

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Lentil Soup, Philly Cheesesteak Sandwich, French Fries, Fresh Sliced Fruit, Pudding <u>DINNER</u> Cream of Mushroom Soup, Chicken Cordon Blue, Steamed Broccoli, Garlic Butter Rice, Chocolate Cake	2 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Vegetable Soup, Smoked Salmon Cobb Salad, Zucchini Bread, Orange Cake <u>DINNER</u> Carrot Ginger Soup, Eggplant Casserole, Steamed Carrots & Cauliflower, Garlic Bread, Banana Cake	3 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cabbage & Celery Soup, Chef's Salad, Hawaiian Roll, Homemade Flan <u>DINNER</u> Tomato Soup, Pan Grilled Fish, Sweet Baked Potato, Cilantro Rice, Fresh Baked Cookies	4 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Spinach Soup, Turkey Patty Melt, Sweet Potato Fries, Dill Pickle Spears, Strawberry Shortcake <u>DINNER</u> Mushroom & Barley Soup, Spaghetti Meat Sauce, Sautéed Zucchini & Squash, Garlic Bread, Fruit Cobbler	5 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Classic Quiche Lorraine, Cornbread, Garden Salad, Vanilla Pudding <u>DINNER</u> French Onion Soup, Chicken Parmigiana, Pasta, Roasted Brussel Sprouts, Garlic Bread, Strawberry Cake	6 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit <u>LUNCH</u> White Bean Soup, Grilled Ham & Cheese Sandwich, Tomato & Onion Salad, Fresh Fruit, Carrot Cake <u>DINNER</u> Cream of Broccoli, Lemon Garlic Butter Baked Fish, Vegetable Ratatouille, Dinner Roll, Pineapple Upside-Down Cake	
7 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Vegetable Soup, Tuna Stuffed Tomato, Garden Salad, Honey Cornbread, Ice Cream Sandwich <u>DINNER</u> Corn Chowder Soup, Swedish Meatballs, California Blend Vegetables, Garden Rice, Marble Cake, Daylight Saving Time Ends	8 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Split Pea Soup, BLT Sandwich, Mango & Avocado Salad, Potato Chips, Banana Mousse <u>DINNER</u> Zucchini Cilantro Soup, Chicken Alfredo, Italian Blend Vegetables, Dinner Roll, Banana Toffee Cake	9 <u>BREAKFAST</u> Oatmeal, Banana Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Lentil Soup, Cheese or Pepperoni Pizza, Caesar Salad, Fresh Sliced Fruit, Chef's Dessert <u>DINNER</u> Potato Leek Soup, Vegetable Lasagna, Roasted Broccoli & Cauliflower, Garlic Bread, Peach Pie	10 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> White Bean Soup, Egg Salad Pita Pocket, Tomato & Onion Salad, Ice Cream <u>DINNER</u> Chicken Rice Soup, Crusted Parmesan Fish, Cranberry Rice, Steamed Cabbage, Orange Cake	11 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Broccoli Soup, Turkey Club Sandwich, Coleslaw, Potato Chips, Triple Decker Brownie <u>DINNER</u> Mushroom & Barley Soup, Classic Meatloaf, Mashed Potatoes, Honey Glazed Carrots, Apple Pie Veterans Day	12 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Beef Chow Mein, Tapioca Pudding <u>DINNER</u> Garbanzo Bean Soup, Chicken Piccata, Buttered Roasted Spaghetti Squash, Cranberry Rice, Chocolate Cake	13 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Vegetable Soup, Smoked Salmon Pasta, Garlic Bread, Macadamia Nut Cookies <u>DINNER</u> Fideo Soup, Lemon Butter Baked Fish, Roasted Potatoes, Sautéed Spinach & Tomatoes, Lemon Meringue Pie	
14 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Tomato Bisque, Vegetable Frittata, Garden Salad, Zucchini Bread, Banana Bread <u>DINNER</u> Seafood Soup, Beef Stuffed Cabbage Rolls, Steamed Vegetables, Garlic Bread, Bread Pudding	15 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Split Pea Soup, Cheese Blintz, Apple Slaw, Orange Wedges, Chocolate Mousse <u>DINNER</u> Cream of Mushroom Soup, BBQ Chicken, Baked Beans, Corn on the Cobb, Pineapple Upside-Down Cake	16 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Zucchini Cilantro Soup, Cheese Enchiladas, Refried Beans, Spanish