

		Reflections				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Breakfast Features						
Blueberry Pancakes	Bacon & Sausage	French Toast	Bacon & Sausage	Pancakes	Bacon & Sausage	French Toast
Mini Lemon Poppyseed	Blueberry Muffin	Cinnamon Roll	Apple Spice Muffin	Donuts	Mini Danish	Mini Chocolate Croissant
Soup of the Day						
Chicken Noodle	Chicken Wild Rice Soup	Cream of Mushroom	Turkey Chili	Tuscan Tomato Basil Soup	Vegetable Soup	Split Pea
	Butternut Squash & White Bean	Spinach Egg Drop Soup	French Onion Soup	Wonton Soup	Cream of Chicken Soup	Beef Barley Mushroom
Soup of the Day						
Small Garden Salad	Small Garden Salad	Small Garden Salad	Small Garden Salad	Small Garden Salad	Small Garden Salad	Small Garden Salad
Lunch						
Chicken Breast Supreme	Ham & Macaroni Cheese	Pulled Pork Carnita Sandwich	Vegetable Pizza	Honey Ginger Chicken Salad Plate	Bowtie Pasta, Turkey Meat Sauce	Chicken Cheese Quesadilla
Pot Roast, Gravy	Cheese Blintz, Berry Sauce	Chicken Ceasar Salad	Ham Salad Sandwich	Cheeseburger	Chicago Style Hot Dog	Hamburger Goulash
Wild Rice Pilaf, Dried Fruit	Baked Fries	Spanish Rice	American Macaroni Salad	Sweet Potato Tots	Baked Fries	Couscous Salad
Roasted New Potatoes	Bowtie Pasta	Potato Salad	Wild Rice Medley			Rice Pilaf
Cumin Roasted Carrots with Brown Sugar	3-Bean Salad	Green Peas	Green Beans	Ratatouille	Tomato & Cucumber Salad	Broccoli Slaw
Sauteed Green Beans	Roasted Zucchini		Sesame Broccoli Salad	Creamy Coleslaw	Roasted Turnips	Yellow Squash & Cherry Tomatoes
Cheesecake with Berries	Snickerdoodle Cookie	Fruit Jello	Brownie	Butter Pecan Cookie	Lemon Bar	Banana Cake
Dinner Salad Feature						
Small Garden Salad	Beet Salad with Candied Walnuts	Beet Salad with Candied Walnuts	Beet Salad with Candied Walnuts	Beet Salad with Candied Walnuts	Beet Salad with Candied Walnuts	Beet Salad with Candied Walnuts
Dinner						
Hot Dogs with Beans	Chicken Cordon Blue	Crispy Cod Filet, Tartar Sauce	Pork Tenderloin with Cherry Sauce	Turkey Meatloaf, Mushroom Gravy	Crispy Fish Sandwich	Sliced Ham with Pineapple
Turkey Cheddar Sub	Kielbasa & Sauerkraut	Chicken Caprise	Chicken Fried Steak with Country Gravy	BBQ Pork Sandwich	Spaghetti with Meatballs	Chicken Alla King over Rice
	Potato & Cheese Pierogies	Tortellini with Pesto	Roasted Rosemary & Garlic Carrots		Basmati Rice with Apricots & Almonds	Baked Sweet Potato
Mashed Potatoes	Wild Rice with Cranberries	Lyonnaise Potatoes	Mashed Potatoes	Parsley Boiled Potatoes	Creamd Corn with Pimentos	Steamed White Rice
Creamy Coleslaw	Sauerkraut with Apples	Creamed Spinach	Sauteed Green Beans	Braised Green Cabbage	Peas and Mushrooms	Sauteed Mushrooms
Peas & Carrots	Roasted Balsamic Brussels with Bacon	Glazed Beets	Israeli Couscous with Roasted Tomatoes	Honey Roasted Carrots	Roasted Vegetables	Broccoli & Cherries
Pecan Pie	Lemon Meringue Pie	Tapioca Pudding	Carrot Cake	Chocolate Cream Pie	German Chocolate Cake	Pumpkin Spice Cookie