



# October- Complete Care Dining Service Inc. Monthly Menu

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Friday</b> 10/01/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Sweet & Sour Pork Chop, Lemon Risotto, Sauteed Green Beans Or Turkey Cobbler Bowl w/ Stuffing, Glazed Carrots Dessert: Layer Cake	Coffee/ Tea Assorted Snacks	Soup of the Day Island Style Chicken Legs, Stewed Tomatoes, Cheesy Mac & Cheese Or Philly Cheese Steak, Peppers & Onions, French Fries Dessert: Fruit Cup	Coffee/ Tea Assorted Snacks
<b>Saturday</b> 10/02/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Cabbage Rolls, Parslied Noodles, Key West Blend Vegetables Or General Tso Chicken over White Rice, Garlic Spinach Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Fish & Chips, Cole Slaw Or Egg Salad Sandwich, Lettuce & Tomato Dessert: Fruit Cups	Coffee/ Tea Assorted Snacks

Menus are subject to change.

Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 10/03/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Roast Pork w/ Applesauce, Traditional Bread Stuffing, Seasoned Kale Or Roast Lamb w/ Mint Jelly, Swett Potatoes w/ Marshmallows, Broccoli Florets Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Sausage Pizza, Tossed Salad Or Cheese Blintz w/ Fruit Sauce, Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Monday</b> 10/04/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Homestyle Veal Stew over Parslied Rice, Stewed Vegetables Or Baked Salmon, Cream Corn, Sauteed Green Beans Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Ham Sandwich on Marble Rye, Creamy Cole Slaw Or Liverwurst Sandwich on Rye, Lettuce, Tomato, Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Tuesday</b> 10/05/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Breaded Chicken Parmesan over Pasta, Tossed Salad Or Stuffed Salisbury Steak, Mashed Potatoes w/ Butter, Glazed Carrots Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Grilled Cheese Sandwich, Pickled Beets Or Cheese Steak w/ Peppers & Onions, Dill Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



# October- Complete Care Dining Service Inc. Monthly Menu

<b>Wednesday</b> 10/06/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Ranch Meatloaf w/ Lumpy Mashed Potatoes, Winter Blend Vegetables Or Veal Cordon Bleu, Buttered Pasta, California Mix Vegetables Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Egg Salad Sandwich w/ Carrot Raisin Salad Or Corned Beef & Swiss Sandwich w/ Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 10/07/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Open Faced Turkey, Stuffing w/ Raisins, Broccoli Florets Or Swedish Meatballs over White Rice, Mediterranean Blend Vegetables Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Prime Rib Burger w/ Cheese, Tossed Salad Or Tuna Salad Platter over Lettuce, Potato Salad, Cole Slaw, Crackers Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Friday</b> 10/08/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Slow Cooked Pot Roast, Pasta w/ Parmesan Cheese, Sweet & Sour Red Cabbage Or Orange Glazed Baked Ham, Au Gratin Potatoes, Roasted Cauliflower Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Chili Con Carne over White Rice, Sauteed Green Beans Or Grilled Chicken Caesar Wrap w/ Cucumber Basil Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Saturday</b> 7/09/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	3 Cheese Manicotti w/ Chunky Bolognese, Tossed Salad Or Seafood Scampi over Rive, Broccoli Rabe Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Hot Roast Beef Sandwich w/ Au Jus, Rainbow Slaw Or Chicken Salad Sandwich, Garden spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

Menus are subject to change.

Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 10/10/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Roast Tukey w/ Creamy Caper Sauce, Traditional, Stuffing, Winter Blend Vegetables Or Pot roast w/ Sweet Potato Mash, Wax Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Bread Cod Filet on a Roll w/ Tartar Sauce, Creamy Cole Slaw Or Turkey Salad on a Kaiser Roll, Cucumber Tomato Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Monday</b> 10/11/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Sesame Chicken over White Rice, California Blend Vegetables Or Ham Steak, Mashed Potatoes, Sauteed Zucchini Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Deluxe Cheeseburger, Lettuce/ Tomato/ Onion Or Cheese Hot Dog w/ Kraut, Baked Maple Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



COMPLETECARE  
— MANAGEMENT —

# October- Complete Care Dining Service Inc. Monthly Menu

<b>Tuesday</b> 10/12/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Cordon Bleu, Baked Potato w/ Sour Cream, Winter Blend Vegetables Or Salisbury Steak w/ Pasta Primavera, Creamed Spinach Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Monte Cristo Sandwich on French toast, Marinated Artichoke Salad Or Grilled Cheese Sandwich, Marinated 3 Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Wednesday</b> 10/13/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	3 Cheese Stuffed Shells w/ Chunky Bolognese, Tossed Salad Or Chicken Al Vodka, Seasoned Potatoes, Roasted Cauliflower Dessert: Assorted Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad Sandwich, Grandma's Carrot Raisin Salad Or Salami & Swiss Sandwich, Asian Fusan Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 10/14/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Baked Fish W/ Peppers & Onions, Sweet Potato Mash, Broccoli Florets Or Veal Cutlet w/ Mushroom Gravy, Rice & Lentils, Key West Blend Vegetables Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Ham & Swiss Sandwich, Lettuce & Tomato Or Cottage Cheese & Fruit, Fresh Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Friday</b> 10/15/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Smothered Pork Chops, Stuffing w/ Peaches, Orange Glazed Carrots Or Liver & Onions, Creamed Corn, Sautéed Green Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Pesto & Swiss Sandwich on a Roll, Caprese Salad Or Cheeseburger, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Saturday</b> 10/16/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Pepper Steak over White Rice, Stir Fry Vegetables Or Herb Crusted White Mac & Cheese, Stewed Tomatoes Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Sandwich, Caesar Salad Or Tuna Salad on a Croissant, Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

Menus are subject to change.

