

21 Breakfast Burrito [egg sausage and cheese]served w/ hashbrowns and fruit. Lunch: Stuffed veg [ground beef onion pepper corn black beans] served w/ rice. Alternative Breakfast [] Lunch []	22 Quiche [ham, egg, cheese, bell pepper,] served w/ hashbrown and fruit., Lunch: Baked Chicken breast served w/ veggies and toast. Alternative Breakfast [] Lunch []	23 Spinach egg served w/ turkey, biscuit and fruit. Lunch: Bistek a la Mexicana [beef,tomato,onion,bell pepper] served w/ sala and rice. Alternative Breakfast [] Lunch []	24 Egg Benedict served w/ bacon and fruit Lunch: pizza pepperoni & cheese served w/ springs salad Alternative Breakfast [] Lunch []	25 Crescent turkey roll served w/ scrambled egg and fruit. Lunch: Chicken alfredo lasagna served w/ springs salad and garlic bread. Alternative Breakfast [] Lunch []
28 Breakfast Pizza [sausage pork, egg, and cheese] served w/ fruit. Lunch: Hot dog w/ bacon served w/ pico de gallo and chips Alternative Breakfast [] Lunch []	29 Tuesday Taco Breakfast sausage egg and cheese served w/ hash brown and fruit. Lunch: cheesy potato soup (onion,celery,potato,cheese) served w/pork chop and toas. Alternative Breakfast [] Lunch []	30 Cream of Wheat topped w/ blueberries served w/ Bacon ,fruit and Toast. Chicken Enchiladas served w/ rice ,beans and salad. Alternative Breakfast [] Lunch []	31 Scrambled egg served w/ sausage toast and fruit. Cheeseburger on Bun served w/ lettuce, tomatoa and chips. Alternative Breakfast [] Lunch []	

BREAKFAST ALTERNATIVE	LUNCH ALTERNATIVE
1 Fried egg cheese sandwich served w/ fruit.	1 Grilled cheese served w/ chips and veggies
2 scrambled egg served w/ toast, meat and fruit.	2 Roast beef gf sandwichchips and veggies.
3 Cold cereal served w/ meat and fruit.	3 Egg salad sandwich veggies and crackers.
4 Scrambled egg white served w/meat and fruit.	4 House salad w/ chicken
5 Grilled ham and cheese sandwich served w/ fruit	5 Tuna salad sandwich served veggies and crackers

PUMPKIN
season





OCTOBER MENU



Client Name: _____

Client Signature: _____

Staff Initials: _____

Monday



7 Ham and cheese omelette served w/ hashbrowns toast and fruit.

Lunch: Chicken and rice served w/ veggies and toast

Alternative Breakfast [] Lunch []

14 Chicken fried steak served w/ gravy toast and fruit.

Lunch: pizza Casserole [pasta, cheese, marinara sauce, pepperoni & cheese] served w/ salad

Alternative Breakfast [] Lunch []



Tuesday

1 French toast served w/ bacon and fruit.

Lunch: Baked chicken served w/ vegetable florets and cornbread.

Alternative Breakfast [] Lunch []

8 Breakfast Hash served w/ fried egg, toast and fruit.

Lunch: Pork Ribs served w/ pasta salad and veggies

Alternative Breakfast [] Lunch []

15 Pancakes Blueberry served w/ turkey sausage and fruit.

Lunch: Pollo Guisado [bell pepper, onion, celery, tomato sauce] served w/ rice primavera

Alternative Breakfast [] Lunch []

Wednesday

2 Spinach egg scrambled served turkey w/ biscuit and fruit.

Lunch: Mongolia pork over rice noodles served w/ veggies and w/ dinner roll.

Alternative Breakfast [] Lunch []

9 Banana waffle served w/ bacon and fruit.

Lunch: Pasta Fagioli [ground beef, onion, carrot, celery and pasta] served w/ crusty warm bread

Alternative Breakfast [] Lunch []

16 Breakfast Pizza [sausage, pork, egg, and cheese] served w/ fruit.

Lunch: Beef Roast tuscan [onion, carrot, tomatoes, celery] served w/ dinner roll

Alternative Breakfast [] Lunch []



Thursday

3 BLT [bacon lettuce, tomatoes] served w/ hashbrowns and fruit

Lunch: Carnitas pork served w/ pico gallo and rice.

