

Fall 2020 Week 1

(Starting Sept. 27)

Sunday Lunch

Creamy Crab Bisque
Tossed Salad
Roast Beef Tenderloin w/ Au Jus
Sautéed Petit Green Beans
Loaded Baked Potato/Croissant
Red Velvet Cake

Sunday Dinner

Navy Bean Soup
Tossed Salad
Herb Baked Tilapia
Corn Pudding
Braised Kale
Red Velvet Cake

Monday Lunch

Tomato Soup
Fresh Fruit
Southwestern Chili Mac Bake
Buttered Baby Carrots
Corn Muffin
Blueberry Bread Pudding

Monday Dinner

Mulligatawny Soup
Fresh Fruit
Crab Imperial
Fresh Spinach
Mashed Potato
Blueberry Bread Pudding

Tuesday Lunch

Corn Chowder
Caesar Salad
Beef Stroganoff
Brussels Sprouts
Buttered Noodles
German Chocolate Pie

Tuesday Dinner

Shrimp & Sausage Creole
Caesar Salad
BBQ Baby Back Ribs
Sugar Snap Peas
Mac n Cheese / Corn Muffin
German Chocolate Pie

Wednesday Lunch

Mushroom Barley Soup
Broccoli Salad
Beef Hot Dogs w/ Fixings
Fried Okra
Baked Beans
Carrot Cake

Wednesday Dinner

New England Clam Chowder
Broccoli Salad
Lasagna Three Meat Sauce
Garlic Toast
Buttered Corn Kernels
Carrot Cake

Thursday Lunch

Cream of Leek Soup
Greek Cucumber Salad
Ranch Fried Chicken Wings
Broccoli
Rice Pilaf
Ginger Bread w/ Lemon Sauce

Thursday Dinner

Broccoli & Cheddar Soup
Greek Cucumber Salad
Coffee-Brown Sugar Roast Pork Loin
(Honey Mustard BBQ Sauce)
Steamed Beets
Baked Potato/Sour Cream
Ginger Bread w/ Lemon Sauce

Friday Lunch

Pumpkin Soup
Fresh Fruit
Beef Chopped Steak w/Gravy
California Blend Veggie
Rice
Biscuit
Old Fashion Apple Pie

Saturday Lunch

Lima Bean and Bacon Soup
Fresh Fruit
Chicken Breast
(w/ Fresh Mozzarella & tomato)
Steamed Broccolini
Buttered Tortellini
Pound Cake w/ Rum Glaze

Friday Dinner

Ham & Cabbage Soup
Cole Slaw
Baked Salmon w/Lemon
Fresh Spinach
Potato Casserole
Old Fashion Apple Pie

Saturday Dinner

Seafood Bisque
Tossed Salad
Grill N.Y. Strip Steak (w/ Onion Straws)
Broiled Tomato 1/2
Roasted Yukon Gold Potato
Pound Cake w/ Rum Glaze

Fall Menus Week 2

(Starting Oct. 4)

Sunday Lunch

Butternut Squash Bisque
Tossed Salad
Crab Stuffed Flounder
Steamed Asparagus
Baked Sweet Potato
(Brown Sugar & Sour Cream)
German Chocolate Cake

Sunday Dinner

Lentil Soup
Beet Salad
Swedish Meatballs
Vegetable Medley
Buttered Egg Noodles
German Chocolate Cake

Monday Lunch

Beef Vegetable Soup
Tossed Salad
Spaghetti w/ Meat Sauce
Garlic Toast
Turnip Greens
Coconut Custard Pie

Monday Dinner

Split Pea Soup
Cole Slaw
Duo of Pulled Pork & Smoked Sausage
Whiskey BBQ Sauce
Corn on the Cob
Baked Beans
Coconut Custard Pie

Tuesday Lunch

Homemade Chili
Cucumber & Tomato Salad
Cheddar and Asparagus Quiche
Steamed Yellow Squash
O'Brien Potatoes
Strawberry Cheese Cake

Tuesday Dinner

Cheesy Ham Chowder
Potato Salad
Fried Chicken
Collard Greens
Mac n Cheese
Strawberry Cheese Cake

Wednesday Lunch

Italian Wedding Soup
Corn & Tomato Salad
Hearty Beef Stew
(Beef, Carrots, Potatoes, Celery)
Roasted Zucchini
Corn Muffin
Key Lime Pie

Wednesday Dinner

Minestrone Soup
Corn & Tomato Salad
Ham Loaf
Yams
Steamed Broccoli
Croissant
Key Lime Pie

Thursday Lunch

Wonton Soup
Asian Slaw
Shrimp Fried Rice
Stir Fry Vegetables
Egg Roll
Pumpkin pie

Thursday Dinner

Cream of Leek Soup
Carrot & Raisin Salad
RW-C Dinner Salad
Blueberry Muffin
Pumpkin Pie

Friday Lunch

Chicken and Rice Soup
Marinated Mushroom Salad
Corn Beef Brisket
Fried Green Cabbage
Parslied Red Potatoes
Bread Pudding w/Vanilla Sauce

Saturday Lunch

Green Pea Soup
Tossed Salad
Eggplant Parmesan
Green Beans
Spaghetti Noodles
Chocolate Cake W/ Coffee Frosting

Friday Dinner

Loaded Potato Soup
Fresh Fruit
Oyster, Spinach and Mushroom Casserole
Roasted Cauliflower
Orzo w/ Parmesan & Basil
Bread Pudding w/ Vanilla Sauce

Saturday Dinner

French Onion Soup
Cole Slaw
Baked Salmon w/ Fresh Dill
Asparagus
Wild Rice Blend
Chocolate Cake w/ Coffee Frosting

