Breakfast 7:30 am – 9:30 am **Lunch** 11:30 am -12:30 pm **Dinner** 4:30 pm -5:30 pm

Weekly HC Menu

Week 3- November 2-8

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Sausage & Swiss Egg Bake Sweet Potato Pancakes English Muffin Sliced Banana	Fried Eggs Cinnamon French Toast Bacon Peaches & Cream	Scrambled Eggs Breakfast Ham Home Fries Fruit Cup	Broccoli & Cheddar Omelet Chocolate Chip Pancakes Sausage Patty Mixed Berries	Roasted Veg & Herb Quiche Pierogi Bake Fried Bologna Orange Slices	Ham & Egg Strata Belgian Waffles Tater Tots Baked Apples & Cranberries	Bacon Egg & Cheese Bagel Hash Browns Assorted Danishes Vanilla Spiced Pears
Lunch							
Entrées	Cheesy Chicken Casserole Or BLT Sweet Potato Fries Roasted Corn Side salad Dinner Roll Fruit	Beef Tips Or Baked Tilapia w/ Lemon Egg Noodles Brown Sugar Glazed Carrots Side Salad Diner Roll Fruit	Roasted Chicken w/ Gravy Or Gnocchi w/ Oven Roasted Vegetables Cheddar Mashed Potatoes Au Gratin Cauliflower Side Salad Dinner Roll Fruit	Cheese Ravioli w/ Mushroom Sauce Or Meatloaf Cottage Potatoes Sauteed Yellow Squash Side Salad Dinner Roll Fruit	Sliced BBQ Pork Sandwich Or Herb & Citrus Salmon Macaroni & Cheese Stewed Tomatoes Side Salad Dinner Roll Fruit	Turkey Salad Sandwich Or Meatball Hoagie Rosemary Redskins Garlic Broccoli Side Salad Dinner Roll Fruit	Roasted Chicken Thighs Or Cheese Manicotti Parsley Redskins Roasted Asparagus Side Salad Dinner Roll Fruit
Dessert	Orange Cake	Blueberry Buckle	Thumbprint Cookie	PB Brownie	Gob Cake	Tapioca Pudding Parfait	Pumpkin Roll
Dinner							
Soup	Beef Barley	Roasted Red Pepper	Squash & Kale	Ham Pot Pie	Chilli	Chicken & Dumpling	She-Crab
Entrées	Baked Chicken & Mushrooms Or Salmon Burger Scalloped Potatoes Steamed Cauliflower Side Salad Dinner Roll Fruit	Reuben Sandwich Or Quiche Lorraine Roasted Beets Home Fries Side Salad Dinner Roll Fruit	Stuffed Apple Pork Loin Or Pittsburgh Cobb Salad Steak Fries Roasted Mushrooms Side Salad Dinner Roll Fruit	Spaghetti w/ Meat Sauce Or Chicken Bruschetta Parsley Potatoes Sautéed Brussel Sprouts Side Salad Bread Stick Fruit	Old Bay Grilled Shrimp Or Chicken Tenders Onion Rings Scalloped Corn Side Salad Dinner Roll Fruit	Goulash Or Baked Cod Rice Pilaf Sauteed Cabbage Side Salad Dinner Roll Fruit	Country Fried Steak Or Pork Pot Roast Garlic & Herb Mashed Potatoes Parmesan Zucchini Side Salad Dinner Roll Fruit
Dessert	Cherry Bar	Ginger Snap Cookie	Yellow Cake w/ Choc Icing	Lemon Meringue Pie	Red Velvet Cake	Oatmeal Raisen Cookie	Peach Cobbler

Vegetarian Better-For-You Gluten-Free

Breakfast 7:30 am – 9:30 am **Lunch** 11:30 am -12:30 pm **Dinner** 4:30 pm -5:30 pm

