



	Sun 11-01-2026	Mon 11-02-2026	Tue 11-03-2026	Wed 11-04-2026	Thu 11-05-2026	Fri 11-06-2026	Sat 11-07-2026
B R K	Egg of Choice	Brown Sugar French Toast	Sausage Country Gravy and Biscuits	Hot Cereal	Creamed Chipped Beef on Toast	Pancakes	Fried Apples with Biscuits
	Hash Browns	Egg of Choice		Egg of Choice		Eggs of Choice	Egg of Choice
	Bacon	Breakfast Sausage Patty	Bacon	Bacon	Bacon	Bacon	Bacon
	Breakfast Sausage Patty	Bacon	Breakfast Sausage Patty	Breakfast Sausage Patty	Breakfast Sausage Patty	Sausage Patty	Sausage Patty
L U N	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	Fresh Fruit	100% Juice
	Biscuit	Toast of Choice		Muffin		100% Juice	
		Green Salad		Green Salad			
	Classic Baked Ham	Beef Burgundy	Reuben Sandwich	Spaghetti and Meat Sauce	Herb Baked Chicken	Fried Catfish	Fresh Chicken Pot Pie
D I N N E R	Fresh Mashed Potatoes and Gravy	Buttered Noodles	Baked Sweet Potato Fries		Seasoned Black-Eyed Peas	Onion Rings	
	Collard Greens	Chef's Steamed Vegetable	Mixed Green Salad	Green Beans	Stewed Tomatoes	Coleslaw	Fruit Cup
	Baked Roll			Garlic Bread	Buttermilk Cornbread		Garden Green Salad
	Assorted Cookies	Assorted Cakes	Pudding			Assorted Desserts	Banana Creme Cake
D I N N E R		Homestyle Bean Bacon Soup	Soup Du Jour	Broccoli Cheese Soup	Soup Du Jour	Soup Du Jour	
	Hamburger Steak with Gravy	Herb Grilled Chicken	Italian Sausage with Peppers and Onions	Baked Chicken Thigh with Chicken Gravy	Deluxe Hamburger	Autumn Chicken Salad	Meatball Sub
	Fluffy Baked Rice	Lemon Chive Rice	Garlic Roasted Potatoes	Fresh Mashed Potatoes and Gravy	French Fries	Bowtie Pasta Salad	Baked Sweet Potato Fries
	Baby Carrots	Capri Blend	Peas and Pearl Onions	Classic Lima Beans	Lettuce Tomato Plate	Beets	California Blend
	Garlic Bread		Classic Dinner Rolls			Baked Roll	
	Lemon Meringue Pie	Cherry Crisp	Assorted Desserts	Double Chocolate Chip Cookie		Lemonade Cake	Assorted Desserts
Milk offered at every meal							Week 1

Dietitian's Signature:

Xiao N. Goh
9-1-26 #997564