



2019

**October**

2019

**Nursing Home Menu**



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**LUNCH MENU**

**Regular**  
**Alternate**

		1	<b>Meatloaf</b> Baked Potatoes w/Sour Cream Spinach Strawberry Mousse <b>Sausage &amp; Potato Casserole</b> <b>Mixed Vegetables</b>	2	<b>Italian Sausage Patty w/Peppers &amp; Onions</b> Macaroni Salad Broccoli Banana <b>Chicken Pasta Primavera</b>	3	<b>Four Cheese Pasta</b> Tossed Salad Melon Mix <b>Salisbury Steak w/Gravy</b> <b>Mashed Potatoes</b> <b>California Blend</b>	4	<b>Fried Fish</b> Sweet Potato Tots Coleslaw 7-Up Cake <b>Cornbread Casserole</b> <b>Wax Beans</b>	5	<b>Roast Pork w/ Mushroom Sauce</b> Lazy Pierogi Capri Blend Veggies. Cinnamon Applesauce <b>Marinated Chicken Breast</b> <b>Buttered Noodles</b>		
6	<b>Roast Beef w/Gravy</b> Mashed Potatoes Broccoli w/Cheese Sauce Cheesecake w/ Dessert Sauce <b>Spinach Frittata</b>	7	<b>Meatloaf w/Ketchup</b> Mashed Potatoes Roasted Brussel Sprouts Peaches <b>Roast Turkey</b> <b>Mashed Potatoes</b>	8	<b>Creamy Noodles &amp; Ham</b> Mixed Vegetables Gingerbread w/ Topping <b>Breaded Fish &amp; Cheese on a Bun w/Lettuce &amp; Tom.</b>	9	<b>Chili &amp; Cheese</b> Cornbread Tossed Salad Banana <b>Vegetable Lasagna w/Alfredo Sauce</b> <b>California Blend Veg</b>	10	<b>Turkey Ala King over Biscuit</b> Peas Cranberry Crunch w/Topping <b>Broccoli Cheese Frittata</b> <b>Home Fries</b>	11	<b>Panko Breaded Fish</b> Tater Tots Coleslaw Chocolate Mousse <b>Honey Garlic Pork Chop</b> <b>Mashed Potatoes</b>	12	<b>Parmesan Crusted Chicken Breast</b> Rice Pilaf Capri Blend Veggies. Blushing Pears <b>Four Cheese Pasta</b> <b>Stewed Tomatoes</b>
13	<b>Roast Beef w/Gravy</b> Mashed Potatoes Fresh Carrots Pumpkin Whip <b>Baked Ham</b> <b>Sweet Potato</b>	14	<b>Sweet &amp; Sour Pork over Rice</b> Oriental Vegetables Peaches <b>Italian Baked Fish</b> <b>Mashed Potatoes</b> <b>Harvard Beets</b>	15	<b>Pepper Steak w/Gravy</b> Rosemary Red Potatoes Prince William Veggies. Texas Sheet