Fall Menus Week 3

(Starting Oct. 11)

Sunday Lunch

Fish Chowder
Ambrosia Salad
Herb Roast Prime Rib
Baby Carrots
Mashed Potatoes
Cherry Pie

Sunday Dinner

Black Eye Pea Soup
Ambrosia Salad
Smothered Chicken & Gravy
Stewed Tomatoes
Rice Pilaf
Cherry Pie

Monday Lunch

Wild Mushroom Soup
3-Bean Salad
Patty Melt on Rye Bread
Ratatouille
Onion Rings
Boston Cream Pie

Monday Dinner

Chunky Vegetable Soup
3- Bean Salad
Baked Ham w/ Orange Glaze
Collard Greens
Sweet Potato Casserole
Boston Cream Pie

Tuesday Lunch

Beef Noodle Soup
Broccoli & Cauliflower Salad
Bratwurst & Sauerkraut
Roasted Beets
Roasted Potato Wedge
Yellow Cake w/ Chocolate Frosting

Tuesday Dinner

Oyster Stew
Tossed Salad
Chicken Scallopini
Baked Artichokes
Parmesan Orzo
Yellow Cake w/ Chocolate Frosting

Wednesday Lunch

Mediterranean White Bean Soup
Grape Salad
Chicken Tenders w/
Honey Dijon Sauce
Broccoli
Ranch Potato Wedge
Apple Crisp

Wednesday Dinner

Corn Chowder
Grape Salad
Shrimp and Grits
Steamed Yellow Squash
Sautéed Snow Peas
Apple Crisp

Thursday Lunch

Kale Soup
Cole Slaw
Baked Trout
Sautéed Spinach
Buttered Mashed Potatoes
Classic Cheese Cake

Thursday Dinner

Beef Barley Soup
Applesauce
Pork Chop w/ Pear & Maple Sauce
Roasted Sweet Potatoes
Red Cabbage
Classic Cheese Cake

Friday Lunch

Cabbage & Mini Meatball Soup
Fresh Fruit
Grilled Chicken over Tortellini
Alfredo
Okra & Tomatoes
Sweet Pear Cake

Saturday Lunch

Cream of Cauliflower Soup
Waldorf Salad
Beef Hot Dogs w/ Fixings
Baked Beans
Sauerkraut
Sweet Potato Pie

Friday Dinner

Creamy Tomato Basil Soup
Cole Slaw
Crab Cakes
Sautéed Baby Spinach
Hush Puppies
Sweet Pear Cake

Saturday Dinner

Shrimp Chowder
Waldorf Salad
Veal Parmesan
Asparagus
Spaghetti Noodles
Sweet Potato Pie

Fall Menus Week 4

(Starting Oct. 18)

Sunday Lunch

Wild Mushroom Soup
Tossed Salad
Roast Beef Tenderloin w/au jus
Broccoli & Cheese Casserole
Herb Roasted Two Potatoes
Tiramisu

Monday Lunch

Greek Lemon Chicken Soup
Tuscan White Bean Salad
Liver & Onions w/ Bacon
Mandarin Blend Medley
Home Fried Potatoes
Key Lime Pie

Tuesday Lunch

Navy Bean Soup
Cucumber & Tomato Salad
Cheddar Bacon burger on Potato Roll
Sugar Snap Peas
Steak Fries
Tee's Coconut Cake

Wednesday Lunch

Squash Soup w/ Pears & Shallot
Beet Salad
Chicken Chimichanga
Peas & Diced Carrots
Garlic Mashed Potatoes
Pineapple Upside Down Cake

Thursday Lunch

Italian Peasant Soup w/ Beans
Autumn Fruit Salad
Quiche Florentine w/Bacon
Baby Carrots
Roma Tomato Casserole
Peanut Butter Brownie

Sunday Dinner

Turkey & Wild Rice Soup
Tossed Salad
Baked Ziti w/ Meat Sauce
Garlic Toast
Cauliflower
Tiramisu

Monday Dinner

Shrimp Bisque
Fresh Fruit
Meat loaf
Chuck Wagon Blend Veg
Whipped Potatoes w/Gravy
Key Lime Pie

Tuesday Dinner

Cheddar Ale Soup
Coleslaw
Fresh Catch of the Day
Asparagus
Twice Baked Potato
Tee's Coconut Cake

Wednesday Dinner

Thai Cucumber Soup
Beet Salad
Steak Stir Fry
Basmati Rice
Indian Cabbage/Egg Roll
Pineapple Upside Down Cake

Thursday Dinner

Sweet Potato Soup
Autumn Fruit Salad
Roast Turkey Breast w/dressing & Gravy/cranberry sauce
Green Bean Casserole
Yukon Gold Mash Potatoes
Peanut Butter Brownie

Friday Lunch

Turkey Noodle Soup
Asparagus & Artichoke Salad
Braise Pork w/Kraut
Green Bean
Oven Baked Greek Potato
Apple Bread Pudding

Saturday Lunch

Sweet Potato & Black Bean Soup
Three Bean Salad
The Sailor Sandwich (w/ Pastrami
Grilled Knockwurst, Swiss & Spicy
Mustard on Rye)
Sautéed Red Cabbage
Roasted New Potatoes
Virginia Peanut Pie

Friday Dinner

Apple Bacon & tomato Soup
Asparagus & Artichoke Salad
Hearty Lamb Stew
Broccoli
Biscuit
Apple Bread Pudding

Saturday Dinner

Autumn Chicken Soup
Three Bean Salad
Sautéed Scallops w/ Lemon
Capri Medley Blend
(Carrots, Fresh Beans, Zucchini)
Buttered Noodles
Virginia Peanut Pie