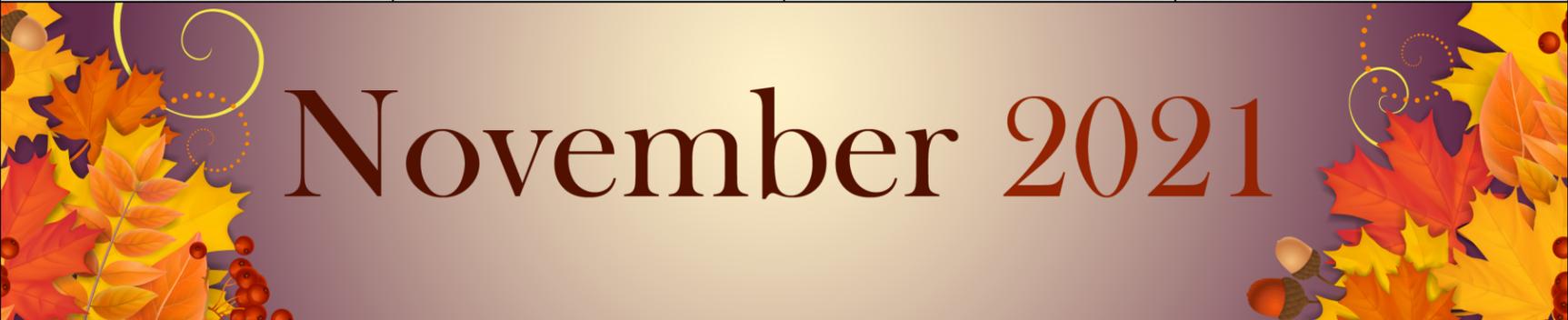


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1 <u>BREAKFAST</u> Banana Pancakes any style eggs Toast with Butter & Jam <u>LUNCH</u> Stuffed Beef Green Pepper Garlic Bread and Vegetables Coffee Cake <u>DINNER</u> Cheese Blintz/Waldorf Salad/apple sauce Fresh Baked Cookies	2 <u>BREAKFAST</u> French Toast/any style eggs <u>LUNCH</u> Chicken Cordon Bleu Mashed Potato and Vegetables Fruit Jell-O <u>DINNER</u> Seafood Crab Cakes Side of Caesar Salad Baklava	3 <u>BREAKFAST</u> Waffles any Style Eggs/butter/Jelly <u>LUNCH</u> Roasted Turkey & Gravy Cornbread Stuffing & Vegetables Banana Split <u>DINNER</u> Cheese Manicotti/Garlic Bread/vegetables Blueberry Cobbler	4 <u>BREAKFAST</u> Bagels & Cheese, Any Style Eggs, Toast with Butter and Jelly <u>LUNCH</u> Spaghetti Meatballs Green Peas and Carrots Pound Cake <u>DINNER</u> Chicken Pot Pie/steamed broccoli Peach Turnover	5 <u>BREAKFAST</u> Cheese Omelet Toast with Butter and Jelly <u>LUNCH</u> Fish and Chips/watermelon Tartar Sauce/lemon Ice Cream Sandwich <u>DINNER</u> Cheese Ravioli Red Sauce Garlic Bread and Vegetables Chef's Cake of the Day	6 <u>BREAKFAST</u> Danish, Any Style Eggs Toast with Butter and Jelly <u>LUNCH</u> Teriyaki Chicken Garden Rice & Vegetables Strawberry Ice Cream <u>DINNER</u> Shepherd's Pie Steamed Broccoli Fruit Bowl		
7 <u>BREAKFAST</u> Bacon, Any Style Eggs/butter/Jelly <u>LUNCH</u> Turkey Burger/tomato/mushroom Lettuce/pickle/potato fries Assorted Cake of the Day <u>DINNER</u> Maccaroni and Cheese Broccoli and Cauliflower Chocolate Ice Cream Daylight Saving Time Ends	8 <u>BREAKFAST</u> French Toast Toast with Butter and Jelly <u>LUNCH</u> Cranberry Pork Steak Baked Beans, Corn on the Cob Pineapple Upside Down Cake <u>DINNER</u> Cheese Ravioli/Garlic bread Roasted Vegetables Jell-O	9 <u>BREAKFAST</u> Pancakes any Style Eggs/butter/Jelly <u>LUNCH</u> Seafood Cakes Mixed Vegetables, Lemon/Tartar Sauce Banana Split <u>DINNER</u> Cobb Salad/bacon/Turkey/cheese Tomato/cucumber/dinner roll Chocolate Cake	10 <u>BREAKFAST</u> Blueberry Muffin, any Style Eggs, Toast with Butter and Jelly <u>LUNCH</u> Corn Beef Brisket Steamed Red Potato/Braised Cabbage Fruit Jell-O <u>DINNER</u> Turkey Loaf Brown Gravy Cornbread Stuffing & Vegetables Baked Apple	11 <u>BREAKFAST</u> Bagels, Cheese, any style Eggs Toast with Butter and Jelly <u>LUNCH</u> Grilled Salmon White Sauce/ Lemon Baked Potato and Vegetables Chocolate Eclairs <u>DINNER</u> Cheese Ravioli Garlic Bread and Vegetable Succotash Ambrosia Salad Veterans Day	12 <u>BREAKFAST</u> Cheese Omelet Toast with Butter and Jelly <u>LUNCH</u> Spaghetti Meat Sauce Garlic Bread and Vegetables Wedding Cake <u>DINNER</u> Egg Salad Croissant Sandwich Tomato Cucumber Salad Bread Pudding	13 <u>BREAKFAST</u> Donut's, Any Style Eggs/butter/jelly <u>LUNCH</u> Lamb Stew Corn on the Cob/Vegetables Ice Cream Sandwich <u>DINNER</u> Meatloaf with Gravy Mashed Potato & Vegetables Jaffa Oranges Bowl		
