



MENU FOR THE WEEK OF SEPTEMBER 28 - OCTOBER 4, 2026



Menu items are subject to change due to availability of products. **Please check the Daily Menu Board**

DINNER

OMELET OF THE WEEK: VEGETARIAN (PEPPERS, ONIONS, MUSHROOMS, TOMATOES)

	28-Sep-26	29-Sep-26	30-Sep-26	01-Oct-26	02-Oct-26	03-Oct-26	04-Oct-26
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	TOMATO VEGETABLE SOUP	PORK & BARLEY SOUP	CLAM CHOWDER SOUP	BEEF NOODLE SOUP	LLL: APPLES PUREED CARROT, GINGER & APPLE SOUP	CHICKEN NOODLE SOUP	CREAM OF *CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS WITH FRESH BERRIES	*SPINACH SALAD WITH SLICED EGGS & JULIENNE HAM	RADISH & CUCUMBER SALAD	STRAWBERRY & ORANGE SPRING SALAD	WALDORF SALAD	GREEN CABBAGE SALAD WITH MANGO & DRIED CRANBERRIES	ICEBERG LETTUCE WITH DICED FRUITS (HONEYDEW, CANTALOUPE, WATERMELON)
Entrée 1	BAKED BEANS & WIENERS	SALISBURY STEAK WITH MUSHROOM GRAVY	BAKED MEATLOAF WITH GRAVY	BRAISED BEEF & SHIITAKE MUSHROOMS STEW WITH RICE	BREADED VEAL WITH DEMI GLAZE SAUCE	BRAISED BONELESS BEEF SHORT RIBS	ROASTED ROSEMARY PORK LOIN WITH GRAVY
Entrée 2	CHICKEN A LA GORDON (HAM & CHEESE) WITH GRAVY	POACHED CHICKEN BREAST IN COCONUT BROTH/CRANBERRY SAUCE	STEAMED POT STICKERS WITH SPRING ROLLS & FRIED RICE	TERIYAKI CHICKEN WINGS	ROASTED CHICKEN BREAST WITH APPLE SAUCE	ROASTED CHICKEN LEGS WITH SWEET & SOUR DRIED FRUIT SAUCE	GRILLED CHICKEN KABOBS WITH RICE PILAF, TZATZIKI SAUCE
Entrée 3	PAN FRIED TROUT FILET WITH MANGO SALSA	LEMON GARLIC SHRIMP SKEWERS WITH BUTTER DILL SAUCE	PAN FRIED CRAB CAKE WITH TARTAR SAUCE	SHRIMP, FETA, DILL, SAUTEED ONION QUICHE	BAKED SEAFOOD MAC & CHEESE	ALMOND CRUSTED SOLE FILET WITH LEMON WEDGE	PAN FRIED TILAPIA FILET WITH TARRAGON BUTTER
Starch	STEAMED POTATOES	MASHED GARLIC POTATOES	ROASTED YAM POTATOES	POTATO LYONNAISE	BAKED 1/2 POTATO	SCALLOPED POTATOES	ROASTED SEASONAL POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	SLICED CARROTS	ROASTED BUTTERNUT SQUASH	BRUSSEL SPROUTS	ASPARAGUS	BROCCOLI & CAULIFLOWER	CORN	WHOLE GREEN BEANS
Vegetable	BABY BOK CHOY	GREEN PEAS	STEAMED SUI CHOY	YELLOW *BEANS	CORN ON THE COB	ZUCCHINI BATONS	BAKED *TOMATOES
FEATURED Dessert	FRUIT COMPOTE WITH BAVARIAN CREAM	CHOCOLATE PUDDING	LEMON MERINGUE PIE	ASSORTED DESSERTS	APPLE PIE WITH ICE CREAM	CARROT CAKE	CHERRY JUBILEE



** Menu item contains a Superfood.*

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS &
LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

