

Nov 27th- Dec 3rd



Lunch

Week 5	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st	Saturday 2nd	Sunday 3rd
Soup	Ham and Potato	* Broccoli and Cheddar	Chicken Lemon Rice	Potato Bacon	Beef Noodle	Tortellini Soup	Tomato Dill Soup
Entrée 1	Italian Sub Sandwich	Beef Burger	Cold Plate	Mac & Cheese	Cod Nuggets	Veggie Omelette	Ham & Cheese Croissant
side	Fries & tomato slice	Spinach Onion Salad	Assorted Salads	Garlic Toast	Coleslaw	Taters	Cucumber & Tomato Slices
Entrée 2	Turkey Cheddar Sandwich	Chicken Melt	Egg Quiche Bites	Corned Beef Sandwich	Chicken Strips	Pulled Pork Sandwich	Poached Egg's & Boloney
Side	Fries & tomato slice	Spinach Onion Salad	Assorted Salads	Caesar Salad	Fries & Coleslaw	Taters	Cucumber & Tomato Slices
Dessert	Banana Chocolate Chip Cake	Assorted Desserts	Impossible Pie	Chocolate Pudding	1/2 Hour Pudding	Assorted Desserts	Ginger Snap & dip
Dinner							
Appetizer	House Salad	Jell-O Salad	7 layer salad	Spring Roll & Plum Sauce	Strawberry Spinach Salad	Garden Salad	Cucumber Dill Salad
Entrée 1	Spaghetti & Meatsauce	Swedish Meatballs with mushroom Sauce	Catalina chicken Thighs	Mild Italian Sausage	Country Style Chicken	Cod Fillet With lemon dill sauce	Chicken Cordon Bleu
Side	Garlic Toast	Egg Noodles	Mashed Potato	Steamed Potato	Roasted Potato	Garlic Mashed	Whipped Potato
Entrée 2	Pork Tenderloin in mushroom Gravy	Herb Crusted Cod	Pork Stew with dumplings	Dill Salmon	Pork Adobo (stewed Pork)	Sweet & Sour Meatballs	Roasted Salmon Fillet
Side	Steamed Potato	French Fries	Sauteed Red Cabbage	Steamed Potato	Roasted Potatoes	Garlic Mashed	Whipped Potato
Vegetable	Yellow Waxed Beans	Buttered Corn		Peas & carrot	Creamed Corn	Green Beans & Candied Carrots	Key West Vegetables
Vegetable	* Seasoned Broccoli	Seasoned Peas			Butter Sauteed Cabbage		
Dessert	* Cherry Pie	Chocolate Pudding Cake	Lemon Cream Cake	English Trifle	Peach Cobbler	Ice Cream	Angel Food Cake W/ Strawberries & Cream

* Menu item contains a Superfood.

LLL Squash/ Pumpkin



Choose Superfoods more often for optimal health

Breakfast in the MP Room Daily 7-9 am. Menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea