

Countryside Lunch Menu

10/05/2026 – 10/11/2026

Monday

Baked Spaghetti with Italian Green Beans and Garlic Bread

♥ Homestyle Chicken Noodle Soup with a Side Salad 385mg

Apple Crisp

Tuesday

Tacos (Hard and Soft Shell) with a Zesty Black Bean Salad and Mexican Rice

♥ Baby Kale Salad with Acorn Squash & Walnuts 340mg

German Chocolate Cake

Wednesday

Beef Stew with Cornbread

♥ Honey Garlic Butter Shrimp with Roasted Sweet Potatoes and Broccoli 450mg

Pumpkin Pie

Thursday

Smoked Sausage and Peppers Skillet with Creamy Polenta

♥ Butternut Squash Soup with a Fruit Cup and Dinner Rolls 300mg

Strawberry Sundae

Friday

Mediterranean Steak, Pepper & Onion Pita Wrap with Tzatziki Sauce

♥ Potato-Crusted Cod with Fingerling Potatoes, Harvest Blend Vegetables 328mg

Turtle Cheesecake

Saturday

Herb Roasted Chicken with Asparagus and Garlic Toast

♥ Southwest Pork Tenderloin with Rice and Beans 220mg

Banana Pudding Parfait with Vanilla Wafers

Sunday

Biscuits and Sausage Gravy with Home Fries and Scrambled Eggs

♥ Baked Salmon with Rice Pilaf and Sugar Snap Peas 360mg

Carrot Cake

Countryside Dinner Menu

10/05/2026 – 10/11/2026

Monday

Country Fried Steak with Garlic Mashed Potatoes and Corn
♥ Baked Tilapia with Spinach Salad and Lemon Herb Orzo 340mg
Oatmeal Raisin Cookies

Tuesday

Grilled Turkey and Cheese Sandwich with Onion Rings and Fresh Fruit
♥ Crab Salad on a Bed of Lettuce with Crackers and Fruit 365mg
Cherry Cobbler

Wednesday

Baked Chicken Thighs with Herb Stuffing and Brussels Sprouts
♥ Vegetable Chowder with Side Garden Salad 418mg
Blueberry Crumb Cake

Thursday

Beef Stroganoff with California Vegetables and Dinner Rolls
♥ Chopped Salad with Hard-Boiled Egg & Chickpeas 380mg
Peanut Butter Cookies

Friday

Chicken Nachos with Sour Cream and Salsa
♥ Baked Haddock, Creamy Grits and Braised Swiss Chard 360mg
Chocolate Cake

Saturday

Italian Sausage Pasta with Roasted Yellow Squash and Breadsticks
♥ Greek Salad with Grilled Chicken 370mg
Lemon Meringue Pie

Sunday

Smothered Chicken over Buttered Egg Noodles and Broccoli Salad
♥ Tuna Salad with Crackers, Cheese and Grapes 439mg
Rice Krispie Treat