

FreshMenus – eMenuCHOICE

Fall/Winter 2025

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Alternates
Ham and Cheese Omelet	Pancakes	Egg, Cheese & Sausage Sandwich on English Muffin	French Toast	Western Omelet	Made to Order Breakfast	Made to Order Breakfast	
Pecan Breaded Cod w/ Homemade Tartar Sauce Quinoa Blend Citrus Rainbow Carrots	Creamy Chicken Florentine w/ Mushrooms & Spinach Over Penne Pasta Warm French Bread	Beef Stroganoff with Mushrooms & Sour Cream Egg Noodles Roasted Carrots	Kielbasa w/ Peppers, Onions & Honey Mustard Glaze Roasted Potatoes Braised Cabbage w/ Fennel	Coconut Fried Shrimp w/ Sweet Chili Dipping Sauce Vegetable Fried Rice Pea Pods	Meatloaf w/ Tomato Glaze Red Skinned Mashed Potatoes Fresh Green Beans	Traditional Pot Roast w/ Carrots, Onions & Potatoes Steamed Broccoli Fresh Wheat Roll	Garden Salad w/ Hard Boiled Eggs Grilled Cheese w/ Chips or Fruit Cheeseburger/Hamburger w/ Chips or Fruit Ham, Turkey, Salami Sub Sandwich w/ Chips or Fruit
Roasted Turkey Salad w/ Craisins & Candied Pecans on Bed of Greens Fresh Fruit	Taco Salad w/ Seasoned Beef, Tomatoes, Cheddar Cheese & Sour Cream Tortilla Chips & Salsa	Grilled Tuna Melt on Wheat Bread Cottage Cheese & Peaches Pickled Beets	Grilled Beef & Bleu Cheese Salad Roasted Red Pepper Onion, Tom & Cuc Choice of Dressing Fresh Berries	Grilled Ham & Swiss w/ Apples & Fig Preserves on Multi Grain Bread Sweet Potato Fries Marinated Cucumber Salad	Cobb Salad w/ Chicken, Bacon, Tomato, Hardboiled Egg & Avocado on Lettuce Greens Cornbread	Egg Salad Sandwich on Multi-Grain Bread w/ Lettuce Sun Chips Caprese Salad	Garden Salad w/ Hard Boiled Egg Cottage Cheese Fruit Plate w/ Muffin Grilled Cheese w/ Chips and Fruit Egg Salad Sandwich w/ Chips or Fruit

**** Beverages offered at every meal include water, milk, fruit juice, tea, and coffee.**

**** Breakfast items always available: Oatmeal, Cold cereal, Eggs any style, Sausage links, Bacon, Wheat/White Toast, Yogurt, Fruit.**