

Sunday Oct. 11

Chicken Escarole Soup or Garden Salad

Pot Roast or Seafood Newburg

Sides: Mashed Potatoes, Jasmine Rice, Sauteed Peas,
Green Beans

Tiramisu

Monday Oct. 12

Tomato Soup or Antipasto Salad

Pork w/Port Wine and Cherry Sauce or
Chicken and Rice Casserole

Sides: Baked Sweet Potato, Maple Roasted
Butternut and Beets, Mixed Vegetables

Apple Crisp

Tuesday Oct. 13

Chili or Pear, Blue Cheese & Walnut Salad

Chicken Cordon Bleu or Lemon Shrimp Sole

Sides: Mashed Potatoes, Parmesan Risotto,
Stuffed Tomato

Pumpkin Pie

Wednesday Oct. 14

Tuscany Bean Soup or Garden Salad

Pork L'Orange or Spaghetti and Meatballs

Sides: Cinnamon Sweet Potatoes, Sauteed Brussel
Sprouts, Broccolini

Mountain Berry Tart

Thursday Oct. 15

Cauliflower Chowder or Autumn Chopped Salad

Stuffed Turkey Breast or Beef Stew

Sides: Sweet Potato & Apple Casserole, Egg
Noodles, Bahama Blend, Asparagus

Candy Apple Pie

Friday Oct. 16

Crab and Potato Bisque or Mixed Greens Salad

Fish and Chips or Swedish Meatballs

Sides: Egg Noodles, Broccoli Slaw,
Peas & Mushrooms

Apple Pie Ala Mode

Saturday Oct. 17

Beef Vegetable Soup or Greek Salad

Linguini and Red Clam Sauce or

Pork w/Apple Raisin Chutney

Sides: Baked Sweet Potato, Broccoli, Buttered Corn

Bread Pudding

Daily Alternates

Grilled Chicken Breast, Beef Burger

Baked Filet of Cod, Oatmeal

Marinated mushrooms, pickled beets, cottage
cheese, applesauce, fruit cup



The Right Choice

**INDEPENDENT & ASSISTED LIFESTYLES
REHAB & LONG-TERM CARE**