


October 2021 Woods (Memory Care) Dining Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast: 8 AM -9:30 AM Lunch: 11 AM–1 PM Dinner: 4 PM-6 PM					1 Belgian Waffles Turkey Burgers with Cheddar and Tater Tots Baked Salmon, Potatoes, and Asparagus	2 Cream of Wheat Grilled Roast Beef and Cheddar Sandwich with Potato Chips and Pineapple Sweet & Sour Chicken with Rice and Wontons
3 Eggs Your Way Champagne Chicken with Roasted Potatoes and Green Beans Sloppy Joes & Sweet Potato Fries	4 Pancakes Riblet Sandwiches with Potato Salad Baked Ziti with Zucchini and Breadsticks	5 Cheesy Scrambled Eggs Beef Ravioli with a Salad and Dinner Roll Chicken Pot Pie Casserole with a Salad and Biscuits	6 French Toast Cheeseburger with French Fries Chicken Quesadillas with Rice and Beans	7 Biscuits and Gravy Oriental Chicken Salad Wrap with Fresh Fruit Ham & Scalloped Casserole, with Vegetables and a Dinner Roll	8 Belgian Waffles Lemon Garlic Chicken with Red Potatoes Shrimp Scampi with Loaded Potatoes and Broccoli	9 Cream of Wheat BLTs with Peaches and Cottage Cheese Open Faced Roast Beef Sandwich with Potatoes and Corn
10 Eggs Your Way Roast Pork Loin with Mashed Potatoes and Parmesan Bacon Asparagus BBQ Chicken Sandwich with French Fries and Coleslaw	11 Pancakes Pepperoni Pizza with Caesar Salad Polish Sausage & Sauerkraut with German Potato Salad	12 Ham and Cheese Scramble Tuna Pasta Salad with Fresh Fruit Tater Tot Hotdish with Cheese Biscuits	13 French Toast Crispy Chicken Sandwich with Sweet Potato Fries Salisbury Steak with Mashed Potatoes and Carrots	14 Denver Omelet Autumn Salad Wrap with Potato Chips and Fruit Kielbasa with Peppers, Potatoes and Tossed Salad	15 Belgian Waffles BBQ Pork on a Bun with Potato Salad Fried Cod with Rice Pilaf and Vegetables	16 Cream of Wheat Ham and Pea Pasta Salad with Potato Chips and Pears Beef Stroganoff with a Dinner Roll
17 Eggs Your Way Meatloaf with Mashed Potatoes and Vegetables Patty Melt with Potato Salad	18 Pancakes Grilled Cheese on Texas Toast with Tomato Soup and Fruit Cocktail Chicken Kiev with Mashed Potatoes and Peas	19 Bacon and Cheddar Egg Scramble Egg Salad Sandwiches with Cantaloupe Beef Stew with a Biscuit	20 French Toast Italian Pasta Salad with Garlic Texas Toast and Fresh Fruit Swedish Meatballs with Potatoes and Carrots	21 Eggs Benedict Chicken Caesar Wrap with a Breadstick and Red Grapes Fire Braised Chicken with Baked Beans and Coleslaw	22 Belgian Waffles Cod Sandwich with Tater Tots Baked Walleye with Roasted Potatoes and Vegetables	23 Cream of Wheat 1/2 Turkey Reuben with Side of Mac & Cheese Sausage Pizza with Breadsticks and Side Salad
24 Eggs Your Way Baked Ham with Au Gratin Potatoes and Green Beans Beef Chili and Cornbread	25 Pancakes Ranch Baked Chicken with French Fries and Pineapple Pork and Sauerkraut with a Dinner Roll	26 Everything Eggs Grilled Ham and Swiss Sandwich with Sweet Potato Fries Soft-Shell Beef Tacos with Rice and Beans	27 French Toast Turkey Club on Croissant with Potato Chips and Cantaloupe Chicken Cordon Bleu with Mashed Potatoes & Beets	28 Ham and Cheese Omelet Chef Salad Wrap with Potato Chips and Cottage Cheese Lemon Pepper Chicken with Steamed Potatoes and Carrots	29 Belgian Waffles Chicken Tenders with BBQ Sauce and Cottage Cheese with Fresh Fruit Garlic & Herb Tilapia with Rice and Green Beans	30 Cream of Wheat Ham and Cheese Sliders with Waffle Fries Penne with Meat Sauce with a Side Salad and Dinner Roll
31 Eggs Your Way Pot Roast with Steamed Potatoes and Baby Carrots Grilled Chicken Sandwich with French Fries						