

# Menu Cycle

Oct 14 - 20, 2019

**Available at all Meals**

**Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**                      **Sunday**

**Breakfast Menu**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	
Fried Eggs	Ham/Veg Fritatas	Cheesy Scrambled Eggs	Omelet Scramble	Fried Eggs	Fried Eggs	
O'Brien Potatoes	Hashbrowns	Fried Diced Potatoes	Hashbrowns	Tater Tots	Tater Tots	
Biscuits	Pancakes	Bagel	French Toast	Biscuits & Gravy	Biscuits & Gravy	
Ham	Spicy Sausage Links	Bacon	Sausage Patties	Three Meat Quiche		

**Lunch Menu**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Sliced Pit Ham w/ Cherry Glaze	Chicken Ranchero	Cheese Manicotti	Buffalo Chicken Sandwiches	Beef Ravioli w/ Marinara	BRUNCH	SOUP OF THE DAY:
Tater Tot Casserole	Beef Tacos	Country Fried Steak	Shepherd's Pie	Grilled Chicken Breast	Breakfast Casserole	Chef's Choice
Corn Bread	Spanish Rice	Mashed Potatoes w/ Beef Gravy	Dinner Rolls	Herb Noodles	Cheesy Eggs	Chef's Choice Entree
Country Green Beans	Mexican Corn	Roasted Broccoli & Cauliflower	Fried Pickles	Sauteed Spinach & Mushrooms	Scrambled Eggs	Pollock Florentine
Spiced Applesauce	Squash Medley	Peas & Onions	Swiss Chard	California Medley	Sasusage Links	Wild Rice
SOUPS OF THE DAY:	SOUPS OF THE DAY:	SOUPS OF THE DAY:	SOUPS OF THE DAY:	SOUPS OF THE DAY:	Alfredo Pasta Bake	Chef's Choice Vegetable
		Creamy Tomato			Chef's Choice Entree	Chef's Choice Vegetable
ROTATIONS:	ROTATIONS:	ROTATIONS:	ROTATIONS:	ROTATIONS:	Chef's Choice Vegetable	
Hot Dog/Brat Bar	Pancake Bar	Deluxe Grilled Cheese	Yogurt Bar	Nachos		

**Monotony Breakers:**

**Dinner Menu**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Lasagna	Ham & Swiss Sliders	Beef & Broccoli	Brisket	Fish Sandwiches	Grilled Turkey & Swiss	
Chicken Alfredo Pasta	GF Chicken Enchiladas	Chicken Egg Rolls	Chicken Broccoli Rice Casserol	BBO Beef	French Fries	
Breadsticks	Fried Diced Potatoes	White Rice	Baked Potatoes	Potato Chips		
Satueed Kale & Chickpeas	Braised Red Cabbage	Bok Chov	Grilled Corn on the Cob	Roasted Broccoli		
Glazed Carrots	Steamed Cauliflower	Asian Green Beans	Baked Beans	Sauteed Mushrooms		