

**COMPLETE CARE AT BEY LEA
FALL AND WINTER MENU 2020**

OCTOBER 8	OCTOBER 9	OCTOBER 10	OCTOBER 11	OCTOBER 12	OCTOBER 13	OCTOBER 14
BREAKFAST						
ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1DONUT 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 2WAFFLES 1SYRUP HAM 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1MUFFIN 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 3OZ OMELETTE 1PC DANISH 1-MARGARIN COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CRM OF WHEAT 1TEXAS FRNCH TST 1SYRUP SAUSAGE 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CREAM OF RICE SCRAMBLED EGGS MUFFIN 1MARGARINE/ JELLY COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 2PANCakes 1SYRUP BACON 1MARGARINE COFFEE/ TEA MILK 2SUGARS
			LUNCH			
3OZ CHICKEN ½ CUP RICE ½ GREEN BEANS <u>BANANA CAKE</u> 8OZ MILK COFFEE/TEA 1SUGAR	3OZ BAKED FISH ½ CUP OPOTATO ½ CUP BROCOLLI FLORETS <u>CUP CAKE</u> 8OZ MILK COFFEE/TEA 1SUGAR	4OZ MEATLOAF/ GRAVY ½ CUP MASHED POTATO ½ CUP CARROTS 1PC BREAD/ MARGARINE <u>CHOCOLATE PUDDING</u> 8OZ MILK COFFEE/TEA 1SUGAR	3OZ SAUERBRATEN/ GRAVY ½CUP POTATOES ½ CUP RED CABBAGE 1PC BREAD/ MARG. <u>ICE CREAM</u> 8OZ MILK COFFEE/TEA 1SUGAR	SPAGHETTI W/ MEATBALLS/ SAUCE ½ CUP BROCOLLI 1PC BREAD/ MARGARINE <u>MIXED FRUITS</u> 8OZ MILK COFFEE/TEA 1SUGAR	3OZ ROAST CHICKEN/ GRAVY ½ CUP CORNBREAD STUFFING ½ CUP CALIFORNIA MIX 1PC BREAD/ MARGARINE <u>WATERMELON</u> 8OZ MILK COFFEE/TEA 1SUGAR	4OZ MEATLOAF/ GRAVY ½ CUP NOODLES ½ CUP SUGAR SNAP PEAS <u>POUND CAKE</u> 8OZ MILK COFFEE/TEA 1SUGAR
ALTERNATE						
12OZ MEAT LASAGNA ½ CUP TOSSED SALAD	3OZ TURKEY/ GRAVY ½ CUP STUFFING ½ CUP SPINACH	3OZ LIVER & ONIONS/ GRAVY ½ CUP CRM.OF CORN ½ CUP STEWED TOMATOES	3OZ ROAST TURKEY/ GRAVY ½ CUP STUFFING ½ CUP ASPARAGUS	4OZ PORK CHOP ½ CUP RICE ½ CUP GREEN BEANS	3OZ LIVER & ONIONS/ GRAVY ½ CUP MASHED POTATO ½ CUP WINTER BLEND	3OZ BAKED HAM/ GRAVY ½ CUP SCALLOPED POTATOES ½ CUP ZUCCHINI
DINNER						
6OZ LENTIL SOUP MEAT SUBMARINE ½ CUP MARINATED ARTICHOKES <u>½ CUP FRUIT</u> 8OZ MILK COFFEE/ TEA	6OZ NEW MAN..CLAM 3OZ ROAST BEEF SANDWICH/ ½ CUP LETTUCE & TOMATO <u>½ CUP FRUIT</u> 8OZ MILK COFFEE/ TEA	6OZ BEEF NOODLE SOUP 3OZ CHICKEN SALAD SANDWICH. ½ CUP MARINATED TOMATO <u>½ CUP FRUIT</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ SOUP OF THE DAY 1SLICE SAUSAGE & CHEESE PIZZA LETTUCE & TOMATO <u>FRESH FRUIT</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ CHICK.NOODLE SOUP 3OZ HAM SANDWICH ½ CUP COLE SLAW <u>PEARS</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ CREAM OF TOMATO 3OZ GRILLED CHEESE SANDWICH ½ CUP BEET SALAD <u>½ MANDARIN ORANGE</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ BEEF VE.SOUP 3OZ EGGG SALAD SANDWICH ½ CUP CARROT RAISIN SALAD <u>½ CUP SLICED APPLES</u> 8OZ MILK COFFEE/ TEA 1SUGAR
ALTERNATE						
3OZ TUNA SANDWICH ½ CUP COLE SLAW	6OZ CHILI ½ CUP RICE ½ CUP SAUTEED ZUCCHINI	3OZ EGG SALAD SANDWICH ½ CUP BROCOLLI SLAW	12OZ MAC & CHEESE ½ CUP MIXED VEGETABLES	3OZ HAMBURGER ON A BUN ½ CUP LETTUCE & TOMATO/ ONION	3OZ EGG SALAD SANDWICH 1/2CUP FRESH SPINACH SALAD	4OZ CHICKEN SALAD SANDWICH ½ CUP RAINBOW SLAW

