




November 21 – November 27, 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON 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/BACON OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST COFFEE CAKE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST CINNAMON MINI DONUT FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST DONUT HOLE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY
L U N C H	SLICED HAM REDSKIN MASH POTATO MALIBU VEGETABLE LEMON MOUSSE CAKE ALTERNATE: CHICKEN KIEV PEAS ANYTIME MENU OPTION	*HM CHICKEN CHOP SUEY BUTTERED RICE EGG ROLL SWEET SOUR SAUCE MINI CREAM PUFF ALTERNATE: PORK RIB PATTY CARROTS ANYTIME MENU OPTION	CHEESE TORTELLINI WITH CREAMY PESTO BUTTERED CARROTS GARLIC BREAD BLACKBERRY COBBLER ALTERNATE: BREADED COD BEETS ANYTIME MENU OPTION	STROGANOFF MEATBALLS MASHED POTATOES BUTTERED SQUASH BANANA PUDDING WITH – VANILLA WAFERS ALTERNATE: VEGETABLE LASAGNA PEAS ANYTIME MENU OPTION	ROAST TURKEY MASHED POTATOES GRAVY  SWEET YAMS SAVORY DRESSING CRANBERRY RELISH CROISSANT PUMPKIN PIE W/TOPPING ALTERNATE ITEMS: HAM GREEN BEANS ANYTIME MENU OPTION	BAKED COD WITH HOLLANDAISE SAUCE LEMON SLICE POTATO MEDLEY PEAS & CARROTS STRAWB. ICE CRM CONE ALTERNATE: GARLIC CHICKEN BREAST RED CABBAGE ANYTIME MENU OPTION	CABBAGE ROLLS YUKON MASHED GRAVY PACIFIC BLEND VEG BROWNIE ALTERNATE: PORK CHOP WAX BEANS ANYTIME MENU OPTION
D I N N E R	LASAGNA SOUP CRACKERS COTTAGE CHEESE CRAN ORANGE MUFFIN GREEN GRAPES ALTERNATE: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	SAUSAGE GRAVY OVER BUTTERMILK BISCUIT GREEN BEANS MIXED FRUIT ALTERNATE: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BEEF & CHEDDAR - SANDWICH POTATO CHIPS DILL PICKLE APRICOTS ALTERNATE: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CHICKEN CHILI CRACKERS BROCCOLI SLAW BANANA CHOC MUFFIN CHOC. MARBLE ICE CREAM ALTERNATE: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HAMBURGER ON A BUN RELISHES CHEDDAR BITES DILL PICKLE SPEAR TROPICAL FRUIT ALTERNATE: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM MINESTRONE SOUP CRACKERS HAM SALAD SANDWICH PEAR SLICES ALTERNATE: SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	GOULASH CASSEROLE DINNER ROLL JELLO DELIGHT ALTERNATE: 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