Rice ♥

Broccoli ♥

DESSERT

Chocolate Pudding

W/Whipped Cream Sugar Free Pudding

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Sunday, October 30, 2022

Dinner Menu

SOUP OF THE DAY

Cream of Potato ♥

ENTRÉE

Roasted Turkey

**Grilled
Ham & Cheese on Wheat
Pickle on the side**

ACCOMPANIMENTS

Cole Slaw

Zucchini ♥

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Monday, October 31, 2022

Lunch Menu Salad Bar

SOUP OF THE DAY

Broccoli Cheddar Soup

ENTRÉE

Roast Beef With Beef Gravy

Pesto Grilled Chicken Sandwich ♥

**Thinly sliced Chicken Breast seasoned well and grilled with
Fresh mozzarella/sliced Tomatoes/Pesto
On soft roll**

ACCOMPANIMENTS

Baked Potato Fresh Baby Carrots Macaroni Salad

DESSERT

Assorted Cakes & Pie Sugar Free Assorted Cakes & Pies

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Monday, October 31, 2022

Dinner Menu

SOUP OF THE DAY

Broccoli Cheddar Soup ♥

ENTRÉE

**Open Faced
Tuna Melt on Rye**

**BBQ Pork Ribette
On a bun ♥**

ACCOMPANIMENTS

**Roasted Corn ♥
Grilled Vegetables ♥**

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Tuesday, November 1, 2022

Lunch Menu

Salad Bar

SOUP OF THE DAY

Lentil ♥

ENTRÉE

Salmon ♥

With coconut curry
Over Basmati Rice

**Open Faced Pastrami sandwich
On**

Rye with spicy brown mustard

ACCOMPANIMENTS

**Vegetable Blend, Prince Edward Blend ♥
Seasoned Carrots, Whole Green beans**

DESSERT

Sliced Peaches

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Tuesday, November 1, 2022

Dinner Menu

SOUP OF THE DAY

Lentil ♥

ENTRÉE

Baked Manicotti *

Tomato Sauce

Turkey on Wheat Bread ♥

ACCOMPANIMENTS

Cauliflower ♥

Cucumber Salad ♥

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Wednesday, November 2, 2022

Lunch Menu

SOUP OF THE DAY

Cabbage ♥

ENTRÉE

Home Made Fried Chicken

Roasted Pork ♥

**Seasoned pork loin seared to perfection
With pork Gravy**

ACCOMPANIMENTS

**Onion Rings
Sweet Corn
Roasted Potatoes**

DESSERT

Chocolate Pudding

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Wednesday, November 2, 2022

Dinner Menu

SOUP OF THE DAY

Cabbage ♥

ENTRÉE

**Italian sausage
On a Bun with a side
Of Pasta Salad**

**Home Made Macaroni & Cheese
Stewed Tomatoes**

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Thursday, November 3, 2022

Lunch Menu

SOUP OF THE DAY

Beef Vegetable

ENTRÉE

Fillet of Sole With Buttered lemon sauce

Country Fried Steak With Country Cream gravy

ACCOMPANIMENTS

Succotash ♥ Home Made Smashed Potatoes ♥ Vegetable Blend ♥

DESSERT

Sliced Pears

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Thursday, November 3, 2022

Dinner Menu

SOUP OF THE DAY

Beef Vegetable

ENTRÉE

**Home Made Meatballs
Spaghetti/Home Made Sauce**

**Eggs Salad on Whole Wheat
Lettuce/Tomato
Potato Salad ♥**

ACCOMPANIMENTS

Spinach ♥

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

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Friday, November 4, 2022

Lunch Menu

SOUP OF THE DAY

Black Bean Soup

ENTRÉE

Gourmet Pizza

With Pepperoni or Roasted Vegetables

Mediterranean Chicken Salad With Balsamic Vinaigrette

Lettuce, Tomato, Cucumbers, red onions, feta cheese

ACCOMPANIMENTS

Normandy Blend Vegetable ♥

DESSERT

Vanilla Pudding

W/whipped cream

Sugar Free Pudding ♥

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Friday, November 4, 2022

Dinner Menu

SOUP OF THE DAY

Black Bean Soup

ENTRÉE

Chicken Chow Mien Over white rice

Breakfast Quiche

**(Bacon, Breakfast Sausage, Cheese
Baked in an Individual pie shell)**

ACCOMPANIMENTS

**Potato chips
Or
Cole slaw**

DESSERT

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

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Saturday, November 5, 2022

Lunch Menu

Salad Bar

SOUP OF THE DAY

Tomato Basil

ENTRÉE

Pepper Steak ♥

Peppers/onions/ brown gravy

Over White Rice ♥

Pork with Sauerkraut With Baby Potatoes

ACCOMPANIMENTS

Italian Green Beans ♥

DESSERT

Assorted Cakes & Pies

♥ Heart Healthy *High in Sodium

Saturday, November 5, 2022

Dinner Menu

SOUP OF THE DAY

Tomato Basil

ENTRÉE

Homemade California Beef Burger ♥

W/Lettuce & Tomato on Bun/onion

Shrimp Salad Platter

On a bed of mixed Greens

Three Bean Salad/Potato Salad

ACCOMPANIMENTS

Macaroni Salad

DESSERT

Assorted Cakes & Pies

Sugar Free Assorted Cakes & Pies

Kosher Meals for Passover

Circle one choice per meal please

Name _____ Room # _____ Date _____ Day _____

Breakfast

Cheese Omelets / potatoes

Spanish Omelets / potatoes

Soups

Cabbage or Matzoh ball soup

Lunch

Dinner

Circle one choice per meal please

Turkey

Turkey

Yankee pot roast

Yankee pot roast

Baked Fish

Baked Fish

Salisbury steak

Salisbury steak

Baked Chicken

Baked Chicken

Herb Roast Beef

Herb Roast Beef

Dessert

Macaroons original or with chocolate chips

Lunch and dinner meals are available in low sodium