Week 4	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 10/17/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Baked Ham w/ Pineapple Sauce, Sweet Potatoes w/ Marshmallows, Sautéed Green Beans Or Roast Lamb w/ Mint Jelly, Mushroom Risotto, Winter Blend Vegetables Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Meatball Sub on a Steak Roll, Broccoli Floret Salad Or Italian Sandwich w/ Carrot Raisin Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



# October- Complete Care Dining Service Inc. Monthly Menu

<b>Monday</b> 10/18/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Freshly Cooked Corned Beef, Sauteed cabbage, Boiled Potatoes Or Lemon Pepper Tilapia, Succotash, Stewed Tomatoes Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Monte Cristo Sandwich on French Toast, Garden Spinach Salad Or Taylor Ham, Egg & Cheese on a Roll, Marinated Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Tuesday</b> 10/19/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Spaghetti w/ Sausage, Tossed Salad Or Meatloaf w/ Savory Gravy, Scalloped Potatoes, Prince Edward Vegetables Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Breaded Chicken Fillet w/ Honey Mustard on a Roll, Lettuce & Tomato Or Seafood Salad Sandwich, 3 Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Wednesday</b> 10/20/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Beef Burgundy over Noodles, Stewed Vegetables Or Stuffed Cabbage Rolls, Garlic Mashed Potatoes, Sunshine Carrots Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Western Omelet, Tatar Tots, Garlic Spinach Or Grilled Ham & Cheese, Harvard Beets Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 10/21/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Split Cornish Hens, Rice Pilaf, Sauteed Green Beans Or Eggplant Rollatini, Tossed Salad Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Meat Submarine on a Hoagie, Marinated Artichoke Salad Or Tuna Salad Sandwich, Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Friday</b> 10/22/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Parmesan Crusted Tilapia, Seasoned Potatoes, Broccoli Florets Or Turkey Legs, Bread Stuffing, Creamed Spinach Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Deli Roast Beef Sandwich, Lettuce & Tomato Or Chili Con Carne over White Rice, Sauteed Zucchini Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Saturday</b> 10/23/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Meatloaf, Mashed Potatoes, Glazed Carrots Or Liver & Onions, Cream Corn, Stewed Tomatoes Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad Sandwich, Marinated Tomatoes Or Classic Egg Salad Sandwich, Broccoli Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

Menus are subject to change.

Week 5	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
--------	----------	-----------	-------	----------	--------	----------



# October- Complete Care Dining Service Inc. Monthly Menu

<b>Sunday</b> 10/24/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Sauerbraten w/ Ginger Gravy, Potato Pancakes, Sweet and Sour Red Cabbage Or Peppercorn Roasted Turkey, Stuffing w/ Peaches, Asparagus Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Crab Cake Sandwich, 3 Bean Salad Or 3 Cheese Mac & Cheese, Mixed Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Monday</b> 10/25/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Spaghetti & Meatballs w/ Spaghetti, Broccoli Florets Or Breaded Pork Chop w/ Applesauce, Rice, Buttered Green Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Cheese Hotdog, Sauerkraut, Baked Beans Or California Cheeseburger w/ Lettuce, Tomato, Onions Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks
<b>Tuesday</b> 10/26/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Chicken Francaise over pasta, California Vegetables Or Liver & Onions, Mashed Potatoes, Winter Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Tuna Salad Sandwich, Carrot Raisin Salad Or Egg Salad Sandwich, Oriental Spinach Salad Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
<b>Wednesday</b> 10/27/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Meatloaf w/ Savory Gravy, Parslied Noodles, Sugar Snap Peas Or Maple Glaze Ham, Scalloped Potatoes, Zucchini Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Pulled Pork on a Roll, String Beans Or Chicken Salad w/ Bacon Sandwich, Rainbow Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 10/28/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Baked Fish Tenders, Seasoned Potatoes, Oriental Blend Vegetables Or Shepperd's Pie in Mini Pies Shells, Mixed Vegetables Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Sausage Pizza, Tossed Salad Or Balsamic Glazed Chicken with Roasted Red Peppers & Mozzarella Cheese, Beet Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Friday</b> 10/29/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Stuffed Pork Loin w/ Sweet Potatoes, Broccoli Rabe Or Rosemary Crusted Turkey, Stuffing Muffins, Sauteed Green Beans Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Philly Cheese Steak Sandwich on a Steak Roll, Peppers & Onions Or Bread Cod Filet Sandwich, 3 Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



COMPLETECARE  
— MANAGEMENT —

# October- Complete Care Dining Service Inc. Monthly Menu

<b>Saturday</b> 10/30/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Marsala over pasta, Sautéed Spinach Or Beef & Broccoli over Rice Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Grilled Cheese & Tomato Sandwich, Marinated Vegetables Or Classic Cheeseburger, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Week 5</b>	<b>AM Snack</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>PM Snack</b>	<b>Dinner</b>	<b>HS Snack</b>
<b>Sunday</b> 10/31/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Stuffed Pepper Parmesan, Parslied Noodles, Glazed Carrots Or Herb Butter Baked Chicken, Corn Bread Stuffing, Sautéed Green Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Breaded Cod Filet on a Roll, Marinated Vegetables, Chili Hotdog, Sauerkraut Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

Menus are subject to change.