

Orchard Senior Living Weekly Menu

09/27/20 Sunday	09/28/20 Monday	09/29/20 Tuesday	09/30/20 Wednesday	10/01/20 Thursday	10/02/20 Friday	10/03/20 Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cinnamon Rolls Bacon or Sausage Fruit of the Day	Vegetable Frittata Bacon or Sausage Fruit of the Day	Pancakes Bacon or Sausage Fruit of the Day	Homemade Biscuits Bacon or Sausage Fruit of the Day	French Toast Bacon or Sausage Fruit of the Day	Hash Browns Bacon or Sausage Fruit of the Day	Fried Potatoes Bacon or Sausage Fruit of the Day
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Corn Chowder Soup Garden Salad BBQ Chicken Collard Greens Baby Carrots Glazed Pineapple Ham Green Bean Almondy Stuffing Tapioca Pudding Sugar Free Option	French Onion Soup Garbanzo Bean Salad Rotisserie Chicken Red Beans & Rice Parmesan Cherry Tomatoes Beef Chow Mein Lo Mein Noodles Oriental Vegetables Banana Cake Sugar Free Option	Beef Vegetable Soup Ambrosia Grilled Rubeen Sandwich Pasta Salad Sweet Potato Fries Jerk Chicken Coconut Beans & Rice Grilled Plantains Banana Cake Sugar Free Option	Potato Soup Green Pea Salad W/Cheese Oven Fried Chicken Mash Potatoes Sugar Snap Peas Beef Pot Roast Wild Rice Vegetable Medley Pineapple Upside Down Cake Sugar Free Option	Carrot Ginger Soup Macaroni Salad Beef Tips White Rice Glazed Carrots Chicken Alfredo Buttered Fettuccine Noodles Broccoli Spears Yellow Cake Sugar Free Option	Broccoli & Cheese Soup Waldorf Salad Rosemary Pork Loin Quinoa Pilaf Green Bean Casserole Bratwurst W/Onions Potato Salad Sweet Corn On The Cob Orange Cake Sugar Free Option	Butternut Squash Soup Caesar Salad Coconut Shrimp Grilled Pineapple Sautéed Green Beans Beef Wellington Scalloped Potatoes Grilled Zucchini Sliced Peaches Sugar Free Option
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Corn Chowder Soup Garden Salad Philly Cheesesteak Steak Fries Pickle Spear Turkey Burger Onion Rings Tomato Salad Black Forest Cake Sugar Free Option	French Onion Soup Garbanzo Bean Salad Sweet & Sour Meatballs White Rice Bok Choy Blacken Tilapia Mac & Cheese Grilled Asparagus Blueberry Crisp Sugar Free Option	Beef Vegetable Soup Ambrosia BBQ Ribs Potato Salad Fried Green Tomatoes Vegetable Quiche Fresh Berries Macaroni Salad Oatmeal Raisin Cookies Sugar Free Option	Potato Soup Green Pea Salad W/Cheese Stuffed Zucchini Couscous Pilaf Roasted Vegetables Hamburger Casserole Sautéed Broccoli Steamed Cauliflower Fruit Jello Sugar Free Option	Carrot Ginger Soup Macaroni Salad Meat Loaf Cauliflower Mash Fried Okra Chicken Picatta Angel Hair Pasta Italian Green Beans Spice Cake Sugar Free Option	Broccoli & Cheese Soup Waldorf Salad Ham & Cheese Croissant Old Bay Chips Pickle Spear Fried Tilapia Brown Rice Capri Blend Vegetables Cherry Cobbler Sugar Free Option	Butternut Squash Soup Caesar Salad Turkey Melt Potato Wedges Sliced Cucumbers Swedish Meatballs Egg Noodles Peas & Carrots Cream Puffs Sugar Free Option