# Countryside Lunch Menu
## 11/2/2026 – 11/8/2026

**Monday**

Chicken Parmesan with Green Beans and Garlic Bread

♥ Blackened Tilapia with Cilantro Lime Rice and Roasted Zucchini 395 mg

*Apple Dumplings with Cinnamon Sauce*

**Tuesday**

Stuffed Peppers with Cheddar Mashed Potatoes and Mixed Vegetables

♥ Apple Glazed Pork Tenderloin with Mashed Sweet Potatoes and Green Beans 325mg

*Maple Walnut Cake*

**Wednesday**

Chicken à la King over White Rice with Peas

♥ Chopped Turkey Salad 241mg

*Blueberry Pie*

**Thursday**

Fried Chicken, Mac & Cheese and Collard Greens

♥ Spinach Salad with Pears, Feta and Walnuts 420mg

Tin Roof Sundae

**Friday**

Salmon Croquettes with Succotash and Hush Puppies

♥ White Chicken Chili with Cornbread 448mg

*Chocolate Eclairs*

**Saturday**

Sweet and Sour Chicken over Lo Mein with Asian Vegetables

♥ Herb-Roasted Turkey Breast with Barley Pilaf and Roasted Cauliflower 310mg

*Lemon Pound Cake*

**Sunday**

Pierogi and Meatball Skillet with Cabbage

♥ Parmesan-Crusted Tilapia with Couscous and Sauteed Sugar Snap Peas 341mg

*Cinnamon Rolls*

# Countryside Dinner Menu

## 11/2/2026 – 11/8/2026

**Monday**

Chicken Pot Pie with Side Salad

♥ Crab Cakes with Remoulade Sauce, Diced Sweet Potatoes and Brussels Sprouts 485mg

*Cherry Crisp*

**Tuesday**

Creamy Tuscan Chicken Pasta with Breadsticks and Side Salad

♥ Honey Butter Crumb-Topped Flounder with California Blend Vegetables 412mg

*Butterscotch Cream Pie*

**Wednesday**

Homestyle Beef and Noodles with Wax Beans and Baked Apples

♥ Carrot Ginger Soup with Breadsticks, Cottage Cheese & Fresh Fruit 395mg

*Red Velvet Swirl Cake*

**Thursday**

Eggplant Parmesan with Garlic-Herb Angel Hair Pasta and Side Salad

♥ Ratatouille Bowl with Turkey 496mg

*Pumpkin Roll*

**Friday**

Mexican Beef and Rice Skillet with Corn and Black Beans

♥ Almond-Crusted Whitefish with Roasted Asparagus and Redskin Potatoes 465mg

*Molasses Cookies*

**Saturday**

Broccoli Cheddar Soup with Roast Beef Sandwiches

♥ Stuffed Acorn Squash with Wild Rice and Cranberries 225mg

*Oreo Cake*

**Sunday**

Pepperoni Flatbread with Marinated Cucumber & Tomato Salad

♥ Orange Glazed Salmon with Roasted Root Vegetables 435 mg

*Gingersnap Cookies*