

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>BREAKFAST</u> Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Chef's Soup, Cheese or Pepperoni Pizza Caesar Salad, Fresh Fruit, Chef's Dessert <u>DINNER</u> Zucchini Cilantro Soup Grilled Fish with Honey Mustard Sauce Sautéed Spinach, Onions & Tomatoes Orzo Pasta, Dinner Roll, Peach Cake	2 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Cauliflower Soup Oven Baked Crab Cakes French Fries, Broccoli Slaw Mango Sorbet <u>DINNER</u> Minestrone Soup Beef Lasagna, Five Way Vegetables Rosemary Bread, Pecan Pie	3 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup Classic Quiche Lorraine Garden Salad, Zucchini Bread Strawberry Vanilla Pudding <u>DINNER</u> Classic Hearty Vegetable Soup Chicken Piccata, Buttered Roasted Spaghetti Squash, Cranberry Rice, Chocolate Cake	4 <u>BREAKFAST</u> Oatmeal, Coffee Cake Eggs Any Style, Meat and Fruit <u>LUNCH</u> Tomato Ginger Soup Egg Salad Croissant, Creamy Cucumber Salad, Fresh Papaya Slices Ambrosia Salad <u>DINNER</u> French Onion Soup Creamy Tuscan Fish, Sautéed Zucchini & Squash, Baked Potato with Sour Cream Chef's Dessert
5 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Garden Vegetable Soup Tuna Stuffed Tomato, Garden Salad Honey Cornbread, Fresh Mixed Fruit <u>DINNER</u> Potato Leek Soup Swedish Meatballs, California Blend Vegetables, Garden Rice Strawberry Oatmeal Bars	6 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Lentil Soup, Hamburger, French Fries & Coleslaw, Apple Turnover <u>DINNER</u> Coconut Carrot Ginger Soup Moroccan Chicken, Leek Patties, Carrot Tzimmes, Honey Cake Labor Day Rosh Hashanah Begins	7 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Chicken Vegetable Soup Garden Salad with Hard Boiled Eggs, Hawaiian Roll, Ice Cream <u>DINNER</u> Round Raisin Challah, Sweet Potato Soup, Apple Mint Salad with Lime Vinaigrette, Pomegranate Braised Brisket, Honey Cake	8 <u>BREAKFAST</u> Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> White Bean Soup, Sweet & Sour Meatballs, Oriental Stir Fried Vegetables, Steamed Rice, Coconut Mousse <u>DINNER</u> Split Pea Soup Grilled Salmon with Mango Salsa Au Gratin Potatoes, Steamed Broccoli Apple Cobbler	9 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Spinach Soup Tuna Salad Hawaiian Roll Coleslaw, Rainbow Fruit Salad Banana Split <u>DINNER</u> Vegetable Soup, Chicken Cordon Bleu with Dijon Cream Sauce, Steamed Five Way Vegetables, Baked Sweet Potatoes Pecan Pie	10 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup Cheese or Vegetable Quesadilla, Corn Avocado Salad, Fresh Sliced Melon Ambrosia Salad <u>DINNER</u> Potato Leek Soup, Cholent Steamed Broccoli & Cauliflower Challah Bread Apple Cake	11 <u>BREAKFAST</u> Oatmeal, Coffee Cake Eggs Any Style, Meat and Fruit <u>LUNCH</u> Tomato Bisque Turkey Melt Sandwich, Sweet Potato Fries, Coleslaw Strawberry Vanilla Pudding <u>DINNER</u> Italian Wedding Soup White Fish with Creamy Wine Sauce Steamed Peas & Carrots, Roasted Potatoes, Pineapple Upside Down Cake
12 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Chicken Rice Soup Cobb Salad, Hawaiian Roll, Fruit Cobbler <u>DINNER</u> Cabbage Celery Soup Chicken Pot Pie, Sautéed Spinach, Tomatoes & Onions, Garlic Bread Baked Cinnamon Apples Grandparents Day	13 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Vegetable Soup Cheese Blintz, Waldorf Salad Orange Wedges <u>DINNER</u> Minestrone Soup Salisbury Steak with Mushroom Gravy Roasted Root Vegetables Orzo Pasta Banana Toffee Cake	14 <u>BREAKFAST</u> Oatmeal, Banana Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Lentil Soup Grilled Lemon, Chicken Caesar Salad, Hawaiian Roll, Tapioca Pudding <u>DINNER</u> French Onion Soup Eggplant Casserole, California Blend Vegetables, Garlic Rosemary Bread Tres Leches Cake	15 <u>BREAKFAST</u> Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Tomato Basil Soup, Grilled Cheese Sandwich, French Fries & Coleslaw Chocolate Éclair <u>DINNER</u> Cream of Roasted Butternut Squash Soup with Herb de Provence Tuile, Middle Eastern Baked Fish, Red Potatoes & Onions, Maple