OCTOBER 15	OCTOBER 16	OCTOBER 17	OCTOBER 18	OCTOBER 19	OCTOBER 20	OCTOBER 21
BREAKFAST						
ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1DONUT 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 2WAFFLES 1SYRUP HAM 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1MUFFIN 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 3OZ OMELETTE 1PC DANISH 1-MARGEARIN COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CRM OF WHEAT 1TEXAS FRNCH TST 1SYRUP SAUSAGE 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CREAM OF RICE SCRAMBLED EGGS MUFFIN 1MARGARINE/ JELLY COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 2PANCAKES 1SYRUP BACON 1MARGARINE COFFEE/ TEA MILK 2SUGARS
LUNCH						
3OZ BAKED FISH/ TARTAR SAUCE ½ CUP SEASONED POTATOES ½ ORIENTAL BLEND 1PC BREAD/ MARGARINE <u>½ CUP CHOC.PUDDING</u> 80Z MILK COFFEE/TEA 1SUGAR	3OZ PORK LOIN/ GRAVY ½ CUP SEET POTATO ½ CUP BROCOLLI RABE <u>CAKE</u> 80Z MILK COFFEE/TEA 1SUGAR	4OZ VEAL MARSALA ½ CUP NOODLES ½ CUP SPINACH 1PC BREAD/ MARGARINE <u>SHERBET</u> 80Z MILK COFFEE/TEA 1SUGAR	6OZ STUFFED PEPPERS ½CUP NOODLES ½ CUP CARROTS 1PC BREAD/ MARG. <u>ICE CREAM</u> 80Z MILK COFFEE/TEA 1SUGAR	4OZ CHICKEN CHOW MEIN ½ CUP RICE ½ CUP CHINESE VEGETABLES 1PC BREAD/ MARGARINE <u>VANILLA PUDDING</u> 80Z MILK COFFEE/TEA 1SUGAR	SPAGHETTI W/ MEATBALLS/ GRATED CHEESE ½ CUP TOSSED SALAD <u>SPONGE CAKE</u> 80Z MILK COFFEE/TEA 1SUGAR	3OZ BAKED FISH/ TARTAR SAUCE ½ CUP MAC & CHEESE ½ CUP SPINACH 1PC BREAD/ MARGARINE <u>JELLO</u> 80Z MILK COFFEE/TEA 1SUGAR
ALTERNATE						
8OZ SHEPHERDS PIE ½ CUP RICE ½ CUP MIXED VEGETABLES	3OZ TURKEY/ GRAVY ½ CUP STUFFING ½ CUP GREEN BEANS	4OZ SWEEDISH MEATBALLS ½ CUP RICE ½ CUP BROCOLLI	3OZ BAKED CHICKEN/ GRAVY ½ CUP STUFFING ½ CUP GREEN BEANS	3OZ PORK CHOP/ GRAVY ½ CUP MASHED POTATO ½ CUP SAUTEED CABBAGE	3OZ ROAST TURKEY/ GRAVY ½ CUP SWEET POTATO ½ CUP ZUCCHINI	4OZ SALISBURY STEAK/ GRAVY ½ CUP RICE ½ CUP ASPARAGUS
DINNER						
6OZ CHICKEN RICE SOUP 3OZ HAMBURGER ON A BUN ½ CUP TOSSED SALAD <u>½ CUP AMBROSIA</u> 80Z MILK COFFEE/ TEA 1SUGAR	6OZ LENTIL SOUP 3OZ CHEESE STEAK ON ROLL ½ CUP PEPPERS AND ONIONS <u>½ CUP MELONS</u> 80Z MILK COFFEE/ TEA 1SUGAR	6OZ PEA SOUP 3OZ GRILLED CHEESE SANDWICH W/ TOM. ½ CUP MARINATED VEGETABLES <u>½ CUP APRICOT</u> 80Z MILK COFFEE/ TEA 1SUGAR	6OZ BEEF NOODLE 3OZ FISH CAKE ½ CUP MARINATED VEGETABLES <u>FRESH FRUIT</u> 80Z MILK COFFEE/ TEA 1SUGAR	6OZ CHICKEN NOODLE SOUP REUBEN SANDWICH ½ CUP COLE SLAW <u>½ CUP PEACHES</u> 80Z MILK COFFEE/ TEA 1SUGAR	SOUP OF THE DAY STUFFED CHICKEN MASHED POTATO MIXED VEGETABLES <u>FRESH FRUITS</u> 80Z MILK COFFEE/ TEA 1SUGAR	6OZ CREAM OF POTATO 3OZ ROAST BEEF SANDWICH ½ CUP CUCUMBER SALAD <u>RICE PUDDING</u> 80Z MILK COFFEE/ TEA 1SUGAR
ALTERNATE						
3OZ CHICKEN SANDWICH ½ CUP BEETS	3OZ BAKED FISH ON ROLL ½ CUP 3 BEAN SALAD	3OZ CHEESEBURGER ON BUN ½ CUP LETTUCE & TOMATO	3OZ ITALIAN SANDWICH/ MUSTARD / MAYO ½ CUP CART RAIS SALD	3OZ TAYLOR HAM, EGG AND CHEESE ON ROLL ½ CUP MAR. VEG.	BEEF PEPPER STEAK OVER RICE	3OZ GRILLED HAM & CHEESE SANDWICH ½ CUP HARVEY BEETS

