

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>OCTOBER 2021</div>										<div>BREAKFAST1</div> <div>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Matzo Ball SoupBaked Oven Crab Cakes, Broccoli &amp; Carrot Slaw, Onion Rings, Ambrosia Salad</div> <div>DINNER</div> <div>French Onion Soup, Chicken Parmigiana, Grilled Zucchini &amp; Squash, Pasta, Garlic Bread, Strawberry Cake</div>		<div>BREAKFAST2</div> <div>Oatmeal, Coffee Cake</div> <div>Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>White Bean Soup, Turkey Pesto Grilled Cheese Sandwich, German Potato Salad, Fresh Fruit, Carrot Cake</div> <div>DINNER</div> <div>Cream of Broccoli, Baked Fish w/ Creamy Lemon Sauce, Sweet Baked Potatoes, Garden Rice, Pineapple Cake</div>	
<div>BREAKFAST3</div> <div>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat &amp; Fruit</div> <div>LUNCH</div> <div>Vegetable Soup, Cobb Salad, Hawaiian Roll, Brownie a la Mode</div> <div>DINNER</div> <div>Corn Chowder Soup, Roasted Pork Medallion w/ Port Wine Sauce Sautéed Green Beans &amp; Peppers, Mashed Potato, Chef's Dessert</div>		<div>BREAKFAST4</div> <div>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Lentil Soup, Philly Cheesesteak Sandwich, Sweet Potato Fries, Fresh Sliced Fruit, Pudding</div> <div>DINNER</div> <div>Italian Wedding Soup</div> <div>Chicken Pot Pie, Steamed Broccoli, Dinner Roll, Chocolate Cake</div>		<div>BREAKFAST5</div> <div>Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Tortilla Soup, Soft Beef Tacos, Refried Beans, Spanish Rice, Homemade Flan</div> <div>DINNER</div> <div>Carrot Ginger Soup, Eggplant Casserole, Steamed Carrots &amp; Cauliflower, Garlic Bread, Banana Cake</div>		<div>BREAKFAST6</div> <div>Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Cabbage &amp; Celery Soup</div> <div>Hawaiian Meatballs, Asian Stir Fry Vegetables, Steamed Rice, Fruit Jell-O</div> <div>DINNER</div> <div>Tomato Soup, Honey Mustard Baked Fish, Roasted Cinnamon Squash, Mixed Vegetables, Fresh Baked Cookies</div>		<div>BREAKFAST7</div> <div>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Cream of Spinach Soup</div> <div>Vegetable Quesadilla, Corn Avocado Salad, Coleslaw, Banana Split</div> <div>DINNER</div> <div>Mushroom &amp; Barley Soup</div> <div>Beef Pot Roast, Baked Potato, Steamed Cabbage, Fruit Cobbler</div>		<div>BREAKFAST8</div> <div>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Matzo Ball Soup, Beef Chow Mein</div> <div>Tapioca Pudding</div> <div>DINNER</div> <div>Garbanzo Bean Soup, Israeli Chicken Pilaf, Steamed Carrots, Sweet Potatoes, &amp; Beets, Dinner Roll, Honey Cake</div>		<div>BREAKFAST9</div> <div>Oatmeal, Coffee Cake</div> <div>Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Vegetable Soup, Grilled Ham &amp; Cheese Sandwich, Tomato &amp; Onion Salad, Fresh Fruit, Ice Cream</div> <div>DINNER</div> <div>Fideo Soup, Grilled Salmon</div> <div>Roasted Potatoes, Sautéed Spinach &amp; Tomatoes, Chocolate Cake</div>	
