

## *Sunday Nov. 1*

Cream of Asparagus Soup or Sunshine Salad  
Beef Medallions or Stuffed Sole  
Sides: Macaroni and Cheese, Buttered Peas, Au  
Gratin Potatoes, Glazed Carrots  
Tiramisu

## *Monday Nov. 2*

Beef Barley Soup or BLT Salad  
Manicotti or Turkey Burgers  
Sides: Roasted Sweet Potato Wedges, Glazed  
Turnips, Green Beans & Carrots  
Raspberry Mudslide Parfait

## *Tuesday Nov. 3*

Creamy Tomato Tortellini Soup or Greek Salad  
Veal Sorrento or Shrimp Scampi  
Sides: Mashed Potatoes, California Blend,  
Sautéed Spinich  
Cranberry Bread Pudding

## *Wednesday Nov. 4*

Butternut and Apple Bisque or Italian Greens Salad  
Stuffed Cabbage or Turkey Pot Pie  
Sides: Wax Beans, Broccoli, Sautéed Corn  
Peach Streusel Pie

## *Thursday Nov. 5*

Lentil Soup or Autumn Chopped Salad  
Apple Almond Stuffed Chicken or  
Herb Crusted Salmon  
Sides: Baked Potato, Orzo & Spinach Blend,  
Butternut Squash, Honey Glazed Carrots &  
Parsnips  
Orange Dream Swirl Cake

## *Friday Nov. 6*

Manhattan Clam Chowder or  
Spinach, Cranberry & Avocado Salad  
Honey Orange Chicken Leg or Beef Stroganoff  
Sides: Egg Noodles, Baked Sweet Potato  
Mixed Vegetable, Baked Cauliflower  
Chocolate Pudding Cake

## *Saturday Nov. 7*

Loaded Potato Soup or House Salad  
Lasagna or Hot Dogs  
Sides: Baked Beans, San Francisco Blend, Peas &  
Carrots, Buttered Corn  
Pumpkin Cheesecake

## *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**