

Sun 09/25/2022 (Day 29)	Mon 09/26/2022 (Day 30)	Tue 09/27/2022 (Day 31)	Wed 09/28/2022 (Day 32)	Thu 09/29/2022 (Day 33)	Fri 09/30/2022 (Day 34)	Sat 10/01/2022 (Day 35)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
OJ, Apple, Grape, Cranberry, V8 and Prune Juice Oatmeal, Cream of Wheat Brown Sugar/Raisin Bran or Corn Flakes, Cherrios or Rice Krispies. Rice Chex Eggs: Scrambled or Fried Hard or Over Easy Pancakes Butter/Syrup Bacon or Sausage Coffee, Tea, Water or Milk	OJ, Apple, Grape, Cranberry, V8 and Prune Juice Oatmeal, Cream of Wheat Brown Sugar/Raisin Bran or Corn Flakes, Cherrios or Rice Krispies. Rice Chex Eggs: Scrambled or Fried Hard or Over Easy Bacon or Sausage Toast Butter/Jelly Coffee, Tea, Water or Milk	OJ, Apple, Grape, Cranberry, V8 and Prune Juice Oatmeal, Cream of Wheat Brown Sugar/Raisin Bran or Corn Flakes, Cherrios or Rice Krispies. Rice Chex Eggs: Scrambled or Fried Hard or Over Easy Apple Spice Coffee Cake Bacon or Sausage Coffee, Tea, Water or Milk	OJ, Apple, Grape, Cranberry, V8 and Prune Juice Oatmeal, Cream of Wheat Brown Sugar/Raisin Bran or Corn Flakes, Cherrios or Rice Krispies. Rice Chex Eggs Benedict Coffee, Tea, Water or Milk	OJ, Apple, Grape, Cranberry, V8 and Prune Juice Oatmeal, Cream of Wheat Brown Sugar/Raisin Bran or Corn Flakes, Cherrios or Rice Krispies. Rice Chex Eggs: Scrambled or Fried Hard or Over Easy French Toast Butter/Syrup Bacon or Sausage Coffee, Tea, Water or Milk	OJ, Apple, Grape, Cranberry, V8 and Prune Juice Oatmeal, Cream of Wheat Brown Sugar/Raisin Bran or Corn Flakes, Cherrios or Rice Krispies. Rice Chex Eggs: Scrambled or Fried Hard or Over Easy Bacon or Sausage Toast Butter/Jelly Coffee, Tea, Water or Milk	OJ, Apple, Grape, Cranberry, V8 and Prune Juice Oatmeal, Cream of Wheat Brown Sugar/Raisin Bran or Corn Flakes, Cherrios or Rice Krispies. Rice Chex Eggs: Scrambled or Fried Hard or Over Easy Sausage Gravy Buttermilk Biscuit Coffee, Tea, Water or Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Lasagna Italian Blend Vegetables Soft Bread Stick -or- Toscana Soup Colby Jack Sandwich grilled w/ garlic butter ----- Strawberry Shortcake ----- Milk/Beverage	Roasted Chicken Thigh with Gravy Roasted Sweet Potatoes Asparagus Bread/Butter Jellied Cranberry Sauce -or- French Onion Soup w/CROUTONS Pea & Cauliflower Salad ----- Fruit Crisp Beverage	Glazed Ham Loaf Cheesy Hashbrown Casserole Buttered Broccoli Florets -or- Tomato Beef Stew Dinner Roll/Butter ----- Berry Dessert ----- Beverage	Tater Tot Casserole Garden Salad Ranch, 1000 Island, Dorothy Lynch or Italian -or- Spaghetti Salad Beef Salad Sandwich Pickle Spear ----- Fresh Grapes Beverage	Fried Chicken (Leg, Thigh, Breast or Wing) Baked Potato Half Sour Cream/Butter Buttered Corn Dinner Roll/Butter -or- Orzo Vegetable Soup Turkey Sandwich Lettuce, Tomato & Mayo ----- Frosted Lemon Angel Food Cake ----- Beverage	Beer Battered Cod Tartar Sauce Long Grain & Wild Rice Blend Steamed Baby Carrots -or- Barley Soup Vegetable Cottage Cheese Salad ----- Cookie Beverage	Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Bread/Butter -or- Pasta Fagioli Soup Ham Croissant Sandwich ----- Cherry Fluff ----- Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Mushroom Swiss Burger on Bun Ketchup/Mustard Hash Brown Patty French Style Green Beans -or- Toscana Soup Colby Jack Sandwich grilled w/ garlic butter	Philly Steak Sandwich Sautéed Peppers & Onions Tater Tots Ketchup/Mustard -or- French Onion Soup w/CROUTONS Pea & Cauliflower Salad	Enchilada Casserole with Shredded Lettuce and Diced Tomatoes Salsa and Sour Cream Seasoned Pinto Beans -or- Tomato Beef Stew Dinner Roll/Butter	BBQ Riblette on a Hot Dog Bun Baked Beans Potato Salad -or- Spaghetti Salad Beef Salad Sandwich Pickle Spear	Bacon Cheeseburger on Bun Lettuce, Tomato, Pickle, Onion Ketchup/Mustard Potato Chips -or- Orzo Vegetable Soup Turkey Sandwich	Bunza Casserole Pickled Beets -or- Barley Soup Vegetable Cottage Cheese Salad ----- Banana Split Dessert	Chicken Primavera Bake French Style Green Beans -or- Pasta Fagioli Soup Ham Croissant Sandwich ----- Hummingbird Cake

Orange Fruited Gelatin	Sugar Cookie	Watergate Salad	Applesauce Bar w/Cinnamon Icing	Lettuce, Tomato & Mayo	Milk/Beverage	Milk/Beverage
Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Cantaloupe		
				Milk/Beverage		
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink
Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx	Asst.Snacks/Cookies/Crx

The meal items shown are those served on a **Regular Diet**. If your physician has ordered for you a **Therapeutic** or **Texture Altered Diet**, you may be served a different menu item, a different portion of the menu item or the item may be eliminated entirely in order to comply with your current diet order. Thank you!