

Week: September 27<sup>th</sup> – October 3<sup>rd</sup>

| Sunday                                                                                                                                                                            | Monday                                                                                                                                                                               | Tuesday                                                                                                                                                                                         | Wednesday                                                                                                                                                                                               | Thursday                                                                                                                                                                                                           | Friday                                                                                                                                                                                       | Saturday                                                                                                                                                                        |
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| <b>Breakfast</b>                                                                                                                                                                  |                                                                                                                                                                                      |                                                                                                                                                                                                 |                                                                                                                                                                                                         |                                                                                                                                                                                                                    |                                                                                                                                                                                              |                                                                                                                                                                                 |
| ♣ Seasoned Cubes<br>Egg Bites<br><b>Breakfast Tornado</b><br>Pumpkin Brioche<br>French Toast                                                                                      | ♣ Home Fries<br>Smoked Sausage<br>♣ Jumbo Belgian Waffle<br>♣ Apple Topping<br>Sausage<br>Gravy/♣ Biscuit                                                                            | ♣ Potato Triangles<br><b>Mega Sausage</b><br>Sunshine Breakfast<br>Casserole<br>Egg & Sausage Pizza Bagel<br>♣ Warm Muffin                                                                      | ♣ Seasoned Cubes<br>Smoked Sausage<br>Egg & Sausage Sandwich<br>on Apple Cinnamon<br>French Toast<br>Ham & Cheese<br><b>Cornbread Supreme</b><br>♣ Raspberry Chimichanga                                | ♣ Red Skin Potatoes<br><b>Mega Sausage</b><br>Western Frittata<br>♥♣ Avocado Toast Bar<br>♣ French Toast Sticks                                                                                                    | ♣ Tater Tots<br><b>Smoked Sausage</b><br>English Muffin<br>Breakfast Sandwich<br><b>Egg Bites</b><br>♣ Cinnamon Twist                                                                        | ♣ Potato Triangles<br><b>Sausage<br/>           Gravy/♣ Biscuit</b><br>Breakfast Tornado<br>♣ Warm Cinnamon<br><b>Roll</b><br><b>National Cinnamon Roll<br/>           Day!</b> |
| <b>Lunch &amp; Dinner</b>                                                                                                                                                         |                                                                                                                                                                                      |                                                                                                                                                                                                 |                                                                                                                                                                                                         |                                                                                                                                                                                                                    |                                                                                                                                                                                              |                                                                                                                                                                                 |
| ☉ Crunchy Onion<br><b>Chicken</b><br>Rice Pilaf<br><b>Remoulade Salmon</b><br>Baked Potato Bar<br><b>Fiesta Jalapeno<br/>           Poppers</b><br>♣ French Fries<br>♥♣ Vegetable | <b>Homemade</b><br>Stuffed Peppers/Sauce<br>♥♣ Mashed Potatoes<br>☉ Ranch Glazed Chicken<br>♣ Fried Rice<br><b>Hot Italian Sub</b><br>♥♣ Roasted Normandy<br>Blend<br>♣ Waffle Fries | ♥ Homemade Meatloaf<br>♣ Red Skin Potatoes<br>Beef Gravy<br>♣ Glazed Carrots<br>☉ Ritz Chicken<br><b>Lemon Pepper Cod</b><br>♥♣ Seasoned Whole<br>Mushrooms<br>♣ Corn Nuggets<br>♣ French Fries | <b>OKTOBERFEST!</b><br>Kielbasa<br>♣ Pierogies<br>♥♣ RS Mashed Potatoes<br>Country Gravy<br>♣ Sauerkraut<br>Golden Chicken Fritter<br><b>German Green Beans</b><br>♣ Apple Cobbler<br>♣ Potato Pancakes | Italian Chicken Breast<br><b>“Pasta Your Way”</b><br>♣♥ Plain Sauce<br>Meat Sauce<br>♣ Alfredo Sauce<br>♣ Veggie Burger<br>♣♥ Grilled Mushrooms<br>♣ Battered Mozzarella<br>Sticks<br>♣ Ranch Fries<br>♣♥ Broccoli | <b>Beef Stroganoff</b><br>♣♥ Noodles<br><b>Caesar Chicken Breast</b><br>♣ Scalloped Potatoes<br>♣ Fried Banana<br><b>Pepper Rings</b><br>♣ Garlic Chalet<br>Vegetable Blend<br>♣ Steak Fries | ☉ Ritz Chicken Breast<br>♣ Red Skin Potatoes<br>Hot Italian Sub<br>♣ Stuffed Shells<br>♣ Pull A-Part Bread<br>♥♣ Vegetable<br>♣ French Fries                                    |
| Soup of the Day:                                                                                                                                                                  | White Chicken Chili                                                                                                                                                                  | Thai Chicken Rice                                                                                                                                                                               | Loaded Baked Potato                                                                                                                                                                                     | Homemade Vegetable                                                                                                                                                                                                 | Cook's Choice                                                                                                                                                                                |                                                                                            |
|                                                                                                | ♥ Mini Salad Bar<br>(Lunch Only)<br>                                                              | ♥ Mini Salad Bar<br>(Lunch Only)<br>                                                                         | <b>Grilled Reuben</b><br>                                                                                           | <b>WORLD VEGETARIAN<br/>           DAY!</b><br><b>Quinoa Bar</b>                                                                                                                                                   | <b>Hot Italian Sub</b>                                                                                                                                                                       |                                                                                                                                                                                 |

Breakfast Served Daily: Scrambled Eggs, ♣ Morning Star Vegetarian Breakfast Sausage (M-F), Bacon, Sausage, ♣♥ Hot Oatmeal with Toppings (M-F)

Lunch & Dinner Served Mon-Fri: Hamburgers, Chicken Tenders, Bacon, Fries, ♥☉ Montreal Grilled Chicken, ♣ Morning Star Vegetarian Burgers

Week 1 ♥♣ All Plain Vegetables, Rice, and Mashed Potato ☉ = no antibiotics ever 🌶 = Spicy ♥ = Heart Healthy Item ♣ = Vegetarian Item