




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) BAKED PORK CHOP/MUSHROOM GRAVY (6) Buttered Rotini Noodles (43) Cali Blend Veggies (4)	(2) MEATLOAF PATTY (8) Green Beans (5) Mashed Potatoes (17) Beef Gravy (2) Fruit Cocktail (17)	(3) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15) Honey Wheat Dinner Roll (12)	(4) SAVORY BEEF STEW (20) Southern Biscuit(25) Brussel Sprouts (7) Grapes (13)	(5) POLLACK BITES (25) Au gratin Potatoes(21) Apple Crisp (43) Creamy Coleslaw (15)
(8) SMOTHERED CHICKEN (7) Diced Redskin Potatoes w/ onions(13) Stir Fry Blend Veggies (5) Gelatin Cup (5)	(9) HEARTY GOULASH (27) Spinach (5) Applesauce (23) Multi Grain Roll (27)	(10) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11)	(11) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cube Potatoes (19) Orange Juice (13)	(12) FALL APPLE SALAD (50) Apple Slices (8)
(15) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (24) Colorful Peas and Carrots (9) Apple (21)	(16) HAWAIIAN MEATBALLS (50) Fried Rice (19) Spinach (5) Peaches (12)	(17) CRISP CHICKEN FINGERS (39) Down Home Fries (15) California Blend Vegetables (4)	(18) HAM (2) Green Beans Almondine (6) Au gratin Potatoes (21) Strawberry Poke Cake (32)	(19) GARLICKY CHICKEN (19) Southern Succotash (20) Parsley Potatoes (13) Diced Pears (16)
(22) BREADED COD (14) Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Chocolate Mousse (16)	(23) CHI CHI CHILI (22) Oven-Baked Potato (24) Wax Beans (5) Pineapple Chunks(18)	(24) 	(25)	(26) HONEY MUSTARD CHICKEN (14) Oven Brown Potatoes(17) Sliced Carrots (7) Apple Slices and Caramel (32)
(29) BAKED TURKEY (3) Mashed Potatoes (17) w/ Turkey Gravy (2) Green Beans (5) Chocolate Chip Cookie (27)	(30) BBQ RIBLET (12) Ranch Spudsters (17) Cali Blend Vegetables (4) Cranberry Juice (17)	(31) 		

All Meals at the Activity Centers served with Fat-Free Milk (13)

Menu is subject to change without notice.

Number next to the menu item indicates carbohydrate count.

Be advised menu items may contain nuts.