

Ocean View Menu Selections

MONDAY

Wild Mushroom Soup ~ Green Salad ~ Fruit Cup

Baked Haddock with Seasoned Crumbs

Spinach Ricotta "Meatballs"

Creamy Corn Polenta (*gf*) ~ Peas (*gf, df*) ~ Delicata Squash (*gf, df*)

Bourbon Bread Pudding ~ Cookies and Ice Cream Selections ~

Sugar Free and GF Available

TUESDAY

Minestrone Soup (*df*) ~ Green Salad ~ Fruit Cup

Chicken Parmesan

Fisherman's Pie

Egg Noodles ~ Sauteed Baby Spinach (*gf, df*) ~ Braised Red Cabbage (*gf, df*)

Banana Cake w/ Frosting ~ Cookies and Ice Cream Selections ~

Sugar Free and GF Available

WEDNESDAY

Sweet Potato and Leek Soup (*gf*) ~ Green Salad ~ Fruit Cup

Slow Roasted Sirloin (*gf, df*)

Shrimp Scampi

Whipped Potatoes (*gf*) ~ Broccoli (*gf, df*) ~ Vegetable Medley (*gf, df*)

Lemon Pudding Cake ~ Cookies and Ice Cream Selections ~

Sugar Free and GF Available

October 13-19, Week 5

THURSDAY

Ham and Bean Soup (*gf, df*) ~ Green Salad ~ Fruit Cup

Roast Pork Loin with Gravy

Spinach Quiche

Mashed Sweet Potatoes (*gf*) ~ Stewed Tomatoes (*gf, df*) ~ Sauerkraut (*gf, df*)

Apple Brownie ~ Cookies and Ice Cream Selections ~ Sugar Free and GF Available

FRIDAY

Clam Chowder ~ Green Salad ~ Fruit Cup

Sausage Cacciatore (*gf, df*)

Beef Burgundy (*df*)

Red Potatoes (*gf, df*) ~ Green Bean Casserole ~ Roasted Cauliflower (*gf, df*)

Home Made Chocolate Pudding ~ Cookies and Ice Cream Selections ~

Sugar Free and GF Available

Sunday Brunch

Cream of Tomato Soup ~ Green Salad ~ Fruit Cup

Roast Turkey Breast w/ Gravy & Cranberry Sauce

Harvest Salad

Seafood Jambalaya

Baked Sweet Potato ~

Maple Dill Carrots ~ Creamed Onions

Pecan Pie ~ Cookies and Ice Cream

SATURDAY BREAKFAST

Baked Pastry Selection

Fresh Berries, Greek Yogurt

Old Fashioned Oatmeal

Blueberry Pancakes

Scrambled Eggs

Chef's Special Breakfast

Bacon, Sausage