Fall Menu - Week 4(2)

November 9 - November 15, 2026

MEAL	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
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	Cheddar Omelette Sausage	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)	Tomato Lentil (GF-DF)	Potato Dill (GF)	Butternut Squash Apple (GF-DF)	Creamy Chicken & Spinach (GF)	Harvest Vegetable & Barley (DF)	Cabbage Borscht (GF-DF)
OPTION 1	BBQ Beef Burger *Lettuce, Tomato, Mayo* Potato Salad	Ham & Pineapple Pizza *Ham, Pineapple, Bacon, Mozza* Cucumber Tomato salad	Fried Chicken Legs Onion Rings Veggies & French Onion Dip	Scrambled Eggs Bacon Pan Fried Hashbrowns Choice Toast	Cuban Sandwich *Pork Loin, Ham, Mustard, Havarti Pickles, French Bread* Copper Penny Salad	Beef & Mushroom Stuffed Yorkshire *Roast Beef, Sauteed Onions, Mushrooms, Beef Gravy* French Fries	Cranberry Orange Pancakes Bacon Fresh Fruit Cottage Cheese
OPTION 2	Pretzel Plate *Pretzel Twist, Grapes, Cheese Cubes, Garlic Coil, Dijon Dip*	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	Chicken Alfredo *Marinated Chicken, Alfredo Sauce, Parmesan Cheese* Side Greek Salad Garlic bread (Gluten free pasta available)	Ground Beef Stroganoff (GF) Peas & Carrots Buttered Egg Noodles	Turkey Spinach Meatloaf (DF) Cauliflower & Cheese Sauce Mashed Potato Turkey Gravy Gluten Free Meatloaf Available	Teriyaki Beef & Vegetable Stir-Fry (GF-DF) *Bok Choy, Broccoli, Peppers, Onion Carrots, Celery, Tender Beef Strips* Jasmine Rice	10 Grain Breaded Pollock (DF) Wilted Spinach & Peas Baked potato Sour Cream Gluten Free Fish Available	Herb Roasted Chicken Breast (GF-DF) Asparagus Casserole Mashed Sweet Potato Cranberry Sauce	Oven-Roasted Ham Honey Dill Carrots Scalloped Potato Apple Sauce
OPTION 2	Wieners & Beans Side Greek Salad Garlic bread (GF option available)	Buttermilk Waffles *Fresh Berries, Whip Cream* Cottage cheese	Beef & Rice Cabbage Rolls Cauliflower & Cheese Sauce	Chicken Taco Salad *Lettuce, tomato, avocado, Corn Chicken, Carrot, Black Bean* Sour Cream, Salsa	Beef Swiss Steak (GF-DF) Wilted Spinach & Peas Baked potato Sour Cream	Fried Potato & Cheddar Perogies Asparagus Casserole Sour Cream	
DESSERT	Apple Oat Crisp	Black Forest Cake	Cheesecake Night!	Mango Peach Cobbler	Mixed Berry Crisp	Cranberry Orange Yogurt Cake	Pumpkin Pie & Whip 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.