COMPLETE CARE AT BEY LEA

FALL AND WINTER MENU 2020

OCTOBER 22	OCTOBER 23	OCTOBER 24	OCTOBER 25	OCTOBER 26	OCTOBER 27	OCTOBER 28
BREAKFAST						
ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1DONUT 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 2WAFFLES 1SYRUP HAM 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1MUFFIN 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 3OZ OMELETTE 1PC DANISH 1-MARGEARIN COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CRM OF WHEAT 1TEXAS FRNCH TST 1SYRUP SAUSAGE 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CREAM OF RICE SCRAMBLED EGGS MUFFIN 1MARGARINE/ JELLY COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 2PANCAKES 1SYRUP BACON 1MARGARINE COFFEE/ TEA MILK 2SUGARS
LUNCH						
3OZ POT ROAST/ GRAVY ½ CUP MASHED POTATO ½ CUP CALI BLEND 1PC BREAD/ MARGARINE <u>TAPIOCA PUDDING</u> 8OZ MILK COFFEE/TEA 1SUGAR	3OZ BAKED HAM/ SAUCE ½ CUP SCALOPPED POTATO ½ CUP CARROTS <u>PINEAPPLE UPSIDECAKE</u> 8OZ MILK COFFEE/TEA 1SUGAR	JUMBO RAVIOLI W/ MEATSAUCE ½ CUP BROCOLLI FLORETS 1PC BREAD/ MARGARINE <u>BUTTERSCOTCH PUDDING</u> 8OZ MILK COFFEE/TEA 1SUGAR	3OZ POT ROAST/ GRAVY ½ CUP BUTTERED NOODLES ½ CUP GREEN BEANS 1PC BREAD/ MARG. <u>ICE CREAM</u> 8OZ MILK COFFEE/TEA 1SUGAR	3OZ BAKED CHICKEN/ GRAVY ½ CUP POTATOES ½ CUP CARROTS <u>CARROT CAKE</u> 8OZ MILK COFFEE/TEA 1SUGAR	4OZ BEEF STROGANOFF ½ CUP NOODLES ½ CUP SPINACH 1PC BREAD/ MARGARINE <u>AMBROSIA</u> 8OZ MILK COFFEE/TEA 1SUGAR	3OZ BAKED ZITTI ½ CUP MEATSAUCE ½ CUP TOSSED SALAD 1PC BREAD/ MARGARINE <u>JELLO</u> 8OZ MILK COFFEE/TEA 1SUGAR
ALTERNATE						
3OZ BAKED CHICKEN W/ GRAVY ½ CUP NOODLES ½ CUP GREEN BEANS	4OZ SEAFOOD MARINARA ½ CUP PASTA ½ CUP BROCOLLI	4OZ VEAL PATTY ½ CUP STUFFING ½ CUP SPINACH	3OZ BAKED HAM/ SAUCE ½ CUP SCALOPPED POT. ½ CUP CALI BLEND	4OZ PORK CHOP/ GRAVY ½ CUP STUFFING ½ CUP SQUASH	4OZ BAKED CHICKEN ½ CUP SWEET POTATO ½ CUP ZUCCHINI	4OZ VEAL PATTY/GRAVY ½ CUP SEASONED POTATOES ½ CUP CABBAGE
DINNER						
6OZ NAVY BEAN SOUP SAUSAGE CHEESE PIZZA ½ CUP LETTUCE & TOMATO <u>½ CUP MIXED FRUITS</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ CREAM OF CHICK. 3OZ ROAST BEEF SANDWICH/ ½ CUP LETTUCE & TOMATO <u>½ CUP FRESH FRUIT</u> 8OZ MILK COFFEE/ TEA	6OZ MINETRONE SOUP 3OZ CHICKEN SALAD SANDWICH. ½ CUP MARINATED TOMATO <u>½ CUP PEARS</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ CREAM OF SPINACH 3OZ TURKEY SANDWICH LETTUCE & TOMATO <u>½ CUP FRUIT MIX</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ BEEF BARLEY SOUP 1SLICED CHEESE QUICHE ½ CUP BROCOLLI <u>½ CUP FRESH FRUIT</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ CHICKEN GUMBO SOUP 3OZ TUNA SALAD SAND. ½ CUP 3BEAN SALAD <u>½ CUP VAN.PUDDING</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ MUSHROOM LENTIL SOUP 3OZ CHICKEN SANDWICH ½ CUP GREEK SALAD <u>½ CUP TROPICAL FRUIT</u> 8OZ MILK COFFEE/ TEA 1SUGAR
ALTERNATE						
3OZ HAM & CHEESE SANDWICH ½ CUP GREEK SALAD	4OZ TURKEY BURGER ON BUN SLICED LETTUCE & TOMATO	3OZ GRILLED CHICKEN CAESAR SANDWICH LETTUCE AND TOM	3OZ LIVERWURST SANDWICH LETTUCE & ONIONS	4OZ MEATBALLS SANDWICH ½ CUP CAPRISE SALAD	3OZ HAM SANDWICH 1/2/CUP PICKLEED BEETS	3OZ KIELBASA ½ CUP CABBAGE 1/2CUP POTATOES

