

# WEEKLY MENU

MONDAY, 9/18	CC	TUESDAY, 9/19	CC	WEDNESDAY, 9/20	CC	THURSDAY, 9/21	CC	FRIDAY, 9/22	CC	SATURDAY, 9/23	CC	SUNDAY, 9/24	CC
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## Breakfast

 Fresh Fruit  1.5		 Fresh Fruit  1.5		 Fresh Fruit  1.5		 Fresh Fruit  1.5		 Fresh Fruit  1.5		 Fresh Fruit  1.5		 Fresh Fruit  1.5	
(V) French Toast 2		(V) Scrambled Eggs w/Cheese  0		(V) Waffles 3		(V) Denver Scrambled Eggs  .5		(V) Banana Split Oatmeal 2		(V) Pancakes 2		(V) Scrambled Eggs  0	
Sausage Patty  0		Bacon  0		Sausage Links  0		Danish 1		Bacon  0		Sausage Patty  0		Bacon  0	
												Cinnamon Roll 2	

## Soup

Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
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## Lunch

Pasta Charmaine w/Sausage 2.5		Chicken Mandarin Salad 1.5		Grilled Turkey & Swiss Cheese Sandwich 2.5		Grilled Bratwurst on Bun 2		Cornflake Chicken .5		Hot Beef Sandwich 1.5		Herb Roasted Turkey  0	
Garlic Breadstick 1		Dinner Roll 1		Potato Chips  .5		Sauerkraut  0		 Peas  1		Lyonnais Potatoes  1.5		Mashed Potatoes  1	
Orange Wedges  1		Butterscotch Pudding Parfait 2.5		Tossed Salad w/Dressing  0		Boiled Potatoes  1		Dinner Roll 1		Green & Yellow Beans  .5		Turkey Gravy .5	
				 Fresh Fruit  1.5		Peach Marshmallow Gelatin 2		Banana Pudding  2		Strawberry Ice Cream  1.5		 Roasted Carrots  .5	
												Dutch Apple Pie 2.5	

## Dinner

Parmesan Baked Fish .5		Ham & Scalloped Potatoes 2		Chicken Teriyaki Stir Fry  1		Beef Tacos in Corn Shell  1		Honey BBQ Pork Chop 1		Fish & Chips 3		Ham Salad on Bun 2	
Herbed Potatoes  1.5		Green Beans  .5		White Rice  1.5		Mexican Corn  1		Roasted Red Potatoes  1.5		Tartar Sauce  0		Dill Potato Salad  1	
 4 Way Blend  1		Chocolate Ice Cream  1		Frosted Carrot Cake 2		S'more Bar 1.5		Grilled Squash  0		Coleslaw  .5		Cucumber & Onion Salad  .5	
Magic Bar 1.5								Bahama Mama Cupcake 2		Frosted Chocolate Cake 2		 Fresh Fruit  1.5	



= BeWell recipe

(V) = VEGETARIAN - does not contain meat, poultry, fish & shellfish. May contain dairy products, eggs & honey



= GLUTEN RESTRICTED - item not made with gluten containing ingredients

CC = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates

# WEEKLY MENU

MONDAY, 9/25	CC	TUESDAY, 9/26	CC	WEDNESDAY, 9/27	CC	THURSDAY, 9/28	CC	FRIDAY, 9/29	CC	SATURDAY, 9/30	CC	SUNDAY, 10/1	CC
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## Breakfast

 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5
(V) French Toast 2	(V) Scrambled  0	(V) Waffles 3	(V) Denver  .5	(V) Banana Split 2	(V) Pancakes 2	(V) Scrambled 0
Sausage Patty  0	Eggs w/Cheese	Sausage Links  0	Scrambled Eggs 	Oatmeal	Sausage Patty  0	Eggs 
	Bacon  0		Danish 1	Bacon  0		Bacon  0
						Cinnamon Roll 2

















## Soup

Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
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## Lunch

Southwest 2.5	Seafood Pasta 2.5	Beef & Cheese 1.5	Chef Salad 1.5	Pulled Pork on 3.5	Chicken Salad 2	Glazed Ham  0
Turkey Burger	Salad	Sandwich	w/Ham, Turkey &	Bun	Croissant	Scalloped 2
Sweet Potato 2.5	Marinated .5	Cucumber, .5	Egg	Italian Pasta 2	Baked Potato 1	Potatoes
Fries 	Summer Salad 	Tomato & Corn	Dinner Roll 1	Salad	Salad 	Green Beans .5
Pickle Spear  0	Orange 1.5	Salad 	Vanilla Ice Cream  1	Peach Crisp 3	Cantaloupe  .5	Amandine 
 Grapes  1.5	Sherbet 	 Fresh Fruit  1.5			Ice Cream Fudge 1.5	Lemon Meringue 2.5
					Bar 	Pie

## Dinner

Honey Glazed .5	Roast Pork .5	Turkey Meatloaf .5	Beef & Broccoli .5	Potato Crunch 1	Salisbury Steak 1	Grilled Turkey & 1.5
Chicken Thigh	w/Gravy	Baked Potato 3	Stir Fry	Fish	w/Mushroom	Cheese
Oven Brownd 1	Mashed Red 1.5	w/Sour Cream 	White Rice  1.5	Baked Sweet 1.5	Gravy	Cream of Roasted 1
Potatoes 	Potatoes 	 Green Beans  .5	Blueberry 3	Potato 	Herbed Potatoes  1.5	Vegetable Soup
 4 Way Blend  1	 Cauliflower  .5	Citrus Gelatin 1	Crumble	Squash  0	Stewed .5	Crackers .5
Angel Food Cake 1	Cheesecake 2.5	Parfait 		Caramel 3.5	Tomatoes 	Frosted White 2
w/Strawberries				Brownie	Rice Pudding  2	Cupcake



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