Glazed Acorn Squash, Cranberry Baked Apple Yom Kippur Begins	16 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Tortilla Soup Beef Fajitas, Spanish Rice, Refried Beans & Guacamole, Churros <u>DINNER</u> Corn Chowder Lamb Stew, Steamed Cabbage, Mashed Potatoes Lemon Bar	17 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Hawaiian Meatballs, Fried Rice Ice Pops <u>DINNER</u> Seafood Soup Shrimp Alfredo Pasta, Steamed Broccoli Garlic Bread, Chef's Dessert	18 <u>BREAKFAST</u> Oatmeal, Coffee Cake Eggs Any Style, Meat and Fruit <u>LUNCH</u> Chicken Noodle Soup BLT Sandwich, Jicama Mango Salad Potato Chips, Pudding <u>DINNER</u> Cream of Garlic Soup BBQ Chicken, Baked Beans Corn on the Cob, Carrot Cake Oktoberfest Begins
19 <u>BREAKFAST</u> Oatmeal, Bagel Blast Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Garden Vegetable Soup Chef's Salad Cheesy Cornbread Fruit Jell-O <u>DINNER</u> Minestrone Soup Pork Chops in Mushroom Gravy California Blend Vegetables Baked Sweet Potatoes	20 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Mushroom & Barley Soup Turkey Club Sandwich, Three Bean Salad, Orange Wedges, Brownie <u>DINNER</u> Matzo Ball Soup, Roasted Chicken with Vegetables, Honey Glazed Carrots Sweet Potato Kugel, Apple Cake Sukkot Begins	21 <u>BREAKFAST</u> Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Mushroom Soup Chili Con Carne, Baked Potato with Sour Cream, Steamed Broccolini Ice Cream Sandwich <u>DINNER</u> Summer Squash and Leek Soup White Fish Florentine Steamed Cous Cous, Sautéed Green Beans, Chef's Dessert	22 <u>BREAKFAST</u> Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Lentil Soup Egg Salad Pita Pocket, Cucumber Dill Salad, Fresh Papaya Slices, Mango Mousse <u>DINNER</u> Celery Cabbage Soup, Spaghetti Meat Sauce, Sautéed Zucchini and Squash, Garlic Bread, Chocolate Cake Autumn Begins	23 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Spinach Soup Breaded Chicken Tenderloin French Fries, Broccoli Slaw Ice Cream <u>DINNER</u> Seafood Bisque Beef Pot Roast, Steamed Five Way Vegetables, Baked Potato Boston Cream Pie	24 <u>BREAKFAST</u> Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Matzo Ball Soup, Tuna Melt, Potato Chips & Fresh Fruit Cookies a la Mode <u>DINNER</u> Cream of Tomato Soup Chicken Cacciatore, Sautéed Green Beans & Peppers, Garden Rice, Carrot Cake	25 <u>BREAKFAST</u> Oatmeal, Coffee Cake Eggs Any Style, Meat and Fruit <u>LUNCH</u> Chicken Noodle Soup Grilled Cheese Sandwich, Marinated Tomato & Onion Salad, Fresh Sliced Melon Strawberry Shortcake <u>DINNER</u> Potato Leek Soup Meatloaf, Sautéed Spinach & Tomatoes Corn on the Cob Blueberry Bread Pudding
26 <u>BREAKFAST</u> Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit <u>LUNCH</u> Cream of Cauliflower Soup Vegetable Quiche Garden Salad, Honey Cornbread Key Lime Pie <u>DINNER</u> Carrot Curry Soup Chicken Pot Pie Steamed Broccoli, Garlic Bread Banana Bread Crumb Cake	27 <u>BREAKFAST</u> Oatmeal, Waffles, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Garbanzo Bean Soup Fish & Chips, Fresh Watermelon Slices Orange Cake <u>DINNER</u> Butternut Squash Soup Roasted Turkey with Old-Fashioned Gravy Garlic Green Beans, Herbed Stuffing Pumpkin Pie	28 <u>BREAKFAST</u> Oatmeal, Muffin, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Vegetable Soup Southwestern Chicken Salad, Cornbread Brownie a la Mode <u>DINNER</u> Chicken Matzo Ball Soup Beef Strudel, Gefilte Fish with Beet Relish, Israeli Green Rice Cinnamon Crumb Cake Simchat Torah Begins	29 <u>BREAKFAST</u> Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit <u>LUNCH</u> White Bean Soup, Cheese Quesadilla Corn Avocado Salad, Fresh Fruit Homemade Flan <u>DINNER</u> Cabbage Celery Soup White Fish with Creamy Lemon Wine Sauce, Sautéed Bell Peppers & Onions, Orzo Pasta, Sweet Potato Cake	30 <u>BREAKFAST</u> Oatmeal, French Toast, Eggs Any Style, Meat and Fruit <u>LUNCH</u> Cream of Spinach Soup Hamburger, French Fries & Pickle Spears, Coleslaw Orange Sorbet <u>DINNER</u> Fideo Soup Beef Stuffed Cabbage Rolls, Steamed Vegetables, Garlic Bread Lemon Meringue Pie		