



Friday, October 11th

Breakfast

Oatmeal with Berries
Blueberry Muffin
StrawberryPeach & Banana Smoothie
Scrambled Eggs Sausage

Lunch

Fire Roasted Corn Soup
BBQ Salisbury Steak
Broccoli & Carrots
Roasted Italian Potato Wedges

Dinner

Apricot Glazed Chicken
Smokey Greens
Savory Rice

Allergy-Free Kitchen

Free of Soy, Sesame, Wheat, Gluten, Eggs, Dairy, Shellfish, Tree Nuts, and Peanuts





Saturday, October 12th

Lunch

Chicken Margherita Pizza

Veggie Pizza

Garden Salad

Italian Dressing

Dinner

Chicken Jambalaya

Jambalaya Sauce

Rice & Kidney

Beans Okra

Allergy-Free Kitchen

Free of Soy, Sesame, Wheat, Gluten, Eggs, Dairy, Shellfish, Tree Nuts, and Peanuts





Sunday, October 13th

Lunch

Pot Roast Meal
Braised Beef Herbed Potatoes
Baby Carrots
Sauteed Spinach & Onions

Dinner

Chicken Chipotle
Spanish Rice
Pico De Gallo
Tortilla Strips

Allergy-Free Kitchen

Free of Soy, Sesame, Wheat, Gluten, Eggs, Dairy, Shellfish, Tree Nuts, and Peanuts





Monday, October 14th

Breakfast

Oatmeal with Berries
Sausage
Breakfast Potatoes
Eggs

Lunch

BBQ Chicken Pizza
Tossed Salad
Herbed Croutons
Vegan Ranch

Dinner

Basil Pesto Chicken Pasta Basil
Pesto with Spinach, Peppers & Onions
Lemon Garlic Chicken Sauteed
Mushrooms Gluten Free Pasta

Allergy-Free Kitchen

Free of Soy, Sesame, Wheat, Gluten, Eggs, Dairy, Shellfish, Tree Nuts, and Peanuts





Tuesday, October 15th

Breakfast

Oatmeal with Berries
Gluten Free Toast
Beef Bacon
Eggs

Lunch

Tomato Basil Soup
Chicken Salad Sandwich
Mashed Potato Salad
Fruit Salad

Dinner

Pineapple Curry Chicken
White Rice
Zucchini & Grape Tomatoes

Allergy-Free Kitchen

Free of Soy, Sesame, Wheat, Gluten, Eggs, Dairy, Shellfish, Tree Nuts, and Peanuts





Wednesday, October 16th

Breakfast

Oatmeal with Berries
Cinnamon Raisin Muffins
Bacon
Eggs
Breakfast Potatoes

Lunch

Cod Cakes
Vegan Style Tartar Sauce
Green Beans
Homemade Hush Puppies
White Rice Pilaf

Dinner

Roasted Garlic Chicken & Potato Bowl
Roasted Chicken Broccoli & Red
Peppers
Romesco Vinaigrette
Potato Wedges

Allergy-Free Kitchen

Free of Soy, Sesame, Wheat, Gluten, Eggs, Dairy, Shellfish, Tree Nuts, and Peanuts





Thursday, October 17th

Breakfast

Cream of Rice
Breakfast Sausage
Eggs
Gluten-Free Toast

Lunch

Veggie Soup
Lemon Garlic Wings
Candied Yams
Fried Cabbage

Dinner

Chipotle Cinnamon Turkey
Roasted Sweet Potatoes
Garlic Sauteed Frech Cut Green Beans

Allergy-Free Kitchen

Free of Soy, Sesame, Wheat, Gluten, Eggs, Dairy, Shellfish, Tree Nuts, and Peanuts