Cake <b>Spinach Quiche</b> <b>Warm Biscuit</b>	16	<b>Spaghetti &amp; Meatballs</b> Garlic Bread Tossed Salad Tropical Fruit Salad <b>Ham Loaf w/Fruit Sauce</b> <b>Sweet Potatoes</b>	17	<b>Hot Turkey Sandwich w/Gravy</b> Hubbard Squash Apple Crisp <b>Liver &amp; Onions</b> <b>Mashed Potatoes</b> <b>Capri Blend Veg.</b>	18	<b>Fish Fry</b> Potato Salad Coleslaw Pears <b>Cornbread Casserole</b> <b>Green Beans</b>	19	<b>Chicken Alfredo over Linguini</b> Broccoli Pineapple Tidbits <b>Stuffed Cabbage Rolls w/Meat Sauce</b> <b>Cauliflower</b>
20	<b>Pot Roast w/Gravy</b> Mashed Potatoes Baby Carrots Lemon Meringue Pie <b>Roast Pork w/ Gravy</b>	21	<b>Italian Chicken</b> Buttered Noodles Capri Blend Veggies. Raspberry Peaches <b>Seafood Alfredo</b> <b>Broccoli</b>	22	<b>Ginger Baked Ham</b> AuGratin Potatoes California Blend Veg Molasses Cookie <b>Stuffed Peppers w/ Meat Sauce</b> <b>Mashed Potatoes</b>	23	<b>Beef Stew over Biscuit</b> Corn Blushing Pears <b>Turkey Tetrazzini</b> <b>Spinach</b>	24	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Vanilla Cupcake <b>Cheddar Baked Fish</b> <b>Mashed Potatoes</b> <b>Carrots</b>	25	<b>Homemade Lasagna</b> Garlic Bread Tossed Salad Grapes <b>3 Cheese Quiche</b> <b>O'Brien Potatoes</b> <b>Zucchini</b>	26	<b>Apple Spiced Pork Roast</b> Baked Potato w/SC Brussel Sprouts Banana Pudding w/Topping <b>Smothered Chicken Breast</b>
27	<b>Roast Turkey w/Gravy</b> Stuffing Green Beans w/ Sour Cream Cranberry Sauce Dutch Apple Pie <b>Corned Beef</b>	28	<b>Chicken Parmesan</b> Penne Pasta w/ Marinara Sauce Capri Blend Veggies. Ice Cream <b>Lemon Pepper Baked Fish</b>	29	<b>Breaded Pork Chop</b> Scalloped Potatoes Hubbard Squash Sugar Cookie <b>Honey Orange Chicken Breast</b> <b>Rice Pilaf</b>	30	<b>Beef Stroganoff</b> Roasted Brussel Sprouts Mandarin Oranges <b>Vegetable Lasagna w/Alfredo Sauce</b> <b>Green Beans</b>	31	<b>Swiss Steak</b> Mashed Potatoes Broccoli Cheddar Bake Pumpkin Crunch <b>Turkey Pot Pie</b> <b>Mixed Vegetables</b>				



