

BEL RAE SENIOR LIVING DINING CALENDAR

October

2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		HOT BREAKFAST served every Wednesday!!!		1	2	3
				LUNCH Deli Turkey Bacon On a croissant French fries Pickle spear DINNER Roasted Citrus Salmon Roasted Red potatoes Brussel Sprouts	LUNCH Bacon Cheeseburger Lettuce & tomato Potato salad Tater tots DINNER Turkey pot pie Tossed salad w/choice of dressing Grapes	LUNCH Pancakes Sausage Fresh Fruit DINNER Baked Ham Mashed Sweet Potatoes Buttered peas
4	5	6	7	8	9	10
LUNCH Chili Side salad w/choice of dressing Cornbread muffin DINNER Spaghetti w/meat sauce Garlic toast	LUNCH Sloppy joes Tater tots Fresh fruit DINNER Stuffed Peppers Roasted Potatoes Dinner roll	LUNCH Loaded baked potato w/chili Side salad w/choice of dressing DINNER BBQ Chicken Cheesy hash browns Steamed Broccoli	LUNCH Grilled Cheese Tomato Soup Onion rings DINNER Beef Pot Roast Mashed Potatoes & gravy Mixed Vegetables	LUNCH Beer Battered Fish & Chips Coleslaw DINNER Chicken fried steak Mashed potatoes w/gravy Buttered corn	Lunch Ham & Swiss On a croissant Potato Chips Fresh fruit Dinner Corned beef & cabbage Potatoes & carrots	LUNCH Scrambled Eggs w/cheese Sausage Hash brown Patty DINNER Oven Roasted Pork Roasted Potatoes Buttered Peas
11	12	13	14	15	16	17
LUNCH Hot dog Baked Beans Potato salad DINNER Homemade Goulash Mixed vegetables Breadstick	LUNCH Chicken Quesadilla Salsa & Sour Cream Spanish Rice DINNER Salisbury steak Mashed potatoes & Gravy Mixed vegetables	LUNCH Chicken avocado ranch wrap French fries Fresh Fruit DINNER Turkey gravy over mashed potatoes Green beans Dinner roll	LUNCH Opened faced tuna melt w/tomato Cucumber & tomato salad Orange slices DINNER Homemade Meatloaf Mashed Potatoes Green Beans	LUNCH Turkey sliders Pasta salad Fresh Fruit DINNER Lemon Pepper Crusted Tilapia Rice pilaf Buttered Carrots	LUNCH Egg salad sandwich Potato Chips Fresh Fruit DINNER Cheese tortellini Mixed vegetable Garlic Breadstick	LUNCH Loaded egg bake Hash brown patty Fresh fruit DINNER Creamy Chicken & Broccoli Casserole Breadstick

<p style="text-align: right;">18</p> <p>DINNER Chipped beef over A biscuit Orange slices</p> <p>DINNER Tuna noodle Casserole Dinner roll</p>	<p style="text-align: right;">19</p> <p>LUNCH Taco salad Sour cream & Salsa Tortilla chips</p> <p>DINNER Demi glazed Chicken Roasted red potatoes Buttered Carrots</p>	<p style="text-align: right;">20</p> <p>LUNCH Meatball sub Mozzarella sticks Fresh fruit</p> <p>DINNER Chicken Kiev Wild Rice Pilaf Zucchini</p>	<p style="text-align: right;">21</p> <p>LUNCH French dip Rosemary French fries Pickle</p> <p>DINNER Baked Ziti Buttered Corn Garlic Toast</p>	<p style="text-align: right;">22</p> <p>LUNCH Deli sandwich Chips pickle</p> <p>DINNER Lemon shrimp pasta Asparagus Breadstick</p>	<p style="text-align: right;">23</p> <p>LUNCH Loaded baked potato w/chili Side salad w/choice of dressing</p> <p>DINNER BBQ Chicken Cheesy hash browns Steamed Broccoli</p>	<p style="text-align: right;">24</p> <p>LUNCH Breakfast sandwich Breakfast potatoes Fresh fruit</p> <p>DINNER Cheesy Ham & potato Casserole Orange slices Dinner roll</p>
<p style="text-align: right;">25</p> <p>LUNCH BBQ pulled pork sandwich Broccoli slaw Chips</p> <p>DINNER Cracker crusted chicken Mashed potatoes w/gravy Buttered corn</p>	<p style="text-align: right;">26</p> <p>LUNCH BLT on a croissant French Fries Pickle spear</p> <p>DINNER Cabbage rolls Mixed Vegetables Dinner roll</p>	<p style="text-align: right;">27</p> <p>LUNCH Chili Dog Raw onion & shredded cheese Tater tots Fresh Fruit</p> <p>DINNER Chicken Noodle Casserole Mixed Vegetables Dinner roll</p>	<p style="text-align: right;">28</p> <p>LUNCH BBQ chicken cobb salad Orange slices Breadstick</p> <p>DINNER Lasagna Green beans Garlic toast</p>	<p style="text-align: right;">29</p> <p>LUNCH Chicken patty on a bun Tater tots Pickle</p> <p>DINNER Potato crusted cod Rice pilaf Brussel sprouts</p>	<p style="text-align: right;">30</p> <p>LUNCH Biscuits & Gravy Fresh Berries</p> <p>DINNER Meatballs over mashed Potatoes & gravy Mixed Vegetables Dinner roll</p>	<p style="text-align: right;">31</p> <p>LUNCH French toast Bacon Fresh berries</p> <p>DINNER Roasted Turkey Stuffing w/gravy Green Beans Cranberries</p>