

Fall Menu - Week 4

October 5 - October 11, 2026

MEAL	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
BREAKFAST - 7:30 AM - 9:30 AM							
DAILY CHOICES	Toast, Milk, Coffee & Juice Oatmeal, Cream of Wheat, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Cream of Wheat, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Cream of Wheat, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Cream of Wheat, Dry Cereal, Yogurt & Prunes
HOT CHOICE	Poached Eggs	Fried Eggs Ham	Cheddar Omelets	Warm Cinnamon Bun & Cream Cheese Icing	Scrambled Eggs	Poached Eggs Sausage	Hard Boiled Eggs
LUNCH - 11:00 AM - 1:00 PM							
SOUP	Cream of Mushroom (GF)	Chickpea & Lemon (GF-DF)	Tomato Lentil (GF-DF)	Butternut Squash Apple (GF-DF)	Creamy Chicken & Spinach (GF)	Harvest Vegetable & Barley (DF)	Cabbage Borscht (GF-DF)
OPTION 1	Baked Pickerel Burger <i>Lettuce, tomato & dill yogurt sauce</i> Potato Salad	Roasted Vegetable Flatbread <i>Spinach, peppers, mushroom</i> <i>Squash, Mozza, Naan Bread</i> Cucumber Tomato salad	Waldorf Chicken Salad Sandwich <i>Celery, apple & lettuce</i> Veggies & French Onion Dip	MKC Breakfast Sandwich <i>Bacon, Egg, Cheddar</i> Shredded Hashbrowns	Grilled Tomato & Swiss Sandwich Copper Penny Salad	Roast Beef Sandwich on Rye <i>Lettuce, tomato & red onion</i> Cucumber salad	Orange Cranberry Pancakes Cottage Cheese Fresh Fruit Bacon
OPTION 2	MKC Cold Plate	Egg Salad Sandwich	MKC Cold Plate	Salmon Salad Sandwich	MKC Cold Plate	Ham Salad Sandwich	MKC Cold Plate
DESSERT	Chef's Choice	Cookies	Stewed Cherries & Ice Cream	Banana Bread	Ambrosia Salad	Baked Peaches & Whip	Butter Tart
SUPPER - 4:00 PM - 6:00 PM							
OPTION 1	Fall Penne Primavera Pasta <i>Butternut Squash, Peppers, Red Onion, Toasted Walnut, Pumpkin</i> <i>Alfredo Sauce</i> Side Greek Salad Garlic bread (Gluten free pasta available)	Creamy Tarragon Chicken (GF) <i>Creamy Tarragon Sauce</i> Yellow Beans New Baby Potato Plain Chicken Available	Turkey Spinach Meatloaf (DF) Cauliflower & Cheese Sauce Mashed Potato Turkey Gravy Gluten Free Meatloaf Available	Teriyaki Beef & Vegetable Stir-Fry (GF-DF) <i>Bok Choy, Broccoli, Peppers, Onion</i> Carrots, Celery Jasmine Rice	Almond-Crusted Sole (DF) Wilted Spinach & Peas Baked potato Sour Cream (Gluten free fish available)	Herb Chicken Breast (GF-DF) Braised Green Cabbage Mashed Sweet Potato	Thanksgiving Dinner! Oven-Roasted Turkey Sausage & Sage Stuffing Honey Dill Carrots Mashed Rutabaga Mashed potato Turkey Gravy Cranberry Sauce
OPTION 2	Wieners & Beans Side Greek Salad Garlic bread (GF option available)	Buttermilk Waffles <i>Warm pear compote</i> Bacon Cottage cheese	Ham & Bacon Crustless Quiche Cauliflower & Cheese Sauce (GF)	Chicken Taco Salad <i>Lettuce, tomato, avocado, Corn</i> <i>Chicken, Carrot, Black Bean</i> Sour Cream, Salsa	Cottage Cheese Perogies Wilted Spinach & Peas Sour Cream	Baked Garlic Shrimp Skewers (GF-DF) Braised Green Cabbage Mashed Sweet Potato	
DESSERT	Apple Oat Crisp	Black Forest Cake	Maple Walnut Cake	Mango Peach Cobbler	Mixed Berry Crisp	Cranberry Orange Yogurt Cake	

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.