



October 10 – October 16, 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DONUT FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST MINI MUFFIN FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST KRINGLE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST COFFEE CAKE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST MINI MUFFIN FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY
L U N C H	BEEF POT ROAST MASHED POTATO GRAVY CASCADE VEGETABLE LEMON MERINGUE PIE <u>ALTERNATE ITEMS:</u> CHICKEN BREAST PEAS ANYTIME MENU OPTION	*HM PESTO CHICKEN- PARMESEAN BUTTERED RICE CARIBBEAN BLEND APPLE TURNOVER <u>ALTERNATE ITEMS:</u> BEEF PATTY CORN ANYTIME MENU OPTION	MEAT LASAGNA ITALIAN VEGETABLES GARLIC BREAD LEMON CAKE <u>ALTERNATE ITEMS:</u> BREADED PORK CARROTS ANYTIME MENU OPTION	CABBAGE ROLLS YUKON MASHED BUTTERED CORN CHERRY CHEESECAKE <u>ALTERNATE ITEMS:</u> BREADED FISH BEETS ANYTIME MENU OPTION	*HM OLD FASHIONED BEEF STEW BUTTERMILK BISCUIT MINI CREAM PUFF <u>ALTERNATE ITEMS:</u> VEGETABLE LASAGNA WAX BEANS ANYTIME MENU OPTION	SEASONED BAKED COD TARTAR SAUCE LEMON SLICE CHEESEY MASHED CREAMED PEAS ICE CREAM BAR <u>ALTERNATE ITEMS:</u> PORK TENDERKNIT BAKED BEANS ANYTIME MENU OPTION	CHICKEN CASSEROLE GREEN BEANS DINNER ROLL LEMON COCONUT CAKE <u>ALTERNATE ITEMS:</u> MEATBALLS BEETS ANYTIME MENU OPTION
D I N N E R	*HM TOMATO BASIL SOUP CRACKERS TUNA SALAD SANDWICH FRUIT COCKTAIL <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BBQ BEEF ON BUN CUCUMBER SALAD POTATO CHIPS ICE CREAM CUP <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM BEEF & BEAN CHILI COTTAGE CHEESE CROISSANT ORANGE BLOSSUM <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*BACON MAC & CHEESE GREEN BEANS YOGURT PARFAIT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CHICKEN POT PIE CORNBREAD MANDARIN ORANGES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM POTATO SOUP CRACKERS HAM SANDWICH FRUITED JELLO CUP <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BBQ PULLED PORK/ BUN THREE BEAN SALAD PICKLED BEETS VANILLA PUDDING TART <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION

MENU SUBJECT TO CHANGE

*HM: HOMEMADE

AVERAGE DAILY MENU: 2-4 gm SODIUM/DAY 45-60 gm CARBS/MEAL