Rice, Flan <u>DINNER</u> Garbanzo Soup, Beef Stew, Mashed Potato, Steamed Broccoli, Dinner Roll, Banana Marble Cake	17 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Celery & Cabbage Soup, Tuna Wrap, Potato Chips, Fresh Mixed Fruit, Chef's Dessert <u>DINNER</u> Cream of Cauliflower Soup, Cheese Ravioli, Mixed Vegetables, Garlic Bread, Fruit Cobbler	18 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Spinach Soup, Egg Salad Croissant, Onion Rings, Watermelons Slices, Banana Split <u>DINNER</u> Vegetable Soup, Pan Grilled Fish, Confetti Rice, Sweet Baked Potato, Peach Cake	19 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Beef Fajitas, Spanish Rice, Refried Beans, Guacamole, Salsa, Churros <u>DINNER</u> French Onion Soup, Chicken Cacciatore, Garlic Mashed Potatoes, Sautéed Green Beans, Orange Mousse	20 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Choice of Meat and Fruit <u>LUNCH</u> Butternut Squash Soup, Reuben Sandwich, Potato Salad, Watermelon, Strawberry Shortcake <u>DINNER</u> Tomato Bisque, Honey Mustard Fish, Baked Sweet Potato, Steamed Broccoli & Cauliflower, Bread Pudding	
21 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Chicken Noodle Soup, Vegetable Quiche, Pasta Salad, Roll, Peaches & Cream <u>DINNER</u> Minestrone Soup, Pork Chops in Mushroom Gravy, Sautéed Green Beans, Mashed Potato, Cinnamon Baked Apple	22 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style <u>LUNCH</u> White Bean Soup, Fish Tacos w/ Aioli Sauce, Spanish Rice, Refried Beans, Guacamole, Churros <u>DINNER</u> Butternut Squash Soup, Roasted Chicken, Honey Glazed Carrots, Scalloped Potatoes, Tres Leches Cake	23 <u>BREAKFAST</u> Oatmeal, Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Lentil Soup, Tuna Salad Pita Pocket, Marinated Beet Salad, Fresh Melon Slices, Fruit Parfait <u>DINNER</u> Minestrone Soup, Classic Meatloaf, Roasted Potatoes, Sautéed Peppers & Onions, Pecan Pie	24 <u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Chicken Noodle Soup, California Grilled Chicken, Caesar Salad, Hawaiian Roll, Banana Mousse <u>DINNER</u> Mushroom & Barley Soup, Sicilian Fish in Tomato Sauce, Orzo Pasta, Garlic Bread, Carrot Cake	25 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Broccoli Soup, Oven Baked Crab Cakes, Broccoli & Carrot Slaw, French Fries, Lemon Jell-O <u>DINNER</u> Butternut Squash Soup, Old Fashioned Roasted Turkey, Mashed Potatoes w/ Gravy, Stuffing, Green Bean Casserole, Pumpkin Pie Thanksgiving Day	26 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Southwestern Chicken Salad, Cornbread, Apple Cake <u>DINNER</u> Tomato Soup, Shepherd's Pie, Roasted Brussel Sprouts, Glazed Carrots, Chef's Dessert	27 <u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Choice of Meat and Fruit <u>LUNCH</u> Carrot Ginger Soup, Egg Salad Croissant, Creamy Cucumber Salad, Fresh Melon, Ambrosia Salad <u>DINNER</u> Split Pea Soup, White Fish w/ Creamy Lemon Sauce, Sautéed Bell Peppers & Onions, Orzo Pasta, Sweet Potato Cake	
28 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Tomato Basil Soup, Grilled Cheese & Tomato Sandwich, Three Bean Salad, Orange Wedges, Pudding <u>DINNER</u> Egg White Drop Soup, Teriyaki Chicken, Oriental Stir Fry Vegetables, Fried Rice, Chef's Dessert, Hanukkah Begins	29 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Cream of Spinach Soup, Hawaiian Meatballs, Steamed Rice, Asian Stir Fry Vegetables, Chocolate Cake <u>DINNER</u> Egg White Drop Soup, Creamy Tuscan White Fish, Sautéed Zucchini & Squash, Baked Potato, Baked Pears	30 <u>BREAKFAST</u> Oatmeal, Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Lentil Soup, Breaded Chicken Tenderloin, French Fries, Broccoli Slaw, Ice Cream <u>DINNER</u> Minestrone Soup, Swedish Meatballs, Rice Pilaf, Green Beans Almondine, Peach Turnover	 <h1>November 2021</h1>				