

Fall Menu Week 3 (2)

November 4th - November 10,

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
<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) Turkey Burger Cranberry Mayo, Lettuce, Onion, Tomato Onion Rings ...or... MKC Cold Plate Ice Cream</p>	<p>Beet Borscht (GF-DF) Crispy Shrimp Tacos Shredded Lettuce, Cilantro Lime Sauce Crunchy Coleslaw Asian Cucumber Salad ...or... Egg Salad Sandwich Cookies</p>	<p>Corn Chowder (GF) Toasted Turkey Sandwich Dill Mayo, Alfalfa Sprouts Tomato, Havarti Cheese Carrot & Raisin Salad ...or... MKC Cold Plate Pudding</p>	<p>Roasted Parsnip & Apple (GF-DF) Denver Quiche Ham, Cheddar, Green Onion Shredded Hashbrowns ...or... Tomato Sandwich Butter Tart</p>	<p>Tomato & Basil (GF-DF) 3 Cheese Grilled Cheese Broccoli Salad ...or... MKC Cold Plate Mandarins & Whip Cream</p>	<p>French Onion (GF-DF) Pulled Pork on a Bun Coleslaw ...or... Tuna Salad Sandwich Banana Loaf</p>	<p>Lemon Chicken (GF-DF) Hot Turkey Sandwich French Fries ...or... MKC Cold Plate Nanaimo Bar</p>
<p>Beef Ravioli & Tomato Sauce Garlic Breadstick Side Salad GF Pasta and Cream Sauce Available ...or... Breaded Pork Cutlet & Citrus Salad Mixed Greens, Peas, Cucumber, Radish Asparagus, Parmesan, Orange Segments Lemon Vinaigrette Roll, Tomato Juice Maple Raisin Rice Pudding</p>	<p>Herb Roasted Chicken Breast (GF-DF) Mango Salsa Steamed Carrots Baked Potato Sour Cream ...or... Cream Cheese Filled Crepes Fresh Berries Whip Cream Breakfast Sausage Roll, Tomato Juice Peaches & Cream Cake</p>	<p>Shepherds Pie (GF) Mashed Potato, Beef, Peas, Carrot Roasted Beets & Rutabaga Onion Gravy ...or... Seafood Cioppino Mussels, Prawns, Cod, Salmon Tomato Broth Fresh Baked Focaccia Roll, Tomato Juice Rhubarb Crisp</p>	<p>Farmers Sausage (GF-DF) Braised Red Cabbage Boiled Potato ...or... Beef Chili Garlic Breadstick Roll, Tomato Juice Lemon Cake</p>	<p>Potato Crusted Cod (GF) Roasted Cauliflower & Broccoli Long Grain Rice ...or... Veggie Burrito Rice, Black Beans, Corn, Cheese Sour Cream & Salsa Roll, Tomato Juice Warm Brownie Sundae</p>	<p>Chicken Pot Pie Peas and Carrots Mashed Potato Gravy ...or... Breaded Beef Liver & Onions Peas and Carrots Mashed Potato Gravy Gluten Free Liver Available Roll, Tomato Juice Icebox Cake</p>	<p>Braised Beef Brisket Yellow Beans Mashed Potato Onion Gravy Horseradish Roll, Tomato Juice 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.