

BREAKFAST  
7:30am – 9:30am  
LUNCH  
11:30am – 1:30pm  
DINNER  
4:30pm – 6:30pm



Michael Staton  
DINING SERVICE  
DIRECTOR

**Breakfast**

**Lunch**

**Dinner**

**MONDAY, October 21<sup>st</sup>**

- Choice of eggs
- Oatmeal
- Bacon or Sausage
- Choice of Toast
- Choice of Cereal
- Fruit
- Pancakes
- Hash browns

**Beef Brisket** – Slow smoked brisket with hash brown casserole and 3 bean salad.  
**French Onion Chicken** – chicken breast brushed with mayo, topped with French fried onions then topped with French onion sauce & served with roasted potatoes & Vegetables.

**Chicken Fried Steak** – served with mashed potatoes and country gravy, peas and carrots.  
**French Dip**- tender beef simmered in au jus on a hoagie bun, served with curly fries.

**TUESDAY, October 22<sup>nd</sup>**

- Choice of eggs
- Oatmeal
- Bacon or Sausage
- Choice of Toast
- Choice of Cereal
- Fruit
- Glazed Scones
- Hash browns

**Italian Meatloaf** – basic meatloaf with Italian seasoning & mozzarella, topped with marinara baked then served with herb pasta & vegetable.  
**Garlic Parmesan Chicken Legs** – two chicken legs slathered in garlic, parmesan sauce, baked then served with rice pilaf and vegetable.

**All Beef Hot Dog**- served with BBQ baked beans, and potato salad.  
**Crab roll** – cold crab salad served on a roll and topped with a remoulade sauce, served with Asian cole slaw.

**WEDNESDAY, October 23<sup>rd</sup>**

- Choice of eggs
- Oatmeal
- Bacon or Sausage
- Choice of Toast
- Choice of Cereal
- Fruit
- French Toast
- Hash browns

**Berry Chicken Salad** -Strawberries, blueberries, chicken, red onion, and feta on top a bed of spinach with a muffin.  
**Baked Tilapia**– white fish seasoned with lemon pepper and dill baked then served with rice & vegetable and a lemon wedge.

**Beef and Barley Stew**- rich and hearty stew with vegetables and fresh baked biscuit.  
**Turkey Roll Up** – turkey, cheese, tomato, and lettuce rolled in a tortilla with honey Dijon, then served with pasta salad and chips.

**Everyday offerings**

Soup of the Day • Bacon & Eggs • Chef Salad • Deli Sandwich with Chips  
Salmon • Chicken Strips • Cheeseburger • Grilled Copped with cream chheese

Breakfast	Lunch	Dinner
<b>THURSDAY, October 24<sup>th</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• Pecan Rolls</li> <li>• Hash browns</li> </ul>	<p><b>Power Salad-</b> quinoa, garbanzo beans, kale, edamame, avocado, and fresh spinach leaves with steamed shrimp.</p> <p><b>Chicken Cordon Blue</b> – breaded chicken breast stuffed with ham and cheese then served with mashed sweet potatoes and honey glazed carrots</p>	<p><b>Sushi Bowl-</b> cooked crab and white fish on a bed of rice and mixed greens, topped with cream cheese, avocado, and cucumbers served with Asian dressing.</p> <p><b>Vegetarian Lasagna-</b> served with garlic bread sticks and a side salad.</p>
<b>FRIDAY, October 25<sup>th</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• Blueberry Pancakes</li> <li>• Hash browns</li> </ul>	<p><b>Beer Battered Cod</b>– beer battered and fried cod with tartar sauce and served with roasted potatoes and vegetables.</p> <p><b>Generals Chicken-</b> fried chicken pieces, Asian vegetable, steamed rice, and General Tso Sauce, served with and egg roll.</p>	<p><b>Broccoli and Cheese Quiche</b> – served with a hash brown patty and fresh fruit.</p> <p><b>Meatball Hoagie</b> – meatballs and marinara sauce in a hoagie bun and topped with cheese and served with curly fries.</p>
<b>SATURDAY, October 26<sup>th</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• French Toast</li> <li>• Hash browns</li> </ul>	<p><b>Honey Tarragon Chicken Salad</b> – chicken, honey, tarragon, tossed lightly with mayo, dried cranberries, and nuts, on a bed of lettuce then served with fresh fruit and sweet cornbread.</p> <p><b>Pork Fritters Sandwich-</b> served on a bun with lettuce, tomato, onion, and pickle, served with cole slaw and Dijon mustard.</p>	<p><b>Honey Walnut Glazed Shrimp-</b> battered shrimp tossed in a honey walnut sauce and served with cilantro lime rice and vegetable.</p> <p><b>Spaghetti and Italian Sausage-</b> served with garlic bread.</p>
<b>SUNDAY, October 27<sup>th</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• Donuts</li> <li>• Hash browns</li> </ul>	<p><b>Chicken Alfredo</b> – pasta tossed with alfredo sauce then topped with a grilled chicken breast and served with vegetable and bread stick.</p> <p><b>BBQ Pulled Pork-</b> served on a bun with Fritos.</p>	<p><b>Salisbury Streak-</b> with mashed potatoes and beef gravy, and buttered corn.</p> <p><b>Fried Chicken Bowl-</b> mashed potatoes, corn and chunks of fried chicken topped with gravy and served with cole slaw.</p>

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DIRECTOR

**Breakfast**

**Lunch**

**Dinner**

**MONDAY, October 28<sup>th</sup>**

- Choice of eggs
- Oatmeal
- Bacon or Sausage
- Choice of Toast
- Choice of Cereal
- Fruit
- Pancakes
- Hash browns

**Lemon Garlic Chicken** – Chicken breast baked with lemon & garlic sauce then served with herbed rice & vegetable.  
**Shepherd’s Pie** - seasoned ground beef, peas & carrots topped with mashed potatoes & baked then served with corn

**Sloppy Joe**- seasoned ground beef, onions, and pickle relish simmered in tomato sauce and served on a bun with fresh cut fruit and tater tots.  
**Breakfast Biscuit Sandwich**- sausage patty, cheese, and egg, served with fresh cut fruit and tater tots.