Alternative Breakfast [] Lunch []

10 Huevos Rancheros served w/ hash browns and fruit.

Lunch: Spinach alfredo chicken pasta served w/ salad and dinner roll.

Alternative Breakfast [] Lunch []

17 Oatmeal w/ Apples served w/ sausage, toast and fruit.

Lunch: Butter fish served w/ rice primavera and toast.

Alternative Breakfast [] Lunch []

Friday

4 Quesadillas cheese served w/ scrambled egg, sausage and fruit.

Lunch: Tuna and noodles casserole served w/ veggies and cheese toast.

Alternative Breakfast [] Lunch []

11 Biscuits and gravy served w/ fried egg, bacon and fruit.

Lunch: Crispy fish schnitzel served w/ coleslaw and veggies.

Alternative Breakfast [] Lunch []

18 Sausage and cheese empanada served w/ scrambled egg and fruit.

Lunch: Steak Milanese served w/ russian salad and toast.

Alternative Breakfast [] Lunch []





Alternative Menu



1 Vegan am	2 Soft am	3 Gluten free am	4 Dairy free am
<p>1 Cold cereal w/ fruit & toast.</p> <p>2 Hot oatmeal w/ fruit & toast.</p> <p>3 Avocaro toast w/ fruit.</p> <p>4 Sunflower butter & jelly sandwich and fruit.</p> <p>5 Burrito Veggies w/ fruit.</p>	<p>1 Hot meal w/ applesauce.</p> <p>2 scrambled egg w/ fruit, meat & toast.</p> <p>3 Scrambled egg white w/ fruit, meat & toast.</p> <p>4 Veggies scrambled w/ cheese and toast.</p> <p>5 Yogurt w/ fruit and granola and toast.</p>	<p>1 Fried egg sandwich on GF bread and fruit.</p> <p>2 Scrambled egg cheese w/ gf toast, meat and fruit.</p> <p>3 Scrambled egg white, meat and fruit.</p> <p>4 Hot oatmeal w/ meat and fruit.</p> <p>5 Ham and cheese gf sandwich w/ fruit.</p>	<p>1 Scrambled egg w/ meat, toast and fruit</p> <p>2 Hot oatmeal w/ fruit & toast.</p> <p>3 Scrambled egg white, meat and fruit.</p> <p>4 Boiled egg meat w/ toast and fruit.</p> <p>5 Burrito Veggies and egg w/ fruit.</p>
1 Vegan pm	2 Soft pm	3 Gluten free pm	4 Dairy free pm
<p>1 French onion lentils w/ vegan cheese & dinner roll.</p> <p>2 Rice pilaf [onion, celery, carrot] w/ veggies.</p> <p>3 House salad</p> <p>4 Pasta primavera w/ garlic bread.</p> <p>5 Avocaro toast w/ chips and veggies</p>	<p>1 Chicken noodle soup w/ veggie and crackers.</p> <p>2 Cheese sandwich w/ veggies and crackers.</p> <p>3 House salad w/ chicken</p> <p>4 Tuna salad sandwich veggies and crackers</p> <p>5 Egg salad sandwich veggies and crackers.</p>	<p>1 French onion lentils w/ cheese & dinner roll.</p> <p>2 Roast beef gf sandwich chips and veggies.</p> <p>3 House salad w/ chicken</p> <p>4 Tuna salad fg sandwich chips and veggies.</p> <p>5 Avocaro gf toast w/ chips and veggies</p>	<p>1 Egg salad sandwich veggies and crackers.</p> <p>2 Tuna salad sandwich chips and veggies.</p> <p>3 House salad w/ chicken</p> <p>4 Rice pilaf [onion, celery, carrot] w/ veggies.</p> <p>5 Avocaro toast w/ chips and veggies</p>



Happy fall

All fruit and veggies will be of the day as we strive to find the freshest produce.