

# FALL 2019 SAMPLE MENU –

THESE ARE THE MEALS SERVED THE ORDER MAY VARY

SUN

MON

TUE

WED

THU

FRI

SAT

01

L: Beef stew with  
sourdough rolls  
D: Chicken  
parmesan with  
backed eggplant

02

L: Beer glazed  
Brats with kraut  
and chips  
D: Cedar  
planked salmon  
on rice

03

L: Chicken  
white bean stew  
D: Classic pork  
stroganoff over  
rice

04

L: Tomato basil  
soup and grilled  
cheese  
D: Beef  
enchiladas with  
refried beans

05

L: Chicken  
Salad with sour  
dough bread  
D: Pork  
shoulder with  
creamy mustard

06

L: Hamburgers  
and fries  
D: Shrimp  
Ratatouille on  
garlic toast

07

L: Country  
Chicken with  
potatoes  
D: One pan  
harvest pasta  
with salmon

08

L: Sweet and sour  
brisket sandwiches  
with chips  
D: Lemon chicken  
with bucatini  
cauliflower

09

L: Hearty  
minestrone soup  
D: Baked ham  
and scalloped  
potatoes

10

L: Bolognas  
pasta and garlic  
toast  
D: Cider  
braised chicken  
with rice pilaf

11

L: Chicken and  
dumplings  
D: Gorgonzola  
pork chops with  
Jasmin rice

12

L: Fish and  
chips  
D: Apple butter  
pork loin with  
potatoes

13

L: Beef  
enchiladas  
D: Gorgonzola  
apple pork  
chops with rice  
pilaf

14

L: Squash soup  
with cranberry  
Waldorf salad  
D: Wine  
marinated beef  
pot roast

15

L: Cod tacos with  
salsa and chips  
D: Roasted  
chicken with sage  
pan sauce and  
stuffing

16

L: Chicken wild  
rice soup  
D: Pork chops  
with pear maple  
glaze on red  
potatoes

17

L: Autumn  
apple salad with  
vegetable soup  
D: Roasted beef  
tenderloin tips  
with mushrooms

18

L: Chicken au  
jus sandwiches  
and with fries  
D: Pasta alfredo  
with shrimp

19

L: Beef lentil  
soup with potato  
rolls  
D: Asian  
marinated pork  
chops with fried  
rice

20

L: Spiced pecan  
salad with  
butternut squash  
soup  
D: Pasta  
pomodoro with  
shrimp

21

L: Beef chili  
and corn bread  
D: Baked  
chicken with  
caramelized  
onions and fall  
fruit

22

L: Chicken soup  
with spaetzle's  
D: Beef tips with  
goat cheese,  
mushrooms and  
eggplant over pasta

23

L: Autumn beef  
stew  
D: Baked  
chicken wrapped  
in bacon with  
sweet potato  
slices

24

L: Spinach  
salad with bacon  
basil mustard  
dressing and  
tomato soup  
D: Lasagna with  
Italian bread

25

L: Stuffed  
eggplant with  
shrimp salad  
D: Roasted  
Chicken with  
Stuffing

26

L: Chicken  
Chili with corn  
bread  
D: Roasted  
salmon with  
lemon and herbs  
on rice

27

L: Rachel's  
cranberry tuna  
salad  
D: Tuscan lamb  
white stew with  
crusty bread

28

L: Smoked  
brisket sandwich  
and fries  
D: Chicken with  
mushrooms over  
mashed potatoes

29

L: Mexican  
chicken casserole  
D: Sea bass with  
honeyed apples  
over rice pilaf

30

L: Beef stew  
with crusty  
bread  
D: Asian style  
chicken over  
fried rice

31

L: Meatloaf and  
mashed potatoes  
D: Italian  
sausage with  
pumpkin sauce  
over pasta