OCTOBER 29	OCTOBER 30	OCTOBER 31
ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1DONUT 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ OATMEAL 2WAFFLES 1SYRUP HAM 1MARGARINE COFFEE/ TEA MILK 2SUGARS	ORANGE JUICE 6OZ CREAM OF WHEAT SCRAMBLED EGGS 1MUFFIN 1SYRUP 1MARGARINE COFFEE/ TEA MILK 2SUGARS
LUNCH		
3OZ BAKED FISH/TARTAR SAUCE ½ CUP RICE PILAF ½ VEGETABLE MIX 1PC BREAD/ MARGARINE <u>FRUIT IN SEASON</u> 8OZ MILK COFFEE/TEA 1SUGAR	4OZ PORK CHOP ½ CUP RISSOTO ½ CUP GREEN BEANS <u>YELLOW CAKE</u> 8OZ MILK COFFEE/TEA 1SUGAR	4OZ STUFFED CABBAGE ½ CUP NOODLES ½ CUP KEY WEST VEG. 1PC BREAD/ MARGARINE <u>1½ TAPIOCA</u> <u>PUDDING</u> 8OZ MILK COFFEE/TEA 1SUGAR
ALTERNATE		
4OZ SALISBURY STEAK ½ CUP POTATO ½ CUP WINTER BLEND	3OZ TURKEY/ GRAVY ½ CUP STUFFING ½ CUP CARROTS	3OZ BAKED CHICKEN GRAVY ½ CUP RICE ½ CUP SPINACH
DINNER		
6OZ EGG DROP SOUP 3OZ GRILLED HAM & CHEESE SAND. ½ CUP CARROT RAISIN SALAD <u>½ CUP CHOC.PUDDING</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ SOUP NAVY BEAN SOUP 3OZ BAKED CHICKEN ½ CUP STEWED TOMATOES ½ CUP MAC & CHEESE <u>½ CUP PEACHES</u> 8OZ MILK COFFEE/ TEA 1SUGAR	6OZ CREAM OF POTATO SOUP 4OZ FISH SANDWICH ½ CUP COLE SLAW <u>½ CUP PINEAPPLE</u> <u>TIDBITS</u> 8OZ MILK COFFEE/ TEA 1SUGAR
ALTERNATE		
CHEESE DOG W/ KRAUT ½ CUP BAKED BEANS ½ CUP POTATOES	3OZ PHILLY CHEESE STEAK 1/2CUP PEPPERS & ONIONS FRIES	3 OZ EGG SALAD SANDWICH LETTUCE & TOMATO