**TUESDAY, October 29<sup>th</sup>**

- Choice of eggs
- Oatmeal
- Bacon or Sausage
- Choice of Toast
- Choice of Cereal
- Fruit
- Danish
- Hash browns

**Korean BBQ Meatballs**- beef meatballs simmered in Korean style BBQ sauce, garnished with sesame seeds and scallion, served with fried rice and vegetables.  
**Escalloped Chicken Noodle**- chicken and egg noodles with mushrooms and vegetables topped with a crispy bread crumb topping.

**Chicken Fried Chicken** – breaded chicken breast fried and served with mashed potatoes, gravy, and creamed corn.  
**Smoked Sausage and Beer Cheese Pasta**- smoked sausage on top of beer cheese pasta served with vegetable.

**WEDNESDAY, October 30<sup>th</sup>**

- Choice of eggs
- Oatmeal
- Bacon or Sausage
- Choice of Toast
- Choice of Cereal
- Fruit
- French Toast
- Hash browns

**Power Salad**- quinoa, garbanzo beans, kale, edamame, avocado, and fresh spinach leaves with steamed shrimp.  
**Monterey Chicken** - grilled breast topped with bacon, tomatoes, green onion, and cheese then served with crispy potatoes & vegetable

**Ranch Burger**- ground beef patty topped with cheese, fried onion pieces, and sliced green onion, drizzled with buttermilk ranch dressing, served on a pretzel bun with onion rings.  
**Pasta Carbonara**- pasta tossed with garlic cream sauce, bacon, green peas and diced chicken, served with bread

**Everyday offerings**

Soup of the Day • Bacon & Eggs • Chef Salad • Deli Sandwich with Chips  
Salmon • Chicken Strips • Cheeseburger • Grilled Cheese

Breakfast	Lunch	Dinner
<b>THURSDAY, October 31<sup>st</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• Pecan Rolls</li> <li>• Hash browns</li> </ul>	<p><b>Goulash-</b> ground beef, onions, peppers, simmered in a savory tomato sauce with pasta, served with dinner roll.</p> <p><b>Chicken Salad Croissant-</b> served with sun chips.</p>	<p><b>Toasted Turkey Caprese Ciabatta-</b> hot turkey, basil pesto, fresh mozzarella and tomato slice toasted on a ciabatta bun with cole slaw.</p> <p><b>Pumpkin and Brie Cheese Soup-</b> creamy pumpkin soup with brie cheese and roasted pumpkin seeds served with roll.</p>
<b>FRIDAY, November 1<sup>st</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• Blueberry Pancakes</li> <li>• Hash browns</li> </ul>	<p><b>BBQ Ribs -</b> fire braised ribs topped with BBQ sauce then served with broccoli slaw &amp; fries.</p> <p><b>Crab Cake</b> – breaded crab cake topped with a roasted red pepper remoulade served with rice pilaf &amp; vegetables</p>	<p><b>Fried Fish Sandwich-</b> breaded and fried and served with lettuce and tomato, and potato salad</p> <p><b>Chili Cheese Dog-</b> all beef hot dog topped with chili and melty cheese, served with potato salad.</p>
<b>SATURDAY, November 2<sup>nd</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• French Toast</li> <li>• Hash browns</li> </ul>	<p><b>Salmon Salad</b> – spring mix topped with diced tomato, red onion, smoked feta cheese, salmon &amp; asparagus served with a roll.</p> <p><b>Tater Tot Casserole-</b> seasoned ground beef, mushroom gravy, tater tots and cheddar cheese, served with vegetable.</p>	<p><b>Club Wrap</b> – turkey, ham, cheese, bacon, lettuce &amp; tomato on tortilla wrap with macaroni salad.</p> <p><b>Open Faced Tuna Melt-</b> open face bun topped with tuna salad and cheese, toasted, and served with macaroni salad</p>
<b>SUNDAY, November 3<sup>rd</sup></b>		
<ul style="list-style-type: none"> <li>• Choice of eggs</li> <li>• Oatmeal</li> <li>• Bacon or Sausage</li> <li>• Choice of Toast</li> <li>• Choice of Cereal</li> <li>• Fruit</li> <li>• Banana Bread</li> <li>• Hash browns</li> </ul>	<p><b>Waffles</b> – regular or chocolate chip waffles with your choice of toppings - strawberries, blueberry sauce, whip cream, or regular syrup and served with bacon or sausage and scrambled eggs or chicken strips</p>	<p><b>Pineapple Ham</b> – pit ham baked with pineapple then served with white cheddar mac ‘n cheese &amp; vegetable.</p> <p><b>Quiche Lorraine-</b> bacon, ham, grilled onions and Swiss cheese in a flaky pie crust, served with fresh cut fruit.</p>

**Thank you for dining with us!**