

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/1	9/2	9/3	9/4	9/5	9/6	9/7
Breakfast						
Cereal Whole Fruit Waffle w/ Strawberries	Cereal Whole Fruit Pancakes w/ Strawberries Sausage	Cereal Whole Fruit Egg & Sausage on a Cheddar Biscuit Bun	Cereal Whole Fruit Scramble Eggs Ham Muffin	Cereal Whole Fruit Fried Egg Bacon Toast	Cereal Whole Fruit Biscuit & Gravy Fresh Berries	Cereal Whole Fruit Yogurt, Granola, & Berries Breakfast Bread
Lunch						
Beef Tips over Egg Noodles Brussel Sprouts Dinner Roll Fruit Cocktail	Cheeseburger on a Bun Macaroni & Cheese Tater Tots Watermelon	Popcorn Shrimp w/ Cocktail Sauce Rice Pilaf Winter Vegetable Blend Dinner Roll Pecan Pie Bar	Bourbon Chicken Breast Sandwich Baked Sweet Potatoes Green Beans Mini S'more Cheesecake	Frank & Beans Potato Salad Cheddar Cornbread Fresh Cut Fruit	Ham & Corn Chowder w/ Crackers Mixed Greens w/ Pears & Blue Cheese Sliced Challah Bread Fresh Baked Cookie	Johnny Marzetti Tomato Mozzarella Salad Cheese Stuffed Breadstick Vanilla Pudding w/ Vanilla Wafers
Dinner						
Smoked Sausage w/ Cabbage Fried Mushrooms Bread Stick Orange Cream Cake	BBQ Pork Sandwich Cole Slaw Sweet Corn Brownie	Roasted Prime Rib Roasted Fingerling Potatoes Venetian Vegetable Blend Cake w/ Fresh Berries	Stromboli w/ Marinara Caesar Salad Ice Cream Sandwich Cottage Cheese w/ Fruit	French Toast w/ Berry Sauce Home Fries Jell-O Cake	Chicken & Dumplings Glazed Carrots Sweet Yeast Roll Pineapple Dream Tart	Bourbon Roasted Pork Loin Sweet Potato Hash Braised Red Cabbage Pie
Cold Salad of the Day						
Waldorf Salad	Macaroni Salad	Beet & Carrot Slaw	Pasta Salad	Green Bean Salad	Potato Salad	Sweet & Sour Slaw

Menu Description Week 2

Tuesday—Lunch

Winter Vegetable Blend- Steamed broccoli and cauliflower

Tuesday—Dinner

Venetian Vegetable Blend– A blend of broccoli, sugar snap peas, asparagus, peppers, & onions

Wednesday—Lunch

Bourbon Chicken Breast– Grilled chicken breast glazed with bourbon bbq glaze served on a bun.

Wednesday—Dinner

Stromboli– Variety of meats ,cheese, & vegetables wrapped in pizza dough with a side of marinara for dipping.

