



Fall & Winter Menu

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Egg of Choice Sausage Patty Ginger Apple flavored oatmeal Pancakes Beverage of choice	Scrambled eggs w/ham & Cheese Ginger Apple flavored oatmeal Banana Bread Hashbrown Potatoes Beverage of Choice	Confetti eggs Meat of Choice w/ Busicut Creamy Grits Juice of Choice Beverage of Choice	Tropical Parfait Cinnamon French Toast Ginger Apple Oatmeal Juice of Choice Beverage of Choice	Hard Cooked Egg Sausage Gravy Creamy Grits Biscuit Beverage of Choice	Cheese Omelet Bacon Orange Blossom Muffin Ginger Apple Oatmeal Beverage of choice	Quiche Scandia Super Donut Creamy Grits Juice of Choice Beverage of choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Glazed Meatloaf Gravy Mashed Potatoes Green Peas Dinner Roll Apple Pie Beverage of Choice	BBQ Pork on Bun Pinto Beans Mixed Greens Bread Baked Apple Slices Beverage of Choice	Chili Baked Potato Tossed Garden Salad Cornbread Ice Cream Beverage of Choice	Hamburger On a Bun Minestrone Soup Cheese & Relish Plate Frosted Brownie Beverage of Choice	Sherry Beef Tips Noodles County Blend Vegetables Bread Rosey Pears Beverage of Choice	Harborview Fish Fry Promise Land Sauce Crispy Cube Potatoes Cole Slaw & Corn Bread Hummingbird Cake Beverage of Choice	Baked Orange Glazed Ham Baked Sweet Potato Country Cabbage Biscuit Fruit Cobbler Beverage of Choice
Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate
Baked Fish w/ Tarragon Glazed Carrots	Fish Sandwich w/ Cheese Butter Beans	Turkey Pot Pie Capri Blend Vegetables	Pam's Malibu Grilled Chicken Country Blend Vegetables	BBQ Pork Rib on Roll Chuckwagon Corn	Liver & Onions French Style Green Beans	Veggie Burger Cheese & Relish Plate
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Shackford Seafood Buttered Bowties Tossed Salad Soft Breadsticks Fruit Basket Crumble Beverage of choice	Chicken Breast Parmesan Buttered Penne Italian Vegetables Garlic Bread Lemon Bar Beverage of choice	Shrimp With Cheesy Grits Lemon Broccoli Cornbread Frosted Pumkin Bar Beverage of choice	Bangladeshi Chicken & Apples Steamed Rice French Style Green Beans Dinner Roll Tropical Fruit Beverage of choice	Sliced Turkey & Poultry Gravy Cornbread Stuffing Green Bean Casserole Dinner roll Pineapple Tidbits Beverage of choice	Swedish Meatballs Parslied Rice Herb Winter Vegetables Bread Cinnamon Apples Beverage of choice	Chicken & Pastry 5 Cup Salad Capri Blend Vegetables Biscuit Assorted Cookies Beverage of choice
Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate
Quiche Scandia Tossed Garden Salad	Vegetarian Primavera with Penne Winter Mix Vegetables	Baked Pork Patty Mashed Potatoes & Gravy	Pepper Steak Stirfry Buttered Okra	Country Fried Steak Cream Corn	Cinnamon Honey Chicken Buttered Okra	Hot Roast Beef Sandwich Collard Greens



