Ocean View Dinner Menu

Nov. 2 - 8, Week 6

MONDAY

Pasta Fagioli Soup *(df)* ~ Salad *(gf, df)* ~ Fruit Cup *(gf, df)*
Lamb Meatballs
Eggplant Parmesan
Spaghetti *(df)* ~ Peppers & Onions *(gf, df)* ~ Mashed Turnip *(gf)*
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 Crumbs
Stuffing ~ Acorn Squash *(gf, df)* ~ Cauliflower *(gf, df)*
Autumn Ambrosia ~ Cookies & Ice Cream Selections
Gluten Free and Sugar Free Available

WEDNESDAY

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

THURSDAY

Chicken Noodle Soup *(df)* ~ Salad *(gf, df)* ~ Fruit Cup *(gf, df)*
Chicken Marbella *(gf, df)*
Yankee Pot Roast
Couscous *(df)* ~ Roasted Root Vegetables *(gf, df)* ~ Stewed Tomatoes *(gf, df)*
Molasses Cake with Frosting ~ Cookies & Ice Cream Selections
Gluten Free and Sugar Free Available

FRIDAY

Butternut Squash Bisque *(gf)* ~ Salad *(gf, df)* ~ Fruit Cup *(gf, df)*
Coconut Shrimp Sauté *(gf, df)*
Pork and Apple Stir-fry *(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

Baked Pastry Selection
Fresh Berries, Greek Yogurt
Old Fashioned Oatmeal
Blueberry Pancakes
Scrambled Eggs
Bacon, Sausage

SUNDAY BRUNCH

French Onion Soup ~ Salad *(gf, df)* ~
Fruit Cup *(gf, df)*
Roast Turkey *(gf, df)*
Eggs Benedict
Seafood Casserole
Baked Potato *(gf, df)* ~
Baby Spinach Sauté *(gf, df)* ~
Red Cabbage *(gf, df)*
Dutch Apple Pie ~ Cookies & Ice Cream Selections
Gluten Free and Sugar Free Available

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