

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2022 MENU

						<p><u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Chicken Noodle Soup, Cheese or Blueberry Blintz, Apple Slaw, Orange Wedges,</p> <p><u>DINNER</u> French Onion Soup, Eggplant Parmesan, Buttered Noodles, Garlic Bread, Sponge Cake</p>
<p>2</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p><u>LUNCH</u> Cream of Mushroom Soup, Tuna Stuffed Tomato, Garden Salad, Honey Cornbread, Ice Cream Sandwich</p> <p><u>DINNER</u> Lentil Soup, Stuffed Cabbage, Garden Rice, Glazed Carrots, Lemon Bar</p>	<p>3</p> <p><u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Split Pea Soup, Cheese or Vegetable Quesadillas, Spanish Rice, Refried Beans, Salsa, Guacamole, Sour Cream, Churros</p> <p><u>DINNER</u> Vegetable Soup, Pan Grilled Fish, Confetti Rice, Sweet Baked Potato Peach Cake</p>	<p>4</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Egg Drop Soup, Sweet & Sour Meatballs, Steamed Rice, Ice Cream Sandwich</p> <p><u>DINNER</u> Chicken Matzo Ball Soup, Brisket, Roasted Potatoes & Carrots, Challah, Coconut Macaroons</p> <p>Yom Kippur Begins</p>	<p>5</p> <p><u>BREAKFAST</u> Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> White Bean Soup, BLT Sandwich, Watermelon Salad with Feta & Mint, French Fries, Tapioca Pudding</p> <p><u>DINNER</u> Summer Minestrone Soup, Salisbury Steak, Lemon Rice Pilaf, Roasted Brussel Sprouts, Banana Cake</p>	<p>6</p> <p><u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Cabbage Soup, Shrimp Lo Mein, Stir Fry Vegetables, Chocolate Chip Cookies</p> <p><u>DINNER</u> Cream of Carrot Soup, Chicken Piccata, Au Gratin Potatoes, Steamed Squash, Banana Toffee Cake</p>	<p>7</p> <p><u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup, Egg Salad Croissant, Creamy Cucumber Salad, Fresh Melon, Ambrosia Salad</p> <p><u>DINNER</u> Vegetable Soup, Beef Stew, Garlic Mashed Potatoes, Dinner Roll, German Chocolate Cake</p>	<p>8</p> <p><u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Cabbage and Celery Soup, Italian Chopped Salad, Zucchini Bread, Fruit Parfait</p> <p><u>DINNER</u> Lentil Soup, Beef Stew, Mashed Potatoes, Dinner Roll, Fresh Baked Sugar Cookies</p>
<p>9</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style</p> <p><u>LUNCH</u> Tomato Basil Soup, Grilled Ham & Cheese Sandwich, Balsamic Arugula-Tomato Salad, Fresh Melon, Fruit Jell-O</p> <p><u>DINNER</u> Roasted Carrot Apple & Celery Soup, Stuffed Bell Peppers, Turmeric Rice w/ Golden Raisins, Cherry Cake</p> <p>Sukkot Begins</p>	<p>10</p> <p><u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> White Bean Soup, Chicken Caesar Salad, Roll, Banana Mousse</p> <p><u>DINNER</u> Tomato Bisque, Shrimp Scampi, Steamed Broccoli, Garlic Bread, Apple Pie</p>	<p>11</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Tortilla Soup, Cheese Enchiladas, Refried Beans, Spanish Rice, Flan</p> <p><u>DINNER</u> Potato Leek Soup, Beef Pot Roast, Steamed Carrots, Mashed Potatoes, Dinner Roll, Berry Cobbler a la Mode</p>	<p>12</p> <p><u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Butternut Squash Soup, Reuben Sandwich, Potato Salad, Fresh Watermelon, Strawberry Shortcake</p> <p><u>DINNER</u> Garbanzo Bean Soup, Sicilian Fish in Tomato Sauce, Orzo Pasta, Garlic Bread, Boston Cream Pie</p>	<p>13</p> <p><u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Cream of Spinach Soup, Turkey Patty Melt, Sweet Potato Fries, Dill Pickle Spears, Vanilla Pudding w/ Fresh Strawberries</p> <p><u>DINNER</u> Tortilla Soup, Chicken Tostadas, Avocado, Salsa, Sour Cream, Spanish Rice, Churros</p>	<p>14</p> <p><u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup, Beef Chow Mein, Stir Fry Vegetables, Almond Cookies</p> <p><u>DINNER</u> Cream of Asparagus Soup, Pan Grilled Fish, Sweet Baked Potato, Cilantro Rice, Chocolate Éclair</p>	<p>15</p> <p><u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Fideo Soup, Vegetable Quiche, Mixed Green Salad, Zucchini Bread, Lemon Cake</p> <p><u>DINNER</u> Italian Wedding Soup, Eggplant Casserole, Steamed Carrots & Cauliflower, Garlic Bread, Banana Cake</p>
