

Fall Menu Week 1 (2)

October - 21st - October 27th, 2024

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
<p>Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat 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, Sunny Boy Cereal Dry Cereal Yogurt Parfait Scrambled Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait French Toast - Apple Cinnamon Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat Dry Cereal Yogurt Parfait Poached Eggs Sausage Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Scrambled Eggs Prunes</p>	<p>Toast Milk, Coffee, Juice Oatmeal, Sunny Boy Cereal Dry Cereal Yogurt Parfait Hard Boiled Eggs Prunes</p>
<p>Chicken Vegetable (GF-DF)</p> <p>Beef Mozza Burger Mozza Cheese, Thousand Island Lettuce, Tomato Sweet Potato Fries</p> <p>...or...</p> <p>MKC Cold Plate</p>	<p>Tomato Leek (GF-DF)</p> <p>Egg Salad on Rye Pickled Beets Roasted Carrot Salad</p> <p>...or...</p> <p>Salmon Salad Sandwich</p>	<p>Creamy Potato (GF)</p> <p>Chicken Wings! BBQ or Salt & Pepper Veggies & Dip Gluten Free Wings Available</p> <p>...or...</p> <p>Ham Salad Sandwich</p>	<p>Chicken Jambalaya (GF-DF)</p> <p>Western Skillet Ham, Green Onions, Peppers, Cheese Scrambled Egg Shredded Hashbrowns Choice of Toast</p> <p>...or...</p> <p>Chicken Salad Sandwich</p>	<p>Dill Pickle Soup (GF)</p> <p>Roast Beef Stuffed Yorkshire Pudding Onion & Mushroom Gravy French Fries</p> <p>...or...</p> <p>MKC Cold Plate</p>	<p>Cauliflower & Cheese (GF)</p> <p>Turkey & Swiss on Rye Turkey, Swiss Cheese, Lettuce Cranberry Mayo Cucumber Salad</p> <p>...or...</p> <p>Egg Salad Sandwich</p>	<p>Clam Chowder (GF)</p> <p>Veggie Quesadilla Peppers, Cheese, Green Onion Sour Cream, Salsa Tossed Salad</p> <p>...or...</p> <p>MKC Cold Plate</p>
<p>Ice Cream</p>	<p>Cookies</p>	<p>Tiramisu Mousse</p>	<p>Rice Krispie Square</p>	<p>Almond Raspberry Tart</p>	<p>Jell-O</p>	<p>Pumpkin Raisin Loaf</p>
<p>Prawn Pasta Puttanesca Tomato Sauce, Capers, Olives, Lemon Garlic Sauteed Prawns Garlic Toast Side Salad Gluten Free Pasta Available</p> <p>...or...</p> <p>Autumn Salad (GF-DF) Lettuce, Apples, Mandarins, Pear Candied Walnut, Roasted Squash Poppy Seed Dressing</p> <p>Roll, Tomato Juice</p> <p>Chef's Choice</p>	<p>Chicken Souvlaki Green Beans Potato Pancakes Tzatziki Sauce</p> <p>...or...</p> <p>Cinnamon Sugar Waffles Warm Sauteed Apples Apple Cider Sauce Bacon</p> <p>Roll, Tomato Juice</p> <p>Coconut Rice Pudding</p>	<p>Teriyaki Pork Chop Pickled Daikon & Carrot Steamed Carrot, Celery, Onion Roasted Red Skin Potato</p> <p>...or...</p> <p>Tuna Niçoise Salad (GF-DF) Albacore Tuna, Olives, Egg, Potato Tomato, Green Bean, Red Wine Dijon Vinaigrette</p> <p>Roll, Tomato Juice</p> <p>Pumpkin Spice Jelly Roll</p>	<p>Ukrainian Night!</p> <p>Cheddar & Potato Perogies Cabbage Rolls & Tomato Sauce Farmers Sausage Fried Onions Sour Cream</p> <p>Roll, Tomato Juice</p> <p>Honey Cake</p>	<p>Lemon Dill Salmon Steamed Broccoli Long Grain Rice</p> <p>...or...</p> <p>Taco Salad (GF-DF) Lettuce, Ground Beef, Tomato, Carrot Cheese, Green Onion, Tortilla Strips Salsa & Sour Cream</p> <p>Roll, Tomato Juice</p> <p>Apple Crisp</p>	<p>Braised Chicken Cacciatore Tomato & Pepper Sauce Peas & Carrots Buttered Egg Noodles</p> <p>...or...</p> <p>BLT Baked Potato Bacon, Cheese, Tomato, Lettuce Sour Cream</p> <p>Roll, Tomato Juice</p> <p>Mixed Berry Cheesecake Trifle</p>	<p>Oven Baked Ham Creamed Corn Scalloped Potato Applesauce</p> <p>Roll, Tomato Juice</p> <p>Pumpkin 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.