

♥ Heart Smart Meal ~ Reduced Sodium Content

Monday

Beef Stroganoff over Rice,(Chicken Breast), Italian Mixed Vegetables, Or Corn Breadstick & Fresh Fruit,Cake

♥ Oven Roasted Salmon, Rice & Vegetables

Tuesday

Turkey Casserole,(Stuffed Green Pepper)
Prince Edward Blend or Salad, Fruit & Roll, Pudding

♥ Grilled Chicken Breast w/ Baked Potato

Wednesday

Breaded Pork Cutlet, (Swedish Meatballs), Mashed Potatoes & Gravy
Carrots or Salad, Seasoned Apples, Ice Cream

♥ Roasted Turkey & Swiss Wrap, Carrots

Thursday

Chicken/Biscuit, (Ham and Scalloped Potatoes), Peas or Broccoli,
Muffin, Peaches, Angel Cake

♥ Chicken Breast

Friday

Spaghetti and meatballs, (Fried Seafood Basket) Brussel Sprouts or Side Salad
, Baked Apples & Brownie

♥ Baked Cod, Baked Potato &fruit

Saturday

Pork Tenderloin w/ Mushroom Sauce (Baked Fish) Baked Potato &
Sour Cream, Green Beans or Peas, Fruit Cobbler & roll

♥ Baked Fish

Sunday

Salisbury Steak, (Chicken) Roasted Red Potatoes,
Creamed Corn or Winter Blend, Roll & Pie

♥ Roasted Chicken

Care Center Dinner Menu

October 23rd ~ October 29th

2023

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Monday

Deluxe Fish Sandwich (BBQ Pork Sandwich) Tater-Tots,
Cole Slaw or Green Beans, & Jello

♥ Baked Fish Sandwich, Baked Potato

Tuesday

Cheeseburger, (Reuben), Chicken Noodle Soup, Green Beans
Or salad, Fresh Fruit & Ice Cream

♥ Lemon Pepper Cod

Wednesday

Lite Cranberry Chicken Salad Sandwich, (Hot Beef & Cheddar Melt), Potato Soup or Cheesy
Brocc. Soup, Fruit Cup & Pudding

♥ Lite Cranberry Chicken Salad, Fruit

Thursday

Hot Beef Sandwich, (Tuna/Noodle) Mashed Potatoes
Harvard Beets or Salad, Fruit & Cookie

♥ Tuna & Noodles

Friday

Chicken Pot Pie (Soft Taco)), Spinach Salad or Tomato Wedge,
Fresh Fruit & Cake

♥ Grilled Vegetable Wrap

Saturday

Sloppy Jo (Grilled Turkey Melt)) ,Potato Salad,
Blend Vegetables or Salad, Fruit & Cookie

♥ Turkey Sandwich, Fresh Veggies

Sunday

Goulash, (Chipped Beef over Toast)),
Mixed Vegetables or Salad, Breadstick, Fruit ,Brownie

♥ Cottage Cheese & Fruit Plate

Guest Meal Tickets: Breakfast \$7, Lunch \$7, Dinner \$7, Holiday Meal \$10