

Menu

week of October 18, 2026

Sun 10/18/2026	Mon 10/19/2026	Tue 10/20/2026	Wed 10/21/2026	Thu 10/22/2026	Fri 10/23/2026	Sat 10/24/2026
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Cheesy Eggs Breakfast Ham Slice Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Egg & Sausage on Croissant Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal French Toast w/ Syrup Strawberry Topping Bacon Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Morning Glory Muffin Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Ham & Veggie Omelet Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Eggs Benedict Casserole Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage	Choice of Eggs Oatmeal or Cream of Wheat Choice of Cold Cereal Denver Scramble Choice of Toast Fruit of the Day Assorted Juice Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Blueberry Walnut Salad Hearty Vegetable Beef Soup Baked Whitefish w/ Dill Lemon & Tartar Sauce Baked Sweet Potato Broccolini Wheat Roll Tropical Fruit Cheesecake w/ Topping	Cream of Potato Soup Teriyaki Glazed Pork Tenderloin Garden Blend Rice Roasted Root Vegetables Wheat Roll Fresh Apple Slices Oatmeal Cookies	French Onion Soup Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Apricots Oreo Cookie Dessert	Spinach Tortellini Soup Chicken Marsala Garlic Mashed Potatoes Broccoli French Bread Cantaloupe Caramel Apple Pie Bars	White Chicken Chili BBQ Glazed Meatloaf Herb Mashed Potatoes Buttered Corn Wheat Roll Mandarin Oranges Fudge Brownie	Chicken & Sausage Gumbo Fried Shrimp Cocktail Sauce Sweet Potato Fries Southern Coleslaw Honeydew Melon Cherry Cobbler	Beef Barley Soup BBQ Baked Chicken Herb Roasted Potatoes Roasted Squash & Zucchini Watermelon Apple Pie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Hearty Vegetable Beef Soup Orange Chicken Fried Rice Oriental Vegetables Spring Roll Fortune Cookie Tropical Fruit Chocolate Pudding Parfait Milk/Beverage	Cream of Potato Soup Beef Stew Mashed Potatoes Roasted Brussel Sprouts Crusty Baguette w/ Butter Fresh Apple Slices Coconut Cream Pie Milk/Beverage	French Onion Soup Maple Glazed Baked Salmon Basmati Rice Buttered Carrots Wheat Roll Apricots Pound Cake w/Fruit Topping Milk/Beverage	Spinach Tortellini Soup Whole Grain Breaded Pollock Lemon & Tartar Sauce Black Beans & Rice Chopped Spinach Cantaloupe Banana Pudding Milk/Beverage	White Chicken Chili Beef Soft Tacos Spanish Rice Refried Beans Chips & Salsa Mandarin Oranges Tres Leches Cake Milk/Beverage	Chicken & Sausage Gumbo Chicken Alfredo Over Penne Italian Cut Green Beans Garlic Toast Honeydew Melon German Chocolate Cake Milk/Beverage	Beef Barley Soup Open-Faced Pork Tenderloin Sandwich Mashed Potatoes Buttered Peas Watermelon Peanut Butter Cookies Milk/Beverage

Menu items reflect our regular nourishing diet. A different item or modified portion may be served if a therapeutic or texture altered diet is ordered.

Maureen C Lamperis MS RDN

Maureen C Lamperis, MS RDN
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