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