

Fall Menu Week 3

September 30th - October 6th, 2023

MONDAY 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Poached Eggs Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Fried Eggs Bacon Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Poached Eggs Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait French Toast - Berry Sauce Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Scrambled Eggs Sausage Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Poached Eggs Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Hard Boiled Eggs Prunes</p>
<p>Beef Vegetable (GF-DF)</p> <p>Grilled Chicken Burger Honey Mustard Sauce Lettuce, Onion, Tomato Onion Rings ...or...</p> <p>MKC Cold Plate</p>	<p>Creamy Turkey Chowder</p> <p>Crispy Shrimp Taco Shredded Lettuce, Cilantro Lime Sauce Crunchy Coleslaw Asian Cucumber Salad ...or...</p> <p>Egg Salad Sandwich</p>	<p>Beet Borscht (GF-DF)</p> <p>Toasted Turkey Sandwich Dill Mayo, Alfalfa Sprouts Tomato, Havarti Cheese Carrot & Raisin Salad ...or...</p> <p>MKC Cold Plate</p>	<p>Roasted Parsnip (GF-DF)</p> <p>Baked Denver Quiche Ham, Cheddar, Green Onion Shredded Hashbrowns ...or...</p> <p>Tomato Sandwich</p>	<p>Tomato & Basil (GF-DF)</p> <p>3 Cheese Grilled Cheese Broccoli Salad ...or...</p> <p>MKC Cold Plate</p>	<p>French Onion (GF-DF)</p> <p>Pulled Pork on a Bun Coleslaw ...or...</p> <p>Tuna Salad Sandwich</p>	<p>Lemon Chicken (GF-DF)</p> <p>Hot Turkey Sandwich French Fries ...or...</p> <p>MKC Cold Plate</p>
<p>Ice Cream</p> <p>Beef Lasagna Garlic Breadstick Side Salad GF Pasta and Cream Sauce Available ...or...</p> <p>Breaded Pork Cutlet & Citrus Salad Mixed Greens, Peas, Cucumber, Radish Asparagus, Parmesan, Orange Segment Lemon Vinaigrette</p> <p>Roll, Tomato Juice</p> <p>Maple Raisin Rice Pudding</p>	<p>Cookies</p> <p>Herb Roasted Chicken Breast (GF-DF) Mango Salsa Steamed Carrots Baked Potato Sour Cream ...or...</p> <p>Cream Cheese Filled Crepes Fresh Berries Whip Cream Breakfast Sausage</p> <p>Roll, Tomato Juice</p> <p>Peaches & Cream Cake</p>	<p>Pudding</p> <p>Shepherds Pie (GF) Mashed Potato, Beef, Peas, Carrot Roasted Beets & Rutabaga Onion Gravy ...or...</p> <p>Seafood Cioppino Mussels, Prawns, Cod, Salmon Tomato Broth Fresh Baked Focaccia</p> <p>Roll, Tomato Juice</p> <p>Rhubarb Crisp</p>	<p>Butter Tart</p> <p>Chicken Apple Sausage (GF-DF) Braised Red Cabbage Boiled Potato ...or...</p> <p>Beef Chili Garlic Breadstick</p> <p>Roll, Tomato Juice</p> <p>Lemon Cake</p>	<p>Mandarins & Whip Cream</p> <p>Potato Crusted Cod (GF) Roasted Cauliflower & Broccoli Long Grain Rice ...or...</p> <p>Chicken Burrito Bowl (GF-DF) Rice, Black Beans, Corn, Cheese Pickled Red Onion, Roasted Peppers Sour Cream & Salsa</p> <p>Roll, Tomato Juice</p> <p>Warm Brownie Sundae</p>	<p>Pumpkin Spice Loaf</p> <p>Turkey Pot Pie Peas and Carrots Mashed Potato Gravy ...or...</p> <p>Breaded Beef Liver & Onions Peas and Carrots Mashed Potato Gravy Gluten Free Liver Available</p> <p>Roll, Tomato Juice</p> <p>Icebox Cake</p>	<p>Nanaimo Bar</p> <p>Smoked Beef Brisket Yellow Beans Mashed Potato Onion Gravy Horseradish</p> <p>Roll, Tomato Juice</p> <p>Apple Pie</p>

GF = Gluten Free

DF = Dairy Free

- All Sandwiches Can Be Made GLUTEN FREE. Bring your bread in!!!
- Apples, oranges, and Bananas are available at each meal only as a dessert substitute.
- Menus may be changed due to product availability and shortages which are out of our control.