Fall & Winter Menu

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs Ham Ginger Apple flavored oatmeal Banana Bread Beverage of choice	Confetti Eggs Creamy Grits Pancakes Juice of Choice Beverage of Choice	Scrambled Eggs Bacon Coffee Cake Ginger Apple Oatmeal Beverage of Choice	Egg Patty Biscuit Creamy Grits Juice of Choice Beverage of Choice	Mexican Style Scrambled Eggs Peach Muffin Ginger Apple Oatmeal Juice of Choice Beverage of Choice	Tropical Fruit Parfait Sausage Gravy Biscuit Cream Grits Beverage of choice	Scambled Eggs Ham Ginger Apple Oatmeal Banana Bread Beverage of choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Baked Fish & Piccata Sauce Wild Rice Blend Winter Mix Vegetables Dinner Roll Peaches & Cream Beverage of Choice	Meat Lovers Pizza Tomato Basil Soup Garlic Bread Fresh Fruit Beverage of Choice	Vegetable Lasagna Tossed Salad Garlic Bread Peach & Pear Compote Beverage of Choice	Chili Hot Dog on a Bun Baked Beans Cole Slaw Banana Bar Beverage of Choice	Hot Roast Beef Sandwich Gravy Succotash & Steamed Cabbage Biscuit Chocolate Pie Beverage of Choice	Harborview Fish Fry Promise Land Sauce Baked Potato Wedges Calico Slaw & Corn Bread Fruit Mix Beverage of Choice	Hamburger on Bun French Fries Lettuce & Tomato Beef Barley Soup Fruit Cocktail Beverage of Choice
Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate
Salisbury Steak Butter Beans	BBQ Pork Rib on Roll Glazed Carrots	Chicken & Pastry Green Peas	Hamburger on Bun Cheese & Relish Plate	BBQ Pork Rib on Roll Chuckwagon Corn	Cheese Quiche Winter Mix Vegetables	Chicken Filet Sandwich Creamed Mixed Vegetables
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Tips with Gravy Noodles Herbed Green Beans Bread Fruit Mix Beverage of choice	Soft Beef Taco Refried Beans Marinated Tomato Salad Mexican Corn Bread Spice Cake Beverage of choice	Oven Fried Chicken Poultry Gravy Baked Beans, Okra & Tomatoes Cornbread Baked Peach Slices Beverage of choice	Country Fried Steak Macaroni & Cheese Green Beans Corn Bread Mandarin Oranges Beverage of choice	Cheese Ravioli Marinara Italian Vegetables Garlic Bread Cinnamon Pears Beverage of choice	Garlic Pepper Pork Loin Gravy Baked Sweet Potato & Spinach Dinner Roll Baked Apple Slices Beverage of choice	Orange Glazed Roast Turkey Black Eyed Peas Collard Greens Dinner Roll Fruit Crisp Beverage of choice
Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate
Chicken with Mango Salsa French Green Beans & Carrots	Creole Yellow Squash Maple Glazed Ham	BBQ Pork Tossed Salad with Dressing	Fish Sandwich with Cheese Capri Blend Vegetables	Stuffed Cabbage Country Blend Vegetables	Apple Stuffed Chicken Brussels Sprouts	Baked Fish in Butter Sauce Herb Winter Vegetables



