





Bel Rae Senior Living Menu Calendar

September
2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Lunch ¹ Tuscan Tortellini Pasta Roasted Cauliflower Breadstick</p> <p>Dinner</p> <p>Grilled Spice Rubbed Pork Loin California Blend Vegetables Baked Potato W/ Sour Cream</p>	<p>Lunch ² Coconut Shrimp W/ Orange Sauce Green Beans Scalloped Potatoes</p> <p>Dinner</p> <p>Chicken Marsala Steamed Peas Cranberry & Herb Rice Pilaf</p>	<p>Lunch ³ State Fair Corndog Fresh Apple Salad Sweet Potato Fries</p> <p>Dinner</p> <p>Chicken Divan Over Egg Noodles Honey Butter Carrots</p>
<p>Lunch ⁴ Chicken Wild Rice Soup 3 Bean Salad Dinner Roll</p> <p>Dinner</p> <p>Baked Ziti Pasta Side Salad W/ Choice of Dressing Garlic Toast</p>	<p>Lunch ⁵ California Burger W/ Lettuce, Tomato, & Onion Fresh Mixed Fruit Potato Salad</p> <p>Dinner</p> <p>Sliced Roast Turkey W/ Gravy Cranberry Sauce Rutabaga & Potato Medley Brussels Sprouts</p>	<p>Lunch ⁶ Chicken Strips W/ Dipping Sauce Mixed Vegetables Potato Wedges</p> <p>Dinner</p> <p>Orange Dijon Glazed Cod Loin Roasted Zucchini Squash Medley Mixed Rice Pilaf</p>	<p>Lunch ⁷ Scrambled Eggs Hashbrown Bake Crispy Bacon</p> <p>Dinner</p> <p>Grilled Chicken Legs Baked Mac N' Cheese Green Beans W/ Onions & Bacon</p>	<p>Lunch ⁸ Country Pork Ribs Creamed Cabbage Roasted Potatoes</p> <p>Dinner</p> <p>Beef Lasagna Side Salad W/ Choice of Dressing Garlic Toast</p>	<p>Lunch ⁹ Salmon Burger W/ Dill Sauce, Lettuce Tomato, & Onion Fresh Fruit Tater Tots</p> <p>Dinner</p> <p>Hamburger Steak W/ Fried Onions Creamed Peas & Potatoes</p>	<p>Lunch ¹⁰ Beef Steak & Vegetables Stir Fry over Steamed Jasmine Rice</p> <p>Dinner</p> <p>Chicken Gravy over Mashed Potatoes Steamed Vegetable Medley</p>
<p>Lunch ¹¹ Homemade Ham & Bean Soup Creamy Fruit Salad Dinner Roll</p> <p>Dinner</p> <p>Beef & Potato Casserole Steamed Peas & Carrots Breadstick</p>	<p>Lunch ¹² Beef Goulash California Blend Vegetables Dinner Roll</p> <p>Dinner</p> <p>Crispy Fried Cod W/ Lemon & Tartar Sauce Steamed Mixed Vegetables Baked Potato W/ Sour Cream</p>	<p>Lunch ¹³ Crispy Chicken Sandwich W/ Lettuce & Tomato Creamy Pasta Salad</p> <p>Dinner</p> <p>Sage & Turkey Meatballs in Mushroom Gravy Roasted Squash Wedge Mashed Potatoes</p>	<p>HOT BREAKFAST ¹⁴ Lunch BLT Sandwich Chilled Pea Salad Potato Wedges</p> <p>Dinner</p> <p>Beef & Mushroom Stroganoff over Egg Noodles Steamed Carrots</p>	<p>Lunch ¹⁵ Beef Soft Shell Tacos W/ Fixings Refried Beans Fresh Fruit</p> <p>Dinner</p> <p>Sliced Roast Pork Loin Steamed Brussels Sprouts Mashed Potatoes & Gravy</p>	<p>Lunch ¹⁶ French Chicken Pot Pie Soup Fresh Mixed Grapes</p> <p>Dinner</p> <p>Salmon Almondine Autumn Vegetable Medley Herbed Potatoes</p>	<p>Lunch ¹⁷ Gourmet Chicken Salad on a Croissant Broccoli Salad Potato Chips</p> <p>Dinner</p> <p>Smoked Sausage W/ Apples Roasted Zucchini Squash Medley Buttered Mashed Potatoes</p>
