















Fall Seasonal Menu

Fall From: _____ Week: 1 To: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Meal	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Grilled Ham	Breakfast Sausage	Country Scramble	French Toast	Cottage Cheese	Sausage Gravy	Swiss Cheese Omelet
	Hash Browns / Toast	Pancakes with Syrup	Toast with Jelly	Casserole / Bacon	Fresh Fruit Cup	Biscuit	Toast with Jelly
	Apricot Halves	Glazed Peaches	Banana Half	Orange Wedges	Blueberry Muffin	Mandarin Oranges	Seasonal Fresh Fruit
	Malt O Meal	Raisin Bran Cereal	Cream of Wheat	Cinnamon Oatmeal	Malt O Meal	Oatmeal	Raisin Bran Cereal
							
Noon Meal	Ranchers Chicken	Breaded Fish Fillet	Beef Pot Roast	Glazed Baked Ham	Italian Baked Fish	Hungarian Goulash	Rosemary Roast Pork
	Oven Baked Beans	Sweet Potato Wedges	Mashed Potatoes	Baked Butternut	Creamy Polenta	Garlic Parsley Noodles	Roasted Potatoes
	Sautéed Spinach	Peas w/ Red Peppers	Seasoned Green Beans	Squash	Baked Zucchini	Roasted Carrots	Peas and Onions
	Gingersnap Cookie	Wheat Roll	Herb Biscuit	Sautéed Cabbage	French Bread	Wheat Bread	Wheat Dinner Roll
	Caramel Apple Slices	Strawberry Bavarian	Tapioca Pudding	Frosted Lemon Cake	Fruited Gelatin	Banana Cream Pie	
							
Evening Meal	Tortellini in Marinara	Navy Bean Soup	Turkey Stuffed Pepper	Vegetable Soup	Beef and Tater Tot	Grilled Chicken	Tomato Basil Soup
	Roasted Zucchini	Pastrami & Swiss	Mushroom Barley Pilaf	Macaroni & Cheese	Casserole	Bread in a Bun	Pesto Vegetable Pizza
	Garlic Breadstick	Cheese on Rye	Carrots with Dill	Seasoned Broccoli	Mashed Cauliflower	Sweet Potato Fries	Tossed Salad
	Baked Pear	Cole Slaw	Wheat Bread	Wheat Bread	Wheat Bread	Copper Beet Salad	Oatmeal Chocolate
	Dessert	Frosted Spice Cake	Peanut Butter Cookie	Brownie	Sherbet	Pumpkin Spice Bar	Chip Cookie

Hot beverage and milk served at each meal.
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Fall Seasonal Menu

Fall From: _____ To: _____
Week: 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Meal	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
	Vanilla Peach Yogurt	Western Scramble Toast with Jelly	Breakfast Sausage Waffle with Peach Sauce	Cheese Omelet Toast with Jelly	Cinnamon French Toast / Bacon Slice	Salsa Scrambled Eggs Raisin Bran Muffin	Breakfast Sausage Blueberry Pancakes
	Bran Muffin	Spiced Apples	Raisin Bran Cereal	Banana Half	Apricot Halves	Orange Wedges	Pears
Noon Meal	Raisin Oatmeal 	Malt O Meal 	Raisin Bran Cereal 	Cream of Wheat 	Raisin Oatmeal 	Malt O Meal 	Cinnamon Oatmeal 
	Asian Beef and Green Beans	Chili with Beans Cornbread with Honey Margarine	Tandoori Chicken Brown Rice	Country Fried Steak with Country Gravy	Lemon Pepper Fish Orzo Pilaf	Citrus Pork Parsley Bulgur Pilaf	Herb Roasted Turkey with Gravy
	Steamed Rice Pot Sticker	Seasoned Carrots	Stir Fried Zucchini Wheat Roll	Mashed Potatoes	Broccoli & Red Pepper Wheat Roll	Butternut Squash Strawberry Banana	Apple Dressing Orange Glazed Beets
Evening Meal	Sugar Cookies 	Ice Cream Sundae 	Pumpkin Spice Cake 	Rocky Road Pudding 	Cherry Dessert 	Gelatin w/ Topping 	Frosted Carrot Cake 
	Santa Fe Turkey Casserole	Vegetable Barley Soup Tuna Cream Cheese Sandwich	Vegetable Lasagna Sautéed Spinach with Garlic	Split Pea Soup Deli Hoagie Sandwich	Kielbasa and Baked Beans Calico Corn	Shepherd's Beef Pie Green Peas with Cauliflower	Minestrone Soup Salami & Provolone Sandwich
	Black Beans & Corn Flour Tortilla	Garden Salad	Breadstick	Three Bean Salad	Heavenly	Wheat Bread	Caesar Salad
	Flan Custard	Chocolate Chip Cookie	Blushing Pears	Cinnamon Cookie	Hash	Toffee Cookie Bar	Peach Dessert



Hot beverage and milk served at each meal.
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Fall Seasonal Menu