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**DINNER MENU**

**Regular**  
**Alternate**

		1 <b>Tomato Soup</b> Grilled Turkey & Cheese Sandwich Mandarin Oranges <b>Pizza Burger on a Bun</b> <b>Cauliflower</b>	2 <b>Lasagna w/ Meat Sauce</b> Green Beans Chocolate No Bake Cookie <b>Tuna Salad on Pita</b> <b>Creamy Cucumber Salad</b>	3 <b>Cauliflower Cheese Soup</b> Chicken Monterey Sandwich on a Roll Lettuce & Tomato Jello Cubes w/Topping <b>Fried Bologna &amp; Onion Sandwich</b>	4 <b>Ham Salad on Lettuce Leaf</b> Potato Salad Tomato Basil Salad Pineapple Tidbits <b>Chipped Beef on Toast</b> <b>Carrots</b>	5 <b>BBQ Bacon Hamburger/Bun</b> Onion Rings Cheesy Pea Salad Creamy Raspberry Dessert <b>Liverwurst on Rye</b> <b>Oriental Blend Veggies</b>
6 <b>Potato Bacon Soup</b> Deluxe Grilled Cheese 3 Bean Salad Peaches <b>Salami &amp; Swiss on Rye</b> <b>Baby Carrots</b>	7 <b>Homemade Broccoli &amp; Cheese Soup</b> Deluxe Egg Salad Sandwich on Wheat Chiffon Whip <b>Cheeseburger on Bun</b>	8 <b>Chicken Tenders</b> French Fries Tomato Juice Cinnamon Applesauce <b>Liverwurst on Rye</b> <b>Yellow Squash</b>	9 <b>Homemade Italian Wedding Soup</b> Tuna Sub w/Tomato & Lettuce Peanut Butter Cookie <b>BBQ Pork Ribs on a Bun</b>	10 <b>Corned Beef Hash</b> Green Beans Dinner Roll Fruit Cocktail <b>Chicken Salad on Pita</b> <b>Key Largo Veggies.</b>	11 <b>Sloppy Joe on a Bun</b> Cauliflower Pineapple Tidbits <b>Grilled Cheese &amp; Tomato Sandwich</b> <b>Italian Blend Veggies.</b>	12 <b>Homemade Vegetable Soup</b> Fried Bologna & Onion Sandwich Corn Fruit Cobbler <b>Turkey &amp; Swiss Sandwich on Wheat</b>
13 <b>Pepperoni Pizza on Sour Dough</b> 3 Bean Salad Tropical Fruit <b>Egg &amp; Cheese on an English Muffin</b> <b>Zucchini</b>	14 <b>Homemade Mushroom Barley Soup</b> Warm Turkey & Cheddar Sandwich on Croissant Sherbet <b>Grilled Ryebein</b>	15 <b>Homemade Tomato Basil Soup</b> Grilled Tuna Melt Banana <b>Waffle</b> <b>Ham Steak</b> <b>Tomato Juice</b>	16 <b>Breaded Chicken</b> <b>Sandwich on a Bun</b> Roasted Brussel Sprouts Butterscotch Pudding <b>BLT on Toast</b> <b>Key Largo Veggies.</b>	17 <b>Homemade California Medley Soup</b> BBQ Pork on Bun Mandarin Oranges <b>Cottage Cheese</b> <b>Cold Plate w/ Peach, Pear Mix</b>	18 <b>Goulash</b> Yellow Squash Peanut Butter Brownie <b>Bologna &amp; Cheese Sandwich</b> <b>Italian Blend Veggies.</b>	19 <b>White Pizza on Flatbread</b> Tossed Salad Bread Pudding <b>Egg Patty &amp; Cheese on Croissant</b> <b>Peas &amp; Onions</b>
20 <b>Taco Casserole</b> Fiesta Corn Fruit Cocktail <b>Tuna Burger on a Bun</b> <b>Winter Blend Veggies.</b>	21 <b>Homemade Corn Chowder</b> Honey Mustard Turkey Sandwich on Flatbread Banana Chocolate Chip Muffin <b>Philly Cheesesteak</b>	22 <b>Bratwurst Pierogi's</b> Sauerkraut Cinnamon Applesauce <b>Tomato Soup</b> <b>Grilled Cheese Sandwich</b>	23 <b>Homemade Bean Soup</b> Chicken Cordon Bleu Sandwich Ice Cream <b>Egg Salad Sandwich</b> <b>Key Largo Veggies.</b>	24 <b>Ham &amp; Swiss on Rye Bread</b> Dill Pickle Pickled Beets Fruited Jello w/ Topping <b>Grilled Pot Roast Sandwich</b>	25 <b>Breaded Fish &amp; Cheese on Bun</b> Tartar Sauce Coleslaw Pumpkin Cream Cheese Cookie Sandwich <b>Turkey Salad/Pita</b>	26 <b>Chicken Noodle Soup</b> Roast Beef Sub Lettuce & Tomato 3 Bean Salad Orange Slices <b>Sausage Gravy over Biscuit</b>
27 <b>Italian Beef Casserole</b> Mixed Vegetables Pineapple Tidbits <b>Tuna Sandwich</b> <b>Peas &amp; Carrots</b>	28 <b>Chili &amp; Cheese</b> Corn Muffin Chuckwagon Corn Fruit Cocktail <b>Salami &amp; Swiss on Rye Bread</b> <b>Zucchini</b>	29 <b>Tuna Noodle Casserole</b> Peas Fruited Gelatin w/ Topping <b>Cold Meatloaf Sandwich</b> <b>Wax Beans</b>	30 <b>Potato Bacon Soup</b> Ham Salad on Brioche Roll Lettuce & Tomato Marble Cake <b>Chipped Beef over Toast</b>	31 <b>Italian Sausage</b> Tortellini Alfredo Scandinavian Blend Vegetables Peaches <b>Dijon Grilled Chicken Sandwich</b>		