

♥ Heart Healthy *High in Sodium

Sunday, November 6, 2022

Lunch Menu

Salad Bar

SOUP OF THE DAY

Navy Bean

ENTRÉE

Baked Ham With Pineapples

Chicken Florentine ♥ Penne pasta

ACCOMPANIMENTS

Baked Potato Broccoli ♥

DESSERT

Chocolate Pudding (W/whipped Cream)

Sugar Free Chocolate Pudding

♥ Heart Healthy *High in Sodium

Sunday, November 6, 2022

Dinner Menu

SOUP OF THE DAY

Navy Bean

ENTRÉE

Kielbasa and Sauerkraut
2-Potato Pancakes

Quiche

Ham, Broccoli, Cheddar, cheese

ACCOMPANIMENTS

Whole green beans ♥

DESSERT

Assorted Pies & Cakes
Sugar Free Assorted Pies & Cakes

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Monday, November 7, 2022

Lunch Menu

Salad Bar

SOUP OF THE DAY

Cream of Chicken

ENTRÉE

Homemade Meat Loaf

With Onion Gravy

Baked White Fish ♥

Moist and Flakey (lemon wedge)

(Pangasius)

ACCOMPANIMENTS

Stewed Tomatoes *

Roasted Potatoes ♥

DESSERT

Tapioca Pudding

♥ Heart Healthy *High in Sodium

Monday, November 7, 2022

Dinner Menu

SOUP OF THE DAY

Cream of Chicken

ENTRÉE

Roasted Pork ♥

With Pork Gray

Turkey BLT Wrap

**DELI TURKEY WITH BACON AND SHREDDED LETTUCE
DICED TOMATOES**

ACCOMPANIMENTS

Seasoned Carrots ♥

Mashed Potatoes

Macaroni Salad

DESSERT

Assorted Pies & Cakes

Sugar Free Assorted Pies & Cakes

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Tuesday, November 8, 2022

Salad Bar

Lunch Menu

SOUP OF THE DAY

Cream of Celery

ENTRÉE

Potato Crusted Cod

Homemade Turkey Burgers

On a bun with

Onion Rings

ACCOMPANIMENTS

Baked Sweet Potato ♥

Green Beans ♥

DESSERT

Sliced Peaches

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Tuesday, November 8, 2022

Dinner Menu

SOUP OF THE DAY

Cream of Celery

ENTRÉE

Baked Ziti
Marinara Sauce

Chicken Fingers
Honey mustard dipping sauce
With French fries

ACCOMPANIMENTS

Seasoned Cauliflower

DESSERT

Assorted Pies & Cakes

Sugar Free Assorted Pies & Cakes

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Wednesday, November 9, 2022

Salad Bar

Lunch Menu

SOUP OF THE DAY

Pasta e Fagoli Soup

ENTRÉE

Beef a Roni *

Chicken Wings 4pcs

ACCOMPANIMENTS

Cheesy Potatoes **Seasoned Spinach ♥**

DESSERT

Banana Pudding **Whipped Cream**

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Wednesday, November 9, 2022

Dinner Menu

SOUP OF THE DAY

Pasta e Fagoli Soup

ENTRÉE

**Hot dog & Veggie bean
Casserole in a skillet**

**Roasted Turkey ♥
With Turkey Gravy**

ACCOMPANIMENTS

**Potato Salad ♥
Bread Stuffing
Roasted Vegetable ♥**

DESSERT

Assorted Pies & Cakes

Sugar Free Assorted Pies & Cakes

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Thursday, November 10, 2022

Lunch Menu

Salad Bar

SOUP OF THE DAY

Beef Barley

ENTRÉE

BBQ Pulled Pork

On a soft roll

Roast Beef With Gravy

ACCOMPANIMENTS

Macaroni Cole slaw salad

Sweet baby Peas

Rice Pilaf ♥

DESSERT

Sliced Pears

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Thursday, November 10, 2022

Dinner Menu

SOUP OF THE DAY

Beef Barley

ENTRÉE

Chef Salad ♥

**Ham/Provolone cheese/turkey
Boiled Eggs/Cucumber/Tomato**

Open Faced Ruben *

**Corn beef/Rye bread/Thousand Island dressing
Melted Swiss cheese**

DESSERT

Assorted Pies & Cakes

Sugar Free Assorted Pies & Cakes

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Friday, November 11, 2022

Lunch Menu

Salad Bar

SOUP OF THE DAY

Cream of Mushroom

ENTRÉE

Broiled Pollock ♥

With buttered lemon sauce

Veal & Mushrooms ♥

ACCOMPANIMENTS

Sweet Corn ♥

Mashed Potato ♥

DESSERT

Vanilla Pudding

Sugar free Pudding

♥ Heart Healthy * High in Sodium

Friday, November 11, 2022

Dinner Menu

SOUP OF THE DAY

Cream of Mushroom

ENTRÉE

**Tuna salad Sandwich ♥
On a Kaiser roll
Cole slaw**

General TOS Chicken

Breaded chicken chunks tossed in an Asian sauce

ACCOMPANIMENTS

**Low Mien Noodles ♥
Asian Blend Vegetables ♥**

DESSERT

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

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Saturday, November 12, 2022

Lunch Menu

Salad Bar

SOUP OF THE DAY

Minestrone

ENTRÉE

Vegetable Lasagna

**Tender hand – placed noodles are layered with spinach,
and a blend of cheeses**

Roasted chicken ♥

Drum Stick and Thigh

ACCOMPANIMENTS

Au gratin Potatoes

Carrots Coins ♥

Brussel Sprouts ♥

DESSERT

Sliced Pineapple

♥ Heart Healthy *High in Sodium

Saturday, November 12, 2022

Dinner Menu

SALAD OF THE DAY

Minestrone

ENTRÉE

Pot Roast ♥
With brown gravy

Egg Salad Platter ♥
Lettuce/Tomato/Macaroni Salad

ACCOMPANIMENTS

Succotash ♥
Baked potato ♥

DESSERT

Assorted Pies & Cakes

Sugar Free Assorted Pies & Cakes

MONDAY, JULY 4, 2022

4th of July

BBQ

Luncheon Menu

ENTRÉE

All Beef Grilled Hot Dogs
Grilled Italian sausage
Hamburgers

ACCOMPANIMENTS

Lettuce, Tomato
Macaroni Salad
Potato Salad, Cole Slaw
Baked Beans, corn on a cob

DESSERT

Assorted Ice Cream Novelties
Watermelon