Fall From: _____ Week: 3 To: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Meal	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
	Pepper Jack Eggs	Sausage Gravy	French Toast	Breakfast Ham	Scrambled Eggs	Breakfast Sausage	Baked Country Omelet
	Cinnamon Toast	and Biscuit	Bacon Slice	Pumpkin Muffin	Raisin Toast w/ Jelly	Pancakes	Danish
	Spiced Applesauce	Seasonal Fresh Fruit	Banana Half	Fruit Compote	Sliced Pears	Mandarin Oranges	Apricot Fruit Cup
	Raisin Bran Cereal	Cinnamon Oatmeal	Malt O Meal	Raisin Bran Cereal	Cream of Wheat	Oatmeal	Malt O Meal
Noon Meal	 Battered Fish Fillet	 Lemon Chicken with with Mushroom Sauce	 Balsamic Glazed Pork Roast	 Beef Stroganoff over Noodles	 Herb Crusted Fish Risotto	 Meat Loaf with Gravy Mashed Potatoes	 Honey Glazed Ham Butternut Squash
	Couscous Pilaf	Brown Rice Pilaf	Sweet Potatoes	Broccoli and Cheese Bake	Sautéed Zucchini	Carrots with Thyme	Seasoned Broccoli
	Squash Sauté	Green Beans w/ Lemon	Peas & Cauliflower	Apple Crisp	Whipped Gelatin	Baked Peach	Wheat Roll
	Wheat Roll	Frosted Yellow Cake	Pudding Parfait	 Turkey Rice Casserole	 Carrot Soup Shaker Pork Sandwich	Dessert	Fluffy Cheesecake
	Butterscotch Pudding	 Classic Burger with Lettuce, Tomato, Onion	 Lentil Soup Vegetable Quiche	 Turkey Rice Casserole	 Carrot Soup Shaker Pork Sandwich	 Baked Ziti Green Beans with Oregano	 Chicken Fajita with Flour Tortilla Cilantro Rice
Evening Meal	Farmer's Soup	French Fries	Sautéed Spinach	Herb Biscuit	Chocolate Crinkle	Garlic French Bread	Southwest Vegetables
	Baked Potato with Ham & Cheese	Cucumber Dill Salad	Wheat Roll	Sherbet	Cookies	Cranberry Crunch Bar	Spiced Pastries
	Savory Broccoli	Raspberry Bavarian	Snickerdoodle Cookie				
	Molasses Cookie						



Hot beverage and milk served at each meal.
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Fall Seasonal Menu

Fall From: _____ Week: 4 To: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Meal	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice
	Yogurt and	Egg & Sausage Bake	Breakfast Ham	Scrambled Eggs	Mushroom Omelet	French Toast w/ Syrup	Cheese Scramble
	Fresh Fruit Cup	Toast with Jelly	Hash Browns	Pancakes with	Toast with Jelly	Mandarin & Pear Cup	Cinnamon Toast
Noon Meal	Waffle with Syrup	Seasonal Fresh Fruit	Toast with Jelly	Fruited Syrup	Banana Half	Bacon Slice	Orange Wedges
	Cinnamon Oatmeal	Cream of Wheat	Raisin Bran Cereal	Malt O Meal	Raisin Oatmeal	Raisin Bran Cereal	Oatmeal
	Italian Sausage with	Beef Stew with	Tuna Noodle	Curry Chicken	Seafood Newburg	Spaghetti with	Roast Beef with Herbs
Evening Meal	Onions and Peppers	Vegetables & Potatoes	Casserole	Steamed Rice	Herbed Rice	Meat Sauce	Baked Potato
	Garlic Parsley Noodles	Garlic Green Beans	Savory Broccoli	Carrots & Pepper Sauté	Green Beans with	Roasted Squash	Brussels Sprouts
	Herbed Zucchini	Biscuit	French Bread	Wheat Roll	Lemon	Garlic French Bread	Wheat Roll
	Gingerbread Cookie	Rice Custard	Cranapple Crisp	Cheesecake Parfait	Black & White Brownie	Cappuccino Pudding	Angel Food Cake
	Porcupine Meatballs	Roasted Red Pepper	BBQ Pork Rib Pattie	Vegetable Tortilla	Tomato Soup	Turkey Chili	Sweet & Sour Pork
	Mashed Potatoes	Soup	Baked Beans	Soup	Grilled Cheese	Cornbread	Brown Rice
	Peas & Red Peppers	Turkey Herb Sandwich	Sautéed Seasoned	Beef Tamale Bake	Sandwich	Tossed Green	Stir Fry Vegetables
	Wheat Roll	Spinach Orange Salad	Cabbage	Southwest Vegetables	Three Bean Salad	Salad	Pot Sticker
	Blueberry Gelatin	Banana Cake	Ice Cream	Pumpkin Cookie	Baked Apple Slices	Crunch Top Fruit Bar	Autumn Gelatin



Hot beverage and milk served at each meal.
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