14 <u>BREAKFAST</u> Waffles, Over Easy Eggs Toast with Butter and Jelly <u>LUNCH</u> Chicken Marsala Couscous Pilaf and Broccoli Apple Pie <u>DINNER</u> Kosher Hot Dogs/potato Fries Chopped onions/tomato/relish Vanilla Ice Cream	15 <u>BREAKFAST</u> Pancakes any style eggs/Butter/Jelly <u>LUNCH</u> Spaghetti Meatballs/Garlic Bread And Veggies Orange Cake <u>DINNER</u> Chef's Salad/dinner Roll/cheese ham/cucumber/tomato/boil eggs Bread Pudding	16 <u>BREAKFAST</u> Blueberry Muffin, any Style Eggs Toast with Butter and Jelly <u>LUNCH</u> Ranch Baked Chicken Sweet Yam & Vegetables Succotash, Jell-O <u>DINNER</u> Baked Tilapia/caper/lemon/butter sauce Barley Pilaf and Mixed Vegetables Cookies	17 <u>BREAKFAST</u> Bacon, Over Easy Eggs Toast with Butter and Jelly <u>LUNCH</u> Turkey Pot Pie Roasted Cauliflower and Broccoli Pineapple Upside Down Cake <u>DINNER</u> Philly Cheesesteak Sandwich Onion Rings, FruitCake of the Day	18 <u>BREAKFAST</u> Denver Omelet Toast with Butter and Jelly <u>LUNCH</u> BBQ Pork Ribs Corn on the Cob and Baked Bean Banana Split <u>DINNER</u> Chines Chicken Salad Crispy Noodles/wonton skin/water- chestnuts/ sesame ginger dressing Egg Custard	19 <u>BREAKFAST</u> French Toast/any style eggs/butter/Jelly <u>LUNCH</u> Veal Stew/cornbread/vegetables Caramel Flan <u>DINNER</u> Grilled Ham/Cheese on Rye Bread Onion Rings and Pickle Blueberry Pie	20 <u>BREAKFAST</u> Coffee Cake any Style Eggs, Toast with Butter and Jelly <u>LUNCH</u> Pot Roast/Mashed Potato & Vegetables Caramel Flan <u>DINNER</u> Chicken Taco Salad Refried Beans/Spanish Rice/pico de Gallo/cheese/ sour Cream Ice Cream Sandwich		
21 <u>BREAKFAST</u> Pancakes any Style Eggs Butter and Jelly <u>LUNCH</u> Sautéed Shrimp Sautéed Corn Steamed Broccoli Angel Food Cake <u>DINNER</u> Pepperoni Pizza Side of Caesar Salad Spumoni Ice Cream	22 <u>BREAKFAST</u> French Toast, any Style Eggs Toast with Butter and Jelly <u>LUNCH</u> Mustard Chicken Barley Pilaf/Vegetables Three Milk Cake <u>DINNER</u> Stuffed Baked Potato with Meat Sauce Capri Vegetables Tapioca Pudding	23 <u>BREAKFAST</u> Bacon, any Style Eggs Toast with Butter and Jelly <u>LUNCH</u> Spaghetti Turkey Stroganoff Garlic Bread and Mixed Veggies Jell-O <u>DINNER</u> Nicoise Salad/green beans/olives Tomato/cheese/tuna Fresh Cookies	24 <u>BREAKFAST</u> Breakfast: Sausage, any Style Eggs & Breakfast Potatoes <u>LUNCH</u> Sweet and Sour Pork Over Steamed Rice/oriental Veggies Honey Cake <u>DINNER</u> Swiss Steak/Mashed Potato California Blend Veggies Fruit Crisp	25 <u>BREAKFAST</u> Waffles/any Style Eggs, Butter and Jelly <u>LUNCH</u> Lamb Stew/Cornbread Muffin/Veggies Apple Pie <u>DINNER</u> THANKSGIVING FEAST Thanksgiving Day	26 <u>BREAKFAST</u> Bagels & Cream Cheese Any style Eggs & Butter and Jelly <u>LUNCH</u> Coq Au Vin Scalloped Potatoes/Snap Peas Sponge Cake <u>DINNER</u> Cheese Enchiladas Refried Beans/Spanish Rice/Pico de gallo/Sour Cream Caramel Custard	27 <u>BREAKFAST</u> Cinnamon Roll, Any style Eggs Butter and Jelly <u>LUNCH</u> Beef Stir-Fried Vegetables Over Steamed Rice Fruit Bowl <u>DINNER</u> Macaroni and Cheese Roasted Vegetables Strawberry Ice Cream		
28 <u>BREAKFAST</u> Banana Muffin, Any Style Eggs Butter and Jelly <u>LUNCH</u> Grilled Salmon Baked Sweet Yam Pie Ala Mode <u>DINNER</u> FESTIVAL OF LIGHTS FEAST Hanukkah Begins	29 <u>BREAKFAST</u> Bagels & Cream Cheese Any style Eggs & Butter and Jelly <u>LUNCH</u> Spaghetti Meatballs/Red Sauce Garlic Bread/Vegetables Sponge Cake <u>DINNER</u> Chicken Cacciatore Scalloped Potatoes/Green Beans Coffee Cake	30 <u>BREAKFAST</u> Pancakes any Style Eggs Butter and Jelly <u>LUNCH</u> Cranberry Pork Tenderloin Baked Potato and Sautéed Spinach Angel Food Cake <u>DINNER</u> Cheese Enchiladas/Spanish rice Refried/Beans/Pico de Gallo/Sour Cream/Guacamole Spumoni Ice Cream	 <h1>November 2021</h1>					