Fall & Winter Menu

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Confetti Eggs Cinnamon Toast Ginger Apple flavored oatmeal Juice of Choice Beverage of Choice	Mexican Style Scrambled Eggs Bacon Ginger Flavored Oatmeal Orange Blooms Muffin Beverage of Choice	Quiche Scandia Brown Sugar Coffee Cake Creamy Grits Juice of Choice Beverage of Choice	Egg Patty Baked Apples Ginger Apple Oatmeal Biscuit Beverage of Choice	Scrambled Eggs with Ham and Cheese Creamy Grits Hashbrown Potatoes Danish Beverage of Choice	Waffle Sausage Patty Ginger Apple Oatmeal Juice of Choice Beverage of choice	Scrambled Eggs & Cheese Banana Bread Creamy Grits Juice of Choice Beverage of choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Spaghetti Meat Sauce Tossed Salad Garlic Bread Fruit Cobbler Beverage of Choice	Garden Vegetable Soup Deli Sandwich Potato Salad Relish Plate & Crackers Tropical Fruit Beverage of Choice	BBQ Pork Rib Patty Sandwich Corn O'Brien Cole Slaw Bread Sliced Peaches Beverage of Choice	Meat Lovers Pizza Tossed Salad Soft Breadsticks Hamburger Barley Soup Fruit Mix Beverage of Choice	Vegetable Soup Chicken Tenders Tater Tots Crackers Fruit Cup Beverage of Choice	Harborview Fish Fry Promise Land Sauce Seasoned Cabbage Seasoned Beans Frosted Cake Beverage of Choice	Roast Turkey & Gravy Cornbread Stuffing Green Beans Dinner Roll Pumkin Pie Beverage of Choice
Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate
Chicken & Pastry Broccoli	Pimento Cheese Sandwich Pea Salad	Breaded Shrimp Burger Seasoned Yellow Squash	Fish Sandwich with Cheese Cream Corn	Cheese Quiche Dill Carrots	Hamburger on Bun Cheese & Relish Plate	Hot Roast Beef Sandwich with Gravy Country Blend Vegetables
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pepper Steak Stirfry & Gravy Rice California Vegetables Dinner Roll Emerald Pears Beverage of choice	Barbecued Chicken Lyonnais Potatoes Seasoned Broccoli Dinner Roll Carrot Cake Beverage of choice	Shackleford Seafood Buttered Pasta with Alfredo Sauce Prince William Vegetables Assorted Dinner Rolls Chocolate Delight Beverage of choice	Oven Fried Chicken Macaroni & Cheese Glazed Carrots Biscuits Ambrosia Deluxe with Whip Topping Beverage of choice	Meatloaf with Tomato Sauce Buttermilk Mashed Potatoes & Gravy Corn Dinner roll Mandarin Oranges Beverage of choice	Brown Sugar Glazed Ham Sweet Potatoes Buttered Beets Cornbread Pear Slices Beverage of choice	Marinated Chicken Breast Cottage Potatoes Broccoli Assorted Dinner Rolls Cinnamon Bread Pudding Beverage of choice
Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate
Baked Fish Mediterranean Parslied Carrots	Liver & Onions Country Blend Vegetables	Pam's Malibu Grilled Chicken Butter Beans	Salisbury Steak with Gravy Collard Greens	Pork Patty Prince William Vegetables	Turkey Pot Pie Field Peas with Snaps	Stuffed Cabbage Creamed Mixed Vegetables



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Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hard Cooked Egg Blueberry Waffle Ginger Apple flavored oatmeal Juice of Choice Beverage of Choice	Scrambled Eggs with Ham and Cheese Super Donut & Biscuit Ginger Flavored Oatmeal Hashbrown Potatoes Beverage of Choice	Scrambled Eggs Bacon Creamy Grits Banana Bread Beverage of Choice	Pancakes Sausage Patty Ginger Apple Oatmeal Tropical Parfait Beverage of Choice	Cheese Omelet Creamy Grits Coffee Cake Juice of Choice Beverage of Choice	Mexican Style Scrambled Eggs Sausage Gravy Ginger Apple Oatmeal Biscuit Beverage of choice	Quiche Scandia Danish Creamy Grits Juice of Choice Beverage of choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pot Roast Potatoes & Onions Celery & Carrots Dinner Roll Apple Crisp Beverage of Choice	Crab Cake Sandwich Yellow Rice Creamy Tomato Basil Soup Dinner Roll Pudding Parfait Beverage of Choice	Sloppy Joe on Bun American Fried Potatoes French Onion Soup Mixed Vegetables Fruit Mix Beverage of Choice	Beef Tips with Mushrooms Noodles Seasoned Broccoli Dinner Roll Cinnamon Pears Beverage of Choice	Chicken Filet Sandwich Bean Soup Lettuce & Tomato Crackers Orange Blossom Cake Beverage of Choice	Harborview Fish Fry Promise Land Sauce Chuckwagon Corn & Calico Slaw Hushpuppies Sherbet Beverage of Choice	Cranberry Glazed Ham Baked Sweet Potato Cari Blend Vegetables Bread Tropical Fruit Beverage of Choice
Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate
Baked Pork Patty Broccoli Spears	Quiche Scandia Country Blend Vegetables	Chicken Filet Sandwich Glazed Carrots	Breaded Shrimp Creole Yellow Squash	Country Fried Steak Tomato Vegetable Medley	Turkey Burger Cheese & Relish Plate	Chicken with Lemon Pepper Gravy Butter Beans
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Spaghetti Bake Tossed Salad Breadstick Fruit Fluff Beverage of choice	Crispy Oven Fried Chicken Cheddar Sliced Potatoes Cream of Spinach Soup Cornbread Carrot Cake Beverage of choice	Soft Beef Taco Black Bean Soup Mexican Cornbread Pineapple & Cherries Beverage of choice	Stuffed Cabbage Buttered Noodles Country Blend Vegetables Dinner Roll Pineapple Cubes Beverage of choice	BBQ Pork Roasted New Potatoes Collard Greens Assorted Dinner Rolls Mandarin Oranges Beverage of choice	Sweet Sour Tempura Chicken Rice California Vegetables Dinner Roll Chilled Peaches Beverage of choice	Turkey Pot Pie Tossed Salad Dinner Roll Peanut Butter Brownie Beverage of choice
Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate
Chicken & Pastry Green Peas	Bratwurst Sauerkraut & Apples	Baked Salmon with Creamy Dill Sauce French Style Green Beans	Baked Liver & Onions Italian Vegetables	Calaroga Swiss Steak Vegetable Medley	Oriental Beef & Broccoli Tossed Salad with Dressing	Stuffed Cabbage Field Peas with Snaps