Weekly PC Menu

Week 3- November 2-8

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Sausage & Swiss Egg Bake Sweet Potato Pancakes English Muffin Sliced Banana	Fried Eggs Cinnamon French Toast Bacon Peaches & Cream	Scrambled Eggs Breakfast Ham Home Fries Fruit Cup	Broccoli & Cheddar Omelet Chocolate Chip Pancakes Sausage Patty Mixed Berries	Roasted Veg & Herb Quiche Pierogi Bake Fried Bologna Orange Slices	Ham & Egg Strata Belgian Waffles Tater Tots Baked Apples & Cranberries	Bacon Egg & Cheese Bagel Hash Browns Assorted Danishes Vanilla Spiced Pears
Lunch							
Entrées	Cheesy Chicken Casserole Or BLT Sweet Potato Fries Roasted Corn Side salad Dinner Roll Fruit	Beef Tips Or Baked Tilapia w/ Lemon Egg Noodles Brown Sugar Glazed Carrots Side Salad Diner Roll Fruit	Roasted Chicken w/ Gravy Or Gnocchi w/ Oven Roasted Vegetables Cheddar Mashed Potatoes Au Gratin Cauliflower Side Salad Dinner Roll Fruit	Cheese Ravioli w/ Mushroom Sauce Or Meatloaf Cottage Potatoes Sauteed Yellow Squash Side Salad Dinner Roll Fruit	Sliced BBQ Pork Sandwich Or Herb & Citrus Salmon Macaroni & Cheese Stewed Tomatoes Side Salad Dinner Roll Fruit	Turkey Salad Sandwich Or Meatball Hoagie Rosemary Redskins Garlic Broccoli Side Salad Dinner Roll Fruit	Roasted Chicken Thighs Or Cheese Manicotti Parsley Redskins Roasted Asparagus Side Salad Dinner Roll Fruit
Dessert	Orange Cake	Blueberry Buckle	Thumbprint Cookie	PB Brownie	Gob Cake	Tapioca Pudding Parfait	Pumpkin Roll
Dinner							
Soup	Beef Barley	Roasted Red Pepper	Squash & Kale	Ham Pot Pie	Chilli	Chicken & Dumpling	She-Crab
Entrées	Baked Chicken & Mushrooms Or Salmon Burger Scalloped Potatoes Steamed Cauliflower Side Salad Dinner Roll Fruit	Reuben Sandwich Or Quiche Lorraine Roasted Beets Home fries Side Salad Dinner Roll Fruit	Stuffed Apple Pork Loin Or Pittsburgh Cobb Salad Steak Fries Roasted Mushrooms Side Salad Dinner Roll Fruit	Spaghetti w/ Meat Sauce Or Chicken Bruschetta Parsley Potatoes Sautéed Brussel Sprouts Side Salad Bread Stick Fruit	Old Bay Grilled Shrimp Or Chicken Tenders Onion Rings Scalloped Corn Side Salad Dinner Roll Fruit	Goulash Or Baked Cod Rice Pilaf Sauteed Cabbage Side Salad Dinner Roll Fruit	Country Fried Steak Or Pork Pot Roast Garlic & Herb Mashed Potatoes Parmesan Zucchini Side Salad Dinner Roll Fruit
Dessert	Cherry Bar	Ginger Snap Cookie	Yellow Cake w/ Choc Icing	Lemon Meringue Pie	Red Velvet Cake	Oatmeal Raisen Cookie	Peach Cobbler

Vegetarian Better-For-You Gluten-Free

Breakfast 7:30 am – 9 am **Sunday Lunch-** 11am- 1pm **Dinner** - 4 pm -6 pm

Weekly Vista Menu

Week 3- November 2-8

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Oatmeal Sausage & Swiss Egg Bake Sweet Potato Pancakes	Cream of Wheat Cinnamon French Toast Bacon	Oatmeal Scrambled Eggs Breakfast Ham	Cream of Wheat Chocolate Chip Pancakes Sausage Patty	Oatmeal Roasted Veg & Herb Quiche Fried Bologna	Cream of Wheat Cheesy Scrambled Eggs Belgian Waffles	Oatmeal Bacon Egg Cheese Bagels Assorted Danishes
Soup	Beef Barley	Roasted Red Pepper	Squash & Kale	Ham Pot Pie	Chilli	Chicken & Dumpling	She-Crab
Entrées	1. Baked Chicken & Mushrooms 2. Salmon Burger 3. BLT Sweet Potato Fries Scalloped Potatoes Roasted Corn Steamed Cauliflower Side Salad Dinner Roll Fruit	1. Reuben Sandwich 2. Quiche Lorraine 3. Beef Tips Egg Noodles Home Fries Brown Sugar Glazed Carrots Roasted Beets Side Salad Dinner Roll Fruit	1. Stuffed Apple Pork Loin 2. Pittsburg Cobb Salad 3. Gnocchi w/ Oven Roasted Vegetables Cheddar Mashed Potatoes Steak Fries Au Gratin Cauliflower Roasted Mushrooms Side Salad Dinner Roll Fruit	1. Spaghetti w/ Meat Sauce 2. Chicken Bruschetta 3. Meatloaf Cottage Potatoes Parsley Potatoes Sauteed Yellow Squash Sautéed Brussel Sprouts Side Salad Bread Stick Fruit	1. Old Bay Grilled Shrimp 2. Chicken Tenders 3. Sliced BBQ Pork Sandwich Macaroni & Cheese Onion Rings Stewed Tomatoes Scalloped Corn Side Salad Bread Stick Fruit	1. Goulash 2. Baked Cod 3. Meatball Hoagie Rosemary Redskins Rice Pilaf Garlic Broccoli Sauteed Cabbage Side Salad Dinner Roll Fruit	1. Country Fried Steak 2. Pork Pot Roast 3. Roasted Chicken Thighs Parsley Redskins Garlic & Herb Mashed Potatoes Roasted Asparagus Parmesan Zucchini Side Salad Dinner Roll Fruit
Dessert	Orange Cake	Blueberry Buckle	Thumbprint Cookie	PB Brownie	Gob Cake	Oatmeal Raisen Cookie	Pumpkin Roll

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For orders, please call ext. 4293 or **Direct 814-205-6772**