<div>BREAKFAST10</div> <div>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat &amp; Fruit</div> <div>LUNCH</div> <div>Tomato Bisque, Vegetable Frittata, Garden Salad, Zucchini Bread, Macadamia Nut Cookies</div> <div>DINNER</div> <div>Seafood Soup, Texas Mac &amp; Cheese, Steamed Broccoli &amp; Cauliflower, Garlic Bread, Tres Leches Cake</div>		<div>BREAKFAST11</div> <div>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Split Pea SoupCheese Blintz, Waldorf Salad, Orange Wedges, Brownie Parfait</div> <div>DINNER</div> <div>Zucchini Cilantro Soup, Chicken Alfredo, Italian Blend Vegetables, Dinner Roll, Banana Toffee Cake</div>		<div>BREAKFAST12</div> <div>Oatmeal, Banana Muffin, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Lentil Soup, Cheese or Pepperoni Pizza, Caesar Salad, Fresh Sliced Fruit, Chef's Dessert</div> <div>DINNER</div> <div>Potato Leek Soup, BBQ Beef Brisket</div> <div>Mashed Potato, Corn on the Cob, Cinnamon Baked Pears</div>		<div>BREAKFAST13</div> <div>Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Egg Drop Soup, Chinese Chicken Salad, Fried Wontons, Fresh Fruit Cup</div> <div>DINNER</div> <div>Chicken Rice Soup</div> <div>Crusted Parmesan Fish, Cranberry Rice, Steamed Cabbage, Orange Cake</div>		<div>BREAKFAST14</div> <div>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Cream of Broccoli Soup, Turkey Wrap, Cucumber Dill Salad, Potato Chips, Lemon Bar</div> <div>DINNER</div> <div>Mushroom &amp; Barley Soup, Creamy Cheese Ravioli, Mixed Vegetables, Garlic Bread, Coconut Cream Pie</div>		<div>BREAKFAST15</div> <div>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Matzo Ball Soup, Beef Nachos or Soft Tacos, Churros</div> <div>DINNER</div> <div>French Onion Soup, Chicken Cacciatore</div> <div>Garlic Mashed Potatoes, Sautéed Green Beans, Orange Mousse</div>		<div>BREAKFAST16</div> <div>Oatmeal, Coffee Cake</div> <div>Eggs Any Style, Choice of Meat and Fruit</div> <div>LUNCH</div> <div>Butternut Squash Soup, Italian Chopped Salad, Hawaiian Roll, Brownie a la Mode</div> <div>DINNER</div> <div>Tomato Bisque, Honey Mustard Fish, Baked Sweet Potato, Steamed Broccoli &amp; Cauliflower, Bread Pudding</div>	
<div>BREAKFAST17</div> <div>Oatmeal, Bagel Blast</div> <div>Eggs Any Style, Choice of Meat &amp; Fruit</div> <div>LUNCH</div> <div>Chicken Noodle Soup</div> <div>Vegetable Quiche, Pasta Salad, Fresh Fruit Slices, Ice Cream</div> <div>DINNER</div> <div>Minestrone Soup</div> <div>Veal Marsala, Roasted Root Vegetable, Orzo Pasta, Tres Leches Cake</div>		<div>BREAKFAST18</div> <div>Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Split Pea Soup, BLT Sandwich, Apple Slaw, Orange Wedges, Flan</div> <div>DINNER</div> <div>Cream of Mushroom Soup</div> <div>Spaghetti Meat Sauce, Grilled Snow Peas &amp; Peppers, Garlic Bread</div> <div>Eggless Honey Cake</div>		<div>BREAKFAST19</div> <div>Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Zucchini Cilantro Soup, Orange Chicken, Oriental Stir Fry Vegetables, Steamed Rice, Chocolate Éclair</div> <div>DINNER</div> <div>Garbanzo Soup, Beef Stew</div> <div>Mashed Potato, Steamed Broccoli, Dinner Roll, Banana Marble Cake</div>		<div>BREAKFAST20</div> <div>Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Celery &amp; Cabbage Soup</div> <div>Tuna Wrap, Potato Chips, Fresh Mixed Fruit, Jell-O</div> <div>DINNER</div> <div>Cream of Cauliflower Soup</div> <div>BBQ Chicken, Baked Beans, Corn on the Cobb, Pineapple Upside- Down Cake</div>		<div>BREAKFAST21</div> <div>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Cream of Spinach Soup</div> <div>Egg Salad Croissant, Onion Rings, Watermelons Slices, Banana Sundae</div> <div>DINNER</div> <div>Vegetable Soup, Pan Grilled Fish, Confetti Rice, Sweet Baked Potato</div> <div>Lemon Meringue Pie</div>		