******If there are other menu items you do not know what they are, please call the kitchen at extension 2832.***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/8	9/9	9/10	9/11	9/12	9/13	9/14
Breakfast						
Cereal Whole Fruit Breakfast Scramble Raisin Bread Toast	Cereal Whole Fruit Chocolate Chip Oatmeal Squares Sliced Ham	Cereal Whole Fruit Sausage Patty, Egg, & Cheese Croissant Sandwich	Cereal Whole Fruit Apple Fritter Bacon	Cereal Whole Fruit Breakfast Pizza	Cereal Whole Fruit Brown Sugar & Cinnamon Pancakes	Cereal Whole Fruit Scramble Eggs Home Fries Danish
Lunch						
Mini Cheddar Burgers w/ caramelized Onions Sweet Corn Mandarin Oranges	Italian Tortellini Soup Tomato Cucumber Salad Breadstick Chocolate Strawberry Mousse	Ham Salad Sandwich Loaded Potato Salad Tropical Fruit Salad	Hot Roast Beef & Cheddar on a Bun Curly Fries Broccoli Apricots & Vanilla Wafers	Grilled Pork Chop Mexican Rice Roasted Squash Tropical Fruit w/ Teddy Grahams	BLT Wraps Steak Fries 3 Bean Salad Fruit Cocktail	Cheddar Bratwurst on a Bun w/ Peppers & Onions Macaroni Salad Baked Beans Corn Bread Frozen Lemonade Bar
Dinner						
Turkey Stuffing Casserole Mash Potatoes Garlic Parmesan Green Beans Mini Pumpkin Cheesecake	Beef Pot Roast Roasted Redskin Potatoes Creamed Peas Asst. Roll Cake w/ Cherries	Beef Ravioli w/ Marinara Caesar Salad Frozen Yogurt w/ Cinnamon Spiced Peaches	Kielbasa Sausage w/ Sauerkraut German Potato Salad Dinner Roll Angel Food Cake w/ Berries	Grilled Swiss w/ Caramelized Onions Homemade Tomato Soup Cucumber Salad Mini Grasshopper Pie	Spaghetti & Meatballs Side Salad Breadstick Key Lime Pie	Salisbury Steak Mash Potatoes Smothered Green Beans Assorted Roll Banana Poke Cake
Cold Salad of the Day						
Tomato Mozzarella Salad	Egg Salad	Tomato Cucumber	Loaded Potato Salad	Waldorf Salad	Coleslaw	3 bean Salad

Menu Description Week 3

Sunday—Dinner

Turkey Stuffing Casserole– Turkey, stuffing, cream of mushroom, milk, & herbs.

Monday—Lunch

Italian Tortellini Soup– Tortellini pasta, Italian sausage, spinach, aromatic vegetables, broth, & herbs.

Thursday—Breakfast

Breakfast Pizza– Eggs, breakfast meat, cheese, & country gravy baked on top of pizza dough.

Thursday—Lunch

Mexican Rice– Rice cooked with tomatoes, peppers, garlic, onions & Mexican spices.

Thursday—Dinner

Mini Grasshopper Pie– Cream cheese, sugar, whipped cream, chocolate chips, mint, and vanilla extract Served in a graham cracker crust.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/15	9/16	9/17	9/18	9/19	9/20	9/21
Breakfast						
Cereal Whole Fruit Caramel Apple Coffee Cake Sliced Ham	Cereal Whole Fruit Banana French Toast Casserole Sausage Patty	Cereal Whole Fruit Chocolate Chip Pancakes Fresh Mixed Berries	Cereal Whole Fruit Scramble eggs Toast Bacon	Cereal Whole Fruit Croissant Breakfast Casserole	Cereal Whole Fruit French Toast Sticks Sausage Links	Cereal Whole Fruit Scramble Egg Peanut Butter Banana Oatmeal
Lunch						
Sweet & Sour Chicken Rice Stir-fry Vegetables Yeast Roll Mandarin Oranges	Goulash BBQ Bread Balsamic Glazed Carrots Fresh Cut Pineapple	Fried Fish Sandwich Steak Fries Coleslaw Lemon Bars	Potato Leek Soup w/ Crackers Green Bean Salad Dinner Roll Cottage Cheese w/ Peaches	Carolina Shredded Pork Sandwich Ambrosia Salad Baked Beans S/F Pudding w/ Chocolate Chips	Sloppy Joe Sandwich Garlic Parmesan French Fries Tomato Mozzarella Salad Fresh Cut Fruit	Turkey w/ Tomato, & Mozzarella Cheese Sandwich Macaroni Salad California Vegetable Blend Cinnamon Spiced Pears
Dinner						
Stuffed Pepper Soup Breadstick Pasta Salad Cheesecake w/ Apples	Ham Steaks Sweet Potato Mash Malibu Vegetable Blend Dinner Roll Pie	Roasted Chicken Bruschetta Tortellini Pesto Pasta Salad Yellow Squash Cherry Apple Dump Cake	Hot Dog on a Bun House Potato Chips Baked Beans Fresh Baked Cookie	Slice Beef Tenderloin Baked Potato Sautéed Spinach Dinner Roll Caramel Apple Dessert Pizza	Ham & Bean Soup Cornbread Spinach Salad w/ Warm Bacon Dressing Jell-O Cake	Taco Casserole Bake Zucchini Corn Salad Boston Cream Pie
Cold Salad of the Day						
Macaroni Salad	Pasta Salad	Coleslaw	Tortellini Salad	Green Bean Salad	Ambrosia Salad	Tomato Mozzarella Salad

Menu Description Week 4

Monday—Lunch

Goulash— Pasta cooked with ground beef, onions, garlic, tomatoes, & herbs.

