

Ocean View Menu Selections

MONDAY

Pasta Fagioli Soup (*df*) ~ Salad (*gf, df*)~ Fruit Cup (*gf, df*)

Lamb Meatballs (*gf*)

Eggplant Parmesan

Spaghetti (*df*) ~ Peppers & Onions (*gf, df*)~ Mashed Turnip (*gf, df*)~

Custard Pie ~ Cookies & Ice Cream Selections, Gluten Free and Sugar Free Available

TUESDAY

Cream of Broccoli Soup ~ Salad (*gf, df*)~ Fruit Cup (*gf, df*)

Pork Tenderloin with Cranberry Orange Sauce (*gf, df*)

Baked Haddock with Crumb Topping

Stuffing ~Acorn Squash (*gf*) ~ Cauliflower (*gf, df*)

Tapioca Pudding (*gf*) ~ Cookies & Ice Cream Selections, Gluten Free and Sugar Free Available

WEDNESDAY

Minestrone Soup (*df*) ~ Salad (*gf, df*) ~ Fruit Cup (*gf, df*)

Roast Beef Sirloin au Jus (*gf,df*)

Sausage Stuffed Pepper (*gf*)

Yukon Gold Whipped Potatoes (*gf*)~ Broccoli (*gf, df*)~ Succotash (*gf, df*)

Home Made Brownies~ Cookies & Ice Cream Selections, Gluten Free and Sugar Free Available

October 20-26, Week 6

THURSDAY

Chicken Noodle Soup (*df*) ~ Salad (*gf, df*)~ Fruit Cup (*gf, df*)

Chicken Marbella (*gf, df*)

Yankee Pot Roast

Apple Couscous (*df*) ~ Roasted Root Vegetables (*gf, df*) ~

Stewed Tomatoes (*gf, df*)

Molasses Cake with Frosting~ Cookies & Ice Cream Selections, Gluten Free

FRIDAY

Butternut Squash Bisque ~ Salad (*gf, df*)~ Fruit Cup(*gf, df*)

Coconut Shrimp Sauté (*gf, df*)

Honey Ginger Chicken Thighs (*gf, df*)

Orange Rice (*gf, df*)~ Baby Carrots (*gf, df*) ~ Bok Choy (*gf, df*)

Pecan Pie Bar~ Cookies & Ice Cream Selections, Gluten Free and Sugar Free Available

SATURDAY BREAKFAST

Fresh Baked Pastry Selection

Fresh Berries ~ Greek Yogurt

Old Fashioned Oatmeal w/ Brown Sugar and Raisins

Blueberry Pancakes ~ Scrambled Eggs ~ Over Easy Eggs on Grilled English Muffin

Bacon and Sausage

SUNDAY BRUNCH

French Onion Soup ~ Salad ~ Fruit

Baked Ham (*gf, df*)

Cranberry—Apple Noodle Kugel

Salmon Egg's Benedict

Baked Potato (*gf, df*)

Baby Spinach Sauté (*gf, df*)

Red Cabbage (*gf, df*)

Dutch Apple Pie ~ Cookies & Ice Cream Selections, Gluten Free and