

# October 2021

## Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> L: Swedish meatballs OR Lemon pepper fish  S: Creamed turkey and biscuit or grilled cheese sandwich	<b>2</b> L: Salmon patty OR sloppy joe  S: Chicken salad sandwich OR BBQ ribettes
<b>3</b> L: Pot roast OR marinated chicken breast  S: Ham and bean soup OR beef tips with gravy	<b>4</b> L: Smothered steak with onions OR smoked sausage and fried potatoes  S: turkey sandwich and soup OR barbecue beef sandwich	<b>5</b> L: Seasoned baked chicken OR liver and onions  S: Hot pork sandwich OR egg salad sandwich	<b>6</b> L: Beef stroganoff with noodles OR Hot turkey sandwich  S: Chili OR roast beef sandwich	<b>7</b> L: BBQ Pork or goulash  S: Chicken fried chicken OR deluxe deli sandwich	<b>8</b> L: Breaded fish au gratin OR poached chicken breasts  S: Hamburger gravy over mashed potatoes OR turkey tetrazzini	<b>9</b> Lunch: Meatloaf OR pork chop and rice casserole  S: Macaroni and cheese OR ham and cheese sandwich
<b>10</b> L: Roast turkey OR chicken fried steak  S: Chicken tenders OR fish patty with cheese	<b>11</b> L: Roast beef or ham loaf  S: Egg bake, bacon and french toast OR beef and pasta casserole	<b>12</b> L: Pork roast and kraut OR tator tot casserole  S: Breaded chicken on bun OR hamburger pizza	<b>13</b> L: hot turkey salad  S: tuna salad sandwich and soup OR pork fritter	<b>14</b> L: Chicken cordon blue OR cheesburger deluxe  S: Lasagna OR turkey salad sandwich and soup	<b>15</b> L: Hot turkey sandwich OR boiled pork dinner  S: Sloppy Joe or chicken nuggets	<b>16</b> L: Herbed pork loin OR oven fried chicken  S: bratwurst on bun OR pork chop
<b>17</b> L: Cranberry glazed ham OR mock filet mignon  S: Deli sandwich and soup OR fish sticks	<b>18</b> L: Baked chicken and rice OR hot roast beef sandwich  S: Tuna noodles OR Swedish meatballs	<b>19</b> L: Chili OR breaded pork cutlet  S: Barbecue ribettes OR breaded chicken patty	<b>20</b> L: Roast turkey OR sirloin tips with peppers and onions  S: Grilled cheese sandwich and soup OR macaroni beef au gratin	<b>21</b> L: Swiss steak OR chicken tenders  S: Italian meatloaf OR ham and bean soup	<b>22</b> L: smothered steak with onions OR breaded baked cod  S: Chicken broccoli bake OR hot roast beef and swiss sandwich	<b>23</b> L: Chuckwagon steak OR smothered pork chop  S: Hot turkey sandwich OR corned beef on rye sandwich
<b>24</b> L: Oven fried chicken OR beef minute steak  S: Ham sandwich OR fruit and cottage cheese plate	<b>25</b> L: Beef stew OR seasoned baked chicken  S: Beer batter fish OR Chicken lasagna	<b>26</b> L: Roast turkey OR beef tips with gravy  S: Roast beef sandwich OR chicken and dumplings	<b>27</b> L: Crispy or soft beef taco OR Polish sausage  S: Lasagna or breaded chicken on bun	<b>28</b> L: Ham with pineapple OR chili  S: Turkey tetrazzini OR egg salad sandwich	<b>29</b> L: Fried shrimp OR Chicken Fried Steak  S: Egg bake, sausage and waffle OR Chicken Salad croissant	<b>30</b> L: Roast beef OR Turkey Noodle Casserole  S: Fruit and cottage cheese plate OR meatballs
<b>31</b> L: Baked pork chop or chicken fritters  S: Hamburger or turkey sandwich						

Guests are welcome to join us for meals. To make planning easier, please notify the charge nurse a day or two in advance if you will join us for a meal. Please pay for guest meals in the cafeteria. Guest meals are \$5 (tax incl.) Holiday meals are \$10 per meal (tax incl.) Holiday reservations must be made several days in advance. Guest meals are not billed to resident rooms. Thank you!