<p>16</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p><u>LUNCH</u> Eggdrop Soup, Teriyaki Chicken, Steamed White Rice, Stir Fry Vegetables, Mochi Ice Cream</p> <p><u>DINNER</u> Garbanzo Soup, Swedish Meatballs, Garlic Butter Noodles, Green Bean Almondine, Peach Cake</p>	<p>17</p> <p><u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Fruit</p> <p><u>LUNCH</u> Cream of Spinach Soup, Philly Cheesesteak Sandwich, Sweet Potato Fries, Fresh Sliced Fruit, Triple Decker Brownie</p> <p><u>DINNER</u> Chicken Matzo Ball Soup, Moroccan Paprika Fish, Couscous, Roasted Carrots, Cinnamon Apple Stuffed Challah</p> <p>Simchat Torah Begins</p>	<p>18</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Muffins, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Zucchini Soup, Cheese or Pepperoni Pizza, Caesar Salad, Chef's Dessert</p> <p><u>DINNER</u> Corn Chowder, Chicken Cordon Bleu, Green Beans Almondine, Mashed Potatoes, Cheesecake</p>	<p>19</p> <p><u>BREAKFAST</u> Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Chicken Vegetable Soup, Hot Dogs, French Fries, Coleslaw, Dill Pickle Spears, Vanilla Ice Cream</p> <p><u>DINNER</u> Cream of Carrot Soup, Beef Stuffed Bell Peppers, Garden Rice, Mixed Vegetables, Chocolate Mousse</p>	<p>20</p> <p><u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Cabbage Celery Soup, Turkey Club Sandwich, Pasta Salad, Potato Chips, Popsicles</p> <p><u>DINNER</u> Split Pea Soup, Baked Salmon w/ Mango Salsa, Polenta, Roasted Zucchini and Squash, Cherry Pie</p>	<p>21</p> <p><u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup, Grilled Chicken Caesar Salad, Roll, Strawberry Shortcake</p> <p><u>DINNER</u> Cream of Broccoli Soup, Beef Bourguignon, Mashed Potatoes, Peas & Carrots, Orange Cake</p>	<p>22</p> <p><u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Hearty Cabbage Soup, Tuna & Egg Salad Plate, Garden Salad, Garlic Roll, Vanilla Ice Cream w/ Raspberry Sauce</p> <p><u>DINNER</u> Lentil Soup, Beef Stroganoff, Egg Noodles, Roasted Carrots, Pecan Pie</p>
<p>23</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p><u>LUNCH</u> Chicken Rice Soup, Fish & Chips, Coleslaw, Strawberry Cream Puffs</p> <p><u>DINNER</u> Carrot Soup, Pan Grilled Fish, Baked Sweet Potato, Green Beans, Strawberry Shortcake</p>	<p>24</p> <p><u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Tortilla Soup, Beef Fajitas, Spanish Rice, Refried Beans, Guacamole, Salsa, Flan</p> <p><u>DINNER</u> Creamy Mushroom Soup, Chicken Curry, Basmati Rice, Chickpea Salad, Indian Carrot Pudding</p>	<p>25</p> <p><u>BREAKFAST</u> Oatmeal, Fresh Baked Muffins, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Chef's Soup, Summer Cobb Salad, Roll, Pound Cake w/ Fresh Berries</p> <p><u>DINNER</u> Butternut Squash Soup, Apple & Sage Roast Chicken, Sweet Basmati Rice w/ Carrots & Raisins, Israeli Salad, Apple Sauce Cake</p>	<p>26</p> <p><u>BREAKFAST</u> Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Cream of Spinach Soup, Hamburgers, French Fries, Fresh Watermelon, Tapioca Pudding</p> <p><u>DINNER</u> French Onion Soup, Lemon-Butter Baked White Fish, Orzo Pasta, Steamed Cabbage, Red Velvet Cake</p>	<p>27</p> <p><u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Zucchini Soup, Classic Quiche Lorraine, Garden Salad, Cornbread, Banana Split</p> <p><u>DINNER</u> Mushroom & Barley Soup Pasta Bolognese, Sautéed Zucchini & Squash, Garlic Bread, Fruit Cobbler</p>	<p>28</p> <p><u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Matzo Ball Soup, Chef Salad, Hawaiian Roll, Fruit Parfait</p> <p><u>DINNER</u> White Bean Soup, Chicken Cacciatore, Garlic Mashed Potatoes, Sautéed Green Beans, Orange Mousse</p>	<p>29</p> <p><u>BREAKFAST</u> Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Tortilla Soup, Cheese Enchiladas, Refried Beans, Spanish Rice, Guacamole, Salsa, Rice Pudding</p> <p><u>DINNER</u> Butternut Squash Soup, Beef Bourguignon, Mashed Potatoes, Peas & Carrots, Sponge Cake</p>
<p>30</p> <p><u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p><u>LUNCH</u> Potato Leek Soup, Turkey Patty Melt, Potato Salad, Fresh Fruit, Lemon Meringue Pie</p> <p><u>DINNER</u> Minestrone Soup, Cornish Hen, Red Roasted Potatoes, Green Beans, Vanilla Cake</p>	<p>31</p> <p><u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p><u>LUNCH</u> Fideo Soup, Hot Dogs, French Fries, Beet Salad, Popsicles</p> <p>Halloween Feast Pumpkin Soup, Spaghetti & Eyeballs, Broccoli, Garlic Bread, Spooky Brownies</p> <p>Halloween</p>	<p><i>"Another fall, another turned page..."</i> <i>-Wallace Stegner</i></p>				