

Fall Menu - Week 5

October 12 - October 18, 2026

MEAL	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
BREAKFAST - 7:30 AM - 9:30 AM							
DAILY CHOICES	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes
HOT CHOICE	Poached Eggs	Fried Eggs Ham	Cheesy Cheddar Eggs	Banana-Oat Breakfast Bake	Scrambled Eggs	Poached Eggs Bacon	Hard-Boiled Eggs Toasted English Muffin
LUNCH - 11:00 AM - 1:00 PM							
SOUP	Broccoli & Cheddar (GF)	Chicken Wild Rice (GF-DF)	Creamy Vegetable (GF)	Tomato Basil (GF-DF)	Mushroom Barley (DF)	Split Pea & Vegetable (GF-DF)	Carrot Ginger (GF-DF)
OPTION 1	Homestyle Beef Burger <i>Lettuce, tomato, fried onion & cheddar</i> Onion Rings (GF option available)	Toasted BLT Sandwich <i>Bacon, Lettuce, Tomato, Mayo</i> Broccoli slaw	Chicken Pot Pie Cranberry Coleslaw Mixed Greens Chicken Gravy	Scrambled Eggs Bacon Pan Fried Breakfast Potato Baked Beans Choice of Toast	Meatball Sub <i>Marinara & mozzarella</i> Quinoa Salad	Toasted Turkey on Rye <i>Lettuce, Cranberry Mayo, Tomato</i> Veggie & Pasta Salad	Sweet Potato & Black Bean Quesadilla Avocado Cabbage slaw (GF option available)
OPTION 2	MKC Cold Plate	Egg Salad Sandwich	Ploughman's Plate <i>Cheddar, hard-boiled egg & apple slices, crackers, grapes</i> Whole grain roll	Salmon Salad Croissant	Ham Salad Sandwich	MKC Cold Plate	Chicken Salad Sandwich
DESSERT	Chef's Choice	Cookies	Puffed Wheat Cake	Cranberry Orange Loaf	Chocolate Mousse	Peach Yogurt Cake	Blueberry Buckle
SUPPER - 4:00 PM - 6:00 PM							
OPTION 1	Chicken & Ricotta Lasagna Side Tossed Salad Garlic Toast	Crispy Fried Shrimp (DF) Buttered Peas Baked Potato Wedges Cocktail Sauce GF Shrimp Available	Pork Cutlet & Mushroom Gravy Roasted Zucchini Mashed Potato GF Pork Available	Chicken Cacciatore (GF-DF) <i>Peppers, Onions, Rich Tomato Sauce</i> Roasted Carrots Broad Egg Noodles	Lemon-Herb Baked Cod (GF-DF) Steamed Kale & Swiss Chard Rice Pilaf	Fried Chicken Drumsticks (DF) Steamed Broccoli Roasted Baby Potato	Apple-Cider Braised Beef (GF-DF) Roasted Root Vegetables Mashed Potato Onion Gravy
OPTION 2	Fall Harvest Grain Salad (GF) <i>Greens, Barley, Lentils, Chickpeas</i> Roasted Brussels sprouts, Cranberries, Feta Cheese, Toasted Walnuts Balsamic Vinaigrette	French Toast Sticks (GF-DF) Warm Maple Syrup Drizzle Whip Cream Bacon	Beef & Vegetable Stew (GF-DF) Mashed Potato	Sweet & Sour Meatballs Roasted Carrots Broad Egg Noodles	Moroccan Chickpea & Vegetable Stew (GF-DF) Steamed Kale & Swiss Chard Rice Pilaf	Beef & Rice Cabbage Rolls (GF-DF) Steamed Broccoli	
DESSERT	Pumpkin Spice Cake	Lemon Blueberry Pudding Cake	Strawberry Shortcake	Maple Rice Pudding	Cheesecake Night!	Cinnamon Apple Bread Pudding	Strawberry Rhubarb Pie & Vanilla Ice Cream

Roll and tomato juice are served at supper. Starter salads are available at any meal. Apples, oranges and bananas are available as a dessert substitute. GF = Gluten Free | DF = Dairy Free | Menu may change due to availability.