

| Sunday                                                                                   | Monday                                                                                                                           | Tuesday                                                                                                                                      | Wednesday                                                                                                                     | Thursday                                                                                                                         | Friday                                                                                                                                     | Saturday                                                                                    |
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|          |                                                                                                                                  |                                                                                                                                              |                                            | 1<br><u>Lunch</u><br>Fruit Salad<br>Tomato Basil Quiche<br>Crunchy Vegetable Salad<br>Black & White Cookies                      | 2<br>Cucumber, Sour Cream and Dill Salad<br>Sausage and Peppers<br>Spinach with Pine Nuts and Raisins<br>Potato Leek Torte<br>Vanilla Cake | 3                                                                                           |
| 4                                                                                        | 5<br>Clam Chowder<br>Coconut Shrimp<br>Orzo Pilaf<br>Parmesan Cauliflower<br>Cheesecake                                          | 6<br>                                                      | 7<br><u>Ridge</u><br>Caesar Salad<br>Eggplant Parmesan<br>Italian Bread<br>Cannoli                                            | 8<br><u>Lunch</u><br>Tomato, Mozzarella, & Basil Salad<br>BBQ Pulled Chicken on Slider Rolls<br>Creamy Coleslaw<br>Lemon Cookies | 9<br>Tri-Color Salad<br>Kielbasa & Kraut<br>Sour Cream<br>Steamed Broccoli<br>Pierogis<br>Fruit Pie                                        | 10<br>   |
| 11                                                                                       | 12<br>Columbus Day<br>Shrimp Cocktail<br>Panko Tilapia<br>Rosemary Root Vegetables<br>Fingerling Potatoes<br>Chocolate Pecan Pie | 13<br>Tomato Cucumber Salad<br>Cheeseburger<br>Creamy Coleslaw<br>Wedge Fries<br>Watermelon Wedge                                            | 14<br><u>Asian Delight</u><br>Wonton Soup<br>General Tso's Chicken<br>Vegetables<br>Rice<br>Crunchy Noodles<br>Almond Cookies | 15<br><u>Lunch</u><br>Tortellini Pasta Salad<br>Corned Beef Reuben<br>Pickles<br>Chips<br>Chocolate Chip Cookies                 | 16<br>Quinoa & Spinach Salad<br>Vegetable Lasagna<br>Garlic Knots<br>Red Velvet Cake                                                       | 17                                                                                          |
| 18<br> | 19<br><u>Birthday Dinner</u><br>Vegetable Soup<br>Salisbury Steak<br>Grilled Vegetables<br>Cornbread Stuffing<br>Cupcake         | 20<br>Wedge Salad<br>Pistachio Crusted Salmon<br>Vegetable Medley<br>Rice Pilaf<br>Chocolate Mousse Cake                                     | 21<br><u>Bernard's Café</u><br>Tossed Salad<br>Roasted Pork Loin<br>Carrots<br>Mashed Potatoes<br>Oreo Mousse                 | 22<br><u>Lunch</u><br>Tabbouleh Salad<br>Turkey, Bacon and Cheddar on a Pretzel Roll<br>Potato Salad<br>Brownie                  | 23<br>Caesar Salad<br>Chicken Parm over Spaghetti<br>Roasted Asparagus<br>Lemon Meringue Pie                                               | 24                                                                                          |
| 25                                                                                       | 26<br>Greek Green Salad<br>Falafel and Mediterranean Chicken w/Tzatziki Sauce<br>Tabbouleh<br>Pita Chips<br>Key Lime Pie         | 27<br><u>Halloween Dinner</u><br>Broccoli Cheddar Soup<br>Beef Short Ribs<br>Honey Glazed Carrots<br>Potatoes Au Gratin<br>Halloween Cookies | 28<br><u>Asian Delight</u><br>Spring Roll<br>Pork Lo Mein<br>Vegetables<br>Crunchy Noodles<br>Almond Cookies                  | 29<br><u>Lunch</u><br>Cous Cous Salad<br>Tuna Salad over Greens<br>Dinner Roll<br>Napoleon Cake                                  | 30<br>                                                | 31<br> |