Tuesday—Dinner

Bruschetta— Tomatoes, onions, garlic, basil, oil and parmesan cheese.

Thursday—Lunch

Ambrosia Salad- Whipped cream and yogurt mixed with marshmallows and fruit.

Saturday—Dinner

Taco Casserole Bake- Ground beef, onions, tomato sauce, corn, cheddar, & Bisquick. Mixed together then baked.

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Weekly Menu for Resident Dining Services: Week #5
 Choice of Beverage: milk, coffee, tea, sugar-free soda, juice

Questions?
 Call ext. 2832



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/22	9/23	9/24	9/25	9/26	9/27	9/28
Breakfast						
Cereal Whole Fruit Sliced Home Fries Fried Egg Toast	Cereal Whole Fruit Breakfast Burrito w/ Salsa Potato Patty	Cereal Whole Fruit Western Scramble Frittata Texas Toast	Cereal Whole Fruit Biscuit & Gravy Cubed Potatoes	Cereal Whole Fruit Pancakes w/ Strawberries & Whipped Cream	Cereal Whole Fruit Assorted Muffins Sausage Fresh Berries	Cereal Whole Fruit English Muffin Cubed Potatoes Scrambled Eggs w/ Cheese
Lunch						
Pepperoni Pizza Sticks w/ Marinara Italian Panzanella Salad Salted Caramel Gelato	Creamy Chicken & Wild Rice Soup w/ Crackers Broccoli Salad Citrus Cottage Cheese Fluff	Glazed Ham Loaf Key West Blend Vegetables Mash Potatoes w/ Gravy Dinner Roll Spiced Apples	Chip Beef over Texas Bread Green Beans w/ Mushrooms Tapioca w/ Animal Crackers	Bologna Sandwich w/ Sautéed Onions & Cheese Sweet Potato Tots Sweet Corn Mango & Pineapple	Homemade Chicken Noodle Soup w/ Crackers Cheddar Biscuit Grilled Vegetable Salad Diced Peaches	Coney Dog on a Bun Baked Beans Pasta Salad Strawberry Pineapple Fluff w/ Graham Crackers
Roasted Turkey w/ Gravy Stuffing French Cut Green Beans Mashed Sweet Potatoes Pecan Pie	Sautéed Sausage Hash Brown Pickled Beets Sliced Challah Bread Carrot Cake	Mexican Lasagna Kyoto Vegetable Blend Cinnamon Chocolate Cake w/ Strawberries	Broccoli Cheddar Soup w/ Crackers Mini Ham & Cheese Sandwich Cucumber Salad Cherry Cobbler	Baked Cabbage Rolls w/ Tomato Sauce Rice Garlic Bread Lemon Blueberry Cheesecake	BBQ Ribs Macaroni & Cheese Succotash BBQ Bread Strawberry Pudding w/ Wafers	Meatloaf w/ Gravy Au Gratin Potatoes Sicilian Vegetable Blend Dinner Roll Cookie
Cold Salad of the Day						
Corn Salad	Macaroni Salad	Broccoli Salad	Pickled Beets	Egg Salad	Ambrosia Salad	Grilled Vegetable Salad

Menu Description Week 5

Sunday—Lunch

Pepperoni Stick— Pepperoni, cheese, & pizza sauce wrapped in a pizza crust

Italian Panzanella Salad— Italian bread, tomatoes, cucumbers, red onions, basil, oil, & red wine Vinegar

Tuesday—Dinner

Mexican Lasagna- Sautéed beef with taco seasoning, corn, beans, salsa, tortillas, & cheese. (Not Spicy)

Kyoto Vegetable- Soy beans, broccoli, carrots, corn, & bell peppers.

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