<div>BREAKFAST22</div> <div>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Matzo Ball Soup, Artichoke Chicken Salad, Hawaiian Roll, Carrot Cake</div> <div>DINNER</div> <div>Tomato Soup w/ Israeli Cous Cous</div> <div>Beef &amp; Green Bean Stew, Mashed Potato, Carrot Tzimmes, Dinner Roll, Honey Cake</div>		<div>BREAKFAST23</div> <div>Oatmeal, Coffee Cake</div> <div>Eggs Any Style, Choice of Meat and Fruit</div> <div>LUNCH</div> <div>Carrot Ginger Soup, Reuben Sandwich</div> <div>Potato Salad, Fresh Fruit, Chocolate Cake</div> <div>DINNER</div> <div>Split Pea Soup, Meatball Pasta Marinara</div> <div>Sautéed Corn &amp; Peppers, Garlic Bread,</div>	
<div>BREAKFAST24</div> <div>Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat &amp; Fruit</div> <div>LUNCH</div> <div>Tomato Basil Soup, Grilled Cheese &amp; Tomato Sandwich, Three Bean Salad, Orange Wedges, Pudding</div> <div>DINNER</div> <div>Egg White Drop Soup</div> <div>Teriyaki Chicken, Oriental Stir Fry Vegetables, Fried Rice, Chef's Dessert</div>		<div>BREAKFAST25</div> <div>Oatmeal, Waffles, Eggs Any Style</div> <div>LUNCH</div> <div>White Bean Soup</div> <div>Fish Tacos w/ Aioli Sauce, Spanish Rice, Refried Beans, Guacamole, Churros</div> <div>DINNER</div> <div>Butternut Squash Soup</div> <div>Vegetable Stuffed Turkey w/ Cranberry Glaze, Fennel Mashed Potato, Steamed Peas &amp; Carrots, Pumpkin Pie</div>		<div>BREAKFAST26</div> <div>Oatmeal, Muffin, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Lentil Soup, Tuna Salad Pita Pocket</div> <div>Marinated Beet Salad, Fresh Melon Slices, Peaches &amp; Cream</div> <div>DINNER</div> <div>Minestrone Soup, Classic Meatloaf, Roasted Yukon Potatoes, Sautéed Green Beans, Fruit Cobbler</div>		<div>BREAKFAST27</div> <div>Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Chicken Noodle Soup, California Grilled Chicken, Caesar Salad, Hawaiian Roll, Banana Mousse</div> <div>DINNER</div> <div>Mushroom &amp; Barley Soup, Sicilian Fish in Tomato Sauce, Orzo Pasta, Garlic Bread, Bread Pudding</div>		<div>BREAKFAST28</div> <div>Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Cream of Broccoli Soup, Kosher Hot Dogs, French Fries, Coleslaw, Pickle Spear, Ice Cream Sandwich</div> <div>DINNER</div> <div>Zucchini Cilantro Soup, Shepherd's Pie</div> <div>Glazed Carrots, Roasted Brussel Sprouts, Pecan Pie</div>		<div>BREAKFAST29</div> <div>Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</div> <div>LUNCH</div> <div>Matzo Ball SoupTurkey Sub Sandwich, Fresh Pineapple Slices, Potato Chips</div> <div>DINNER</div> <div>Kjotsupa (Lamb Soup), Chicken Makhani Masala, Spiced Red Cabbage w/ Blueberries, Potatoes, Icelandic Rice Pudding</div>		<div>BREAKFAST30</div> <div>Oatmeal, Coffee Cake</div> <div>Eggs Any Style, Choice of Meat and Fruit</div> <div>LUNCH</div> <div>Cream of Carrot Soup, Tuna Melt, German Potato Salad, Italian Marinated Tomato &amp; Cucumber Salad, Cookies</div> <div>DINNER</div> <div>Fideo Soup, Beef Stew, Steamed Broccoli &amp; Cauliflower, Mashed Potatoes, Black Cherry Cake</div>	
<div>BREAKFAST31</div> <div>Oatmeal, Bagel Blast,Eggs Any Style, Choice of Meat and Fruit</div> <div>LUNCH</div> <div>Chicken BOOdle Soup, Chef's Salad</div> <div>Zucchini Bread, Fruit Jell-O</div> <div>DINNER</div> <div>Butternut Squash Soup</div> <div>Eyeball Pasta, Roasted Butternut Squash, Pumpkin Patch Brownies</div> <div>Halloween</div>													