

Fall Menu - Week 1(2)

October 19 - October 25th, 2026

MEAL	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
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	Scrambled Eggs	Toasted Bagel Cream cheese	Poached Eggs Sausage	Scrambled Eggs	Hard Boiled Eggs
LUNCH - 11:00 AM - 1:00 PM							
SOUP	Tomato & White Bean (GF-DF)	Lemon Rice & Spinach (GF-DF)	Creamy Potato & Leek (GF)	Italian Wedding (DF)	Dill Pickle Soup (GF)	Hamburger & Vegetable (GF-DF)	Cauliflower & Cheese (GF)
OPTION 1	Turkey Burger <i>Lettuce, tomato & mayonnaise</i> Caesar Salad	BBQ Pulled Beef Sandwich Dill Pickle Carrot Raisin Salad	Popcorn Shrimp Potato Wedges & Coleslaw Cocktail sauce	Egg & Bacon Breakfast Pizza <i>Scrambled Egg, Bacon, Peppers</i> <i>Green Onion & Mozzarella</i> Side Tossed Salad	Grilled Roast Beef & Swiss Sandwich on Rye <i>Sauerkraut & Dijon Mustard</i> Dill Pickle Potato Salad	Toasted Roast Turkey Club <i>Lettuce, tomato & mayonnaise</i> <i>Turkey, Cheddar, Bacon</i> Cucumber Salad	Cheddar & Ham Quiche Fresh Fruit Cottage Cheese
OPTION 2	MKC Cold Plate	Egg Salad Sandwich	MKC Cold Plate	Tuna Salad Sandwich	MKC Cold Plate	Cucumber Sandwich	Roast Beef on Rye Lettuce & Mayo
DESSERT	Chef's Choice	Cookies	Pudding	Peanut Butter Oat Square	Jell-O	Pink Lady	Pumpkin Spice Loaf
SUPPER - 4:00 PM - 6:00 PM							
OPTION 1	Baked Macaroni & Cheese Spinach Strawberry Salad Garlic Toast (GF pasta available)	Chicken Parmesan <i>Marinara, Mozza, Parmesan</i> Buttered Peas Scalloped Potato (GF-DF option available)	Teriyaki Pork Chop (DF) Green Beans Pancit Noodles (GF option available)	Beef Liver & Onions Roasted Root Vegetables Mashed Potatoes & Gravy (GF option available)	Oven Baked Salmon (GF-DF) Steamed Broccoli Jasmine Rice Tartar Sauce	Beef Pot Pie Honey Butter Carrots Mashed Potato Beef Gravy	Oven-Roasted Chicken Supreme (GF-DF) Braised Red Cabbage & Apples Boiled Potato Chicken Gravy
OPTION 2	Tuna Niçoise Salad (GF-DF) <i>Tuna, egg, potato & green beans</i> <i>Tomato, cucumber & olives</i> Dijon Vinaigrette Garlic Toast	Blueberry Oat Pancakes Blueberry Compote Whip Cream	Sweet Potato & White Bean Bake Green Beans (GF-DF)	Potato & Cheddar Perogies Roasted Root Vegetables Sour Cream	White Chicken Chili (GF-DF) Garlic Toast	Autumn Chickpea Salad (GF-DF) <i>Roasted squash, apple & pear</i> <i>Mixed greens & walnuts</i> Poppy seed dressing	
DESSERT	Raisin Rice Pudding	Peach Float	Apple Blossom	Black Forest Cake	Vanilla Ice Cream & Stewed Fruit	Mandarin Yogurt Ambrosia	Cherry Pie

Roll and tomato juice are served at supper. Starter salads are available at any meal. Apples and oranges are available as a dessert substitute.
GF = Gluten Free | DF = Dairy Free | Confirm GF/DF ingredients and preparation; menu may change due to availability.