<p>Lunch ¹⁸ Cinnamon French Toast Sausage Links Fresh Oranges & Grapes</p> <p>Dinner</p> <p>Hamburger Steak W/ Onion Gravy California Blend Vegetables Mashed Potatoes & Gravy</p>	<p>Lunch ¹⁹ Tater Tot Hotdish Waldorf Salad Dinner Roll</p> <p>Dinner</p> <p>Boneless BBQ Ribs Creamy Coleslaw Baked Potato W/ Sour Cream</p>	<p>Lunch ²⁰ Chicken A La King over a Biscuit Mixed Fruit</p> <p>Dinner</p> <p>Spaghetti W/ Meat Sauce Side Salad W/ Choice of Dressing Garlic Toast</p>	<p>Lunch ²¹ Vegetable & Cheese Quiche Sausage Links Fresh Apple Salad</p> <p>Dinner</p> <p>Roast Beef W/ Gravy Roasted Potatoes & Carrots Dinner Roll</p>	<p>Lunch ²² Sloppy Joe on a Bun Fresh Mixed Fruit French Fries</p> <p>Dinner</p> <p>Stuffed Squash W/ Sausage & Cranberry Stuffing Side Salad W/ Choice of Dressing</p>	<p>Lunch ²³ Homemade Vegetable Soup Garlic Toast Peaches & Cottage Cheese</p> <p>Dinner</p> <p>Lemon Pepper Tilapia Steamed Peas & Onions Au Gratin Potatoes</p>	<p>Lunch ²⁴ Cheeseburger on a Bun Creamy Cucumber Salad French Fries</p> <p>Dinner</p> <p>Chicken Chow Mein Asian Blend Vegetables Steamed Rice</p>
<p>Lunch ²⁵ Hamburger Rice Hotdish California Blend Vegetables Breadstick</p> <p>Dinner</p> <p>Pineapple Glazed Ham Steamed Mixed Vegetables Buttered Mashed Potatoes</p>	<p>Lunch ²⁶ Hamburger Stew W/ Hearty Tomato Sauce Fresh Baked Biscuit</p> <p>Dinner</p> <p>Grilled Chicken & Broccoli Alfredo over Long Pasta Side Salad W/ Choice of Dressing</p>	<p>Lunch ²⁷ All Beef Hotdog on a Bun Fresh Fruit Sweet Potato Tots</p> <p>Dinner</p> <p>Apricot Glazed Pork Loin Roasted Squash Wedge Green Beans Almondine</p>	<p>HOT BREAKFAST ²⁸ Lunch Deli Turkey & Swiss Melt Butternut Squash Soup or Soup of the Day</p> <p>Dinner</p> <p>Herb Baked Chicken Legs Buttered Corn Classic Heb Stuffing</p>	<p>Lunch ²⁹ Pulled Pork Sandwich Fresh Fruit Rosemary French Fries</p> <p>Dinner</p> <p>Homestyle Meatloaf Steamed Peas & Carrots Mashed Potatoes & Gravy</p>	<p>Lunch ³⁰ Pepperoni & Sausage Pizza Creamy Fruit Salad</p> <p>Dinner</p> <p>Lemon Butter Baked Cod Loin Autumn Vegetable Medley Baked Potato W/ Sour Cream</p>	

Assorted fresh baked desserts served daily at both meals **Limited Vegetarian options available upon request

Lunch Alternatives: Peanut Butter & Jelly, Egg Salad, & Ham Salad Sandwiches, Dinner Salad, Soup of the Day, Potato Chips

Dinner Alternatives: Baked Chicken Breast**LIMITED, Hamburger / Cheeseburger** LIMITED, Soup of the Day, Dinner Salad, Potato Chips