



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 19 Nov 16 Dec 14	Jan 11 Feb 8 March 8	Oct 20 Nov 17 Dec 15	Jan 12 Feb 9 March 9	Oct 21 Nov 18 Dec 16	Jan 13 Feb 10 March 10	Oct 22 Nov 19 Dec 17	Jan 14 Feb 11 March 11	Oct 23 Nov 20 Dec 18	Jan 15 Feb 12 March 12	Oct 24 Nov 21 Dec 19	Jan 16 Feb 13 March 13	Oct 25 Nov 22 Dec 20	Jan 17 Feb 14 March 14
Beverages	• Tea • Coffee • Juice • Milk •													
Breakfast	Rolled Oats Boiled Eggs Toast Fruit or Cold Cereal	 Red River Waffles Sausage Fruit or Cold Cereal	Rolled Oats Poached Eggs Toast Fruit or Cold Cereal	Red River French Toast Fruit or Cold Cereal	Rolled Oats Scrambled Eggs Toast Fruit or Cold Cereal	Red River Fried Eggs Toast Fruit or Cold Cereal	Rolled Oats Pancakes Bacon Fruit or Cold Cereal							
Lunch														
<i>Soup</i>	Minestrone	Beef Barley	Chicken Noodle	Split Pea	Cream of Mushroom	Tomato	Broccoli							
<i>Entree</i>	Chicken Strips Mixed Veggies Potato Wedges Dessert: Fruit Cocktail & Cake	Egg Salad Croissant Tossed Salad Dessert: Pears & Cookie	Pizza Caesar Salad Dessert: Peaches & Cream	Turkey & Swiss Sub Chef Salad Dessert: Apricots	Chicken Burger Fries, Coleslaw Dessert: Nanaimo Bar & Plums	Grilled Cheese Carrot Sticks Dessert: Strawberries	Beef Pot Pie & Gravy Mixed Greens Biscuit Dessert: Mixed Fruit							
Supper														
<i>Entrée</i>	Beef Stroganoff Buttered Noodles Green Beans	Honey Garlic Chicken Breast Rice Broccoli	Ham Scalloped Potatoes Peas & Carrots	Salmon Rice Pilaf Brussel Sprouts	Meatloaf Mashed Potatoes Corn	KFC Chicken French Fries Mixed Vegetables	Roasted Pork Steamed Potato Gravy Baby Carrots Apple Sauce							
<i>Dessert</i>	Mandarin Oranges	Black Forrest Cake	Ice Cream	Strawberries	Apple Pie	Pears	Rice Crispy Square							
Alternate	Turkey Pot Pie	Pollock	Teriyaki Meat Balls	Pork Chops	Pork Tenderloin	Beef Sausage	Tuna Casserole							
Condiments	 • Bread • Margarine • Butter •													

Options such as sandwiches, etc. must be ordered by NOON prior to the meal. Please see COOK to place your order.

Menu may change without notice.