Fall & Winter Menu

Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Tropical Fruit Parfait Sausage Gravy Ginger Apple Oatmeal Biscuit Beverage of Choice	Scrambled Eggs and Cheese Bacon Ginger Apple Oatmeal Cinnamon French Toast Beverage of Choice	Quiche Scandia All Bran Muffin Creamy Grits Juice of Choice Beverage of Choice	Scrambled Eggs with Ham and Cheese Plum Bread Ginger Apple Oatmeal Juice of Choice Beverage of Choice	Mexican Style Scrambled Eggs Sausage Patty Creamy Grits Waffle Beverage of Choice	Confetti Eggs Bacon Ginger Apple Oatmeal Coffee Cake Beverage of choice	Cheese Omelet Super Donut Creamy Grits Hashbrown Potatoes Beverage of choice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cranberry Glazed Turkey Cornbread Stuffing Mixed Vegetables Dinner Roll Chocolate Pie Beverage of Choice	Chicken with Lemon Pepper Gravy Navy Beans Broccoli Cornbread Rosy Pears Beverage of Choice	Crab Cake Sandwich Boiled Potatoes Creamy Tomato Basil Soup Dinner Roll Mocha Fudge Marble Cake Beverage of Choice	Manhattan Clam Chowder Deli Sandwich Lettuce & Tomato Crackers Brownie Beverage of Choice	Country Fried Steak & Gravy Mashed Potatoes Green Beans Dinner Roll Peach Cobbler Beverage of Choice	Harborview Fish Fry Promise Land Sauce Broccoli French Fries & Biscuit Ice Cream Beverage of Choice	Pork Roast Wild Rice Blend Seasoned Zucchini Dinner Roll Frosted Marble Cake Beverage of Choice
Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate	Lunch Alternate
Country Fried Steak Field Peas with Snaps	Baked Fish with Tarragon Herb Winter Vegetables	Calaroga Swiss Steak French Style Green Beans	Pimiento Cheese on Wheat Three Bean Salad	Fish Sandwich with Cheese Pince William Vegetables	Hamburger on Bun Cheese & Relish Plate	Apple Stuffed Chicken Green Peas
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Meatball Submarine Squash Casserole Green Beans Fruit Cup Beverage of choice	Shackleford Seafood Buttered Noodles Country Blend Vegetables Breadstick Fruit Mix Beverage of choice	Beef Stew Seasoned Peas Biscuit Cinnamon Apples Beverage of choice	Chicken & Pastry Baby Carrots Dinner Roll Fruit Cocktail Beverage of choice	Baked Orange Glazed Ham Macaroni & Cheese Mixed Greens Cornbread Stewed Apples Beverage of choice	Glazed Meatloaf Roasted New Potatoes Country Cabbage Bread Mandarin Oranges Beverage of choice	Stuffed Cabbage Lima Beans Cantina Corn Assorted Dinner Rolls Peach Slices Beverage of choice
Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate	Dinner Alternate
Chicken Filet Sandwich Tossed Salad with Dressing	Brunswick Stew Butter Beans	Turkey Pot Pie Tossed Salad with Dressing	Winter Stew French Green Beans & Carrots	Salsibury Steak with Gravy Glazed Carrots	Baked Salmon French Green Beans & Carrots	Hot Roast Beef Sandwich with Gravy Herb Winter Vegetables