



# November- Complete Care Dining Service Inc. Monthly Menu

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Tuesday</b> 11/01/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Breaded Veal Cutlet Marsala, Baked Potatoes w/ Sour Cream, Steamed Broccoli Or Salisbury Steak, Buttered Noodles, Creamed Spinach Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Monte Cristo Sandwich, Marinated Artichoke Salad Or BBQ Pulled Pork Sandwich, Green Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Wednesday</b> 11/02/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	3 Cheese Stuffed Shells w/ Meat Sauce, Tossed Salad Or Glazed Ham Steak, Seasoned Potatoes, Roasted Cauliflower Dessert: Assorted Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad Sandwich on a Roll, Carrot Raisin Salad Or Salami & Swiss Sandwich w/ Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 11/03/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Baked Tilapia, Mashed Sweet Potatoes, Sauteed Spinach Or Stuffed Pepper over Rice Pilaf, Mixed Vegetables Dessert: Assorted Cake/Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Ham & Swiss Sandwich, Lettuce & Tomato Or Cottage Cheese & Fruit, Fresh Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Friday</b> 11/04/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Smothered Pork Chops, Seasoned Potatoes, Sliced Carrots Or Shepherd's Pie in a Pie Shell, Green Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Grilled Chicken Sandwich, 3 Beans Salad Or Meatloaf Sandwich, Creamy Dill Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Saturday</b> 11/05/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Pepper Steak over White Rice, Oriental Blend Vegetables Or Homestyle Mac & Cheese, Stewed Tomatoes Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Sandwich, Lettuce & Tomato Or Tuna Salad Sandwich, Beet Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 11/06/2022	Coffee/ Tea Assorted Pastry	Omelet, Pastry Assorted Hot/ Cold Cereal	Roast Pork, Sweet Potatoes, Wax Beans Or Veal Cutlet, Couscous, Winter Blend Vegetables Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Meatball Parmesan Submarine, Steamed Broccoli Or Italian Sandwich, Carrot Raisin Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Monday</b> 11/07/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Corned Beef, Cabbage, Boiled Potatoes Or Baked Fish Filet, Succotash, Stewed Tomatoes Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Hot Opened Faced Turkey Sandwich, Sauteed Spinach Or Egg & Cheese on a Roll, Marinated Vegetable Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Tuesday</b> 11/08/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Spaghetti & Sausage Sauce, Tossed Salad Or Salisbury Steak Smothered in Onion, Seasoned Potatoes, Prince Edward Vegetables Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Filet Sandwich, Lettuce & Tomato Or Egg Frittata w/ Ham, Hashbrown Potatoes, Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Wednesday</b> 11/09/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Hungarian Goulash over Wide Egg Noodles, Stewed Vegetables Or Stuffed Cabbage Rolls, Lumpy Mashed Potatoes, Dill Carrots Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Pepperoni Pizza w/ Tossed Garden Salad Or Cheese Steak on a Roll, Mushrooms & Onions Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 11/10/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	BBQ Chicken, Potatoes, Sauteed Green Beans Or Veal Stew over White Rice, Stewed Vegetables Dessert: Assorted Cake/Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Deli Sandwich, Lettuce & Tomato Or Classic Tuna Salad Sandwich, Cucumber Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Friday</b> 11/11/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	3 Cheese Lasagna w/ Meat Sauce, Winter Blend Vegetables Or Blackened Turkey Breast, Traditional Stuffing, Green Beans Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chili Con Carne over White Rice, Sautéed Zucchini Or Classic Egg Salad Sandwich, Dill Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



COMPLETECARE  
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<b>Saturday</b> 11/12/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Classic Meatloaf, Shredded Potatoes, Glazed Carrots Or Liver & Onions, Cream Corn, Stewed Tomatoes Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Sausage Parmesan on a Hoagie Roll, Pepper's & Onions Or Classic Chicken Salad Sandwich on a Kaiser Roll, Marinated Tomatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
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Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 11/13/2022	Coffee/ Tea Assorted Pastry	Omelet, Pastry Assorted Hot/ Cold Cereal	Oven Roasted Pot Roast w/ Buttered Noodles, Sauteed Green Beans Or Baked Ham w/ Sauce, Seasoned Potatoes, California Blend Vegetables Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Sandwich on a Kaiser Roll, Lettuce & Tomato Or Liverwurst on Rye, Lettuce & Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Monday</b> 11/14/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Sweet & Sour Chicken, Sweet Potatoes, Peas & Carrots Or Breaded Pork Chops w/ Applesauce, Stuffing, Sauteed Squash Dessert: Assorted Cake	Coffee/ Tea Assorted Snacks	Soup of the Day 3 Cheese & Spinach Quiche in a Pie Shell, Buttered Broccoli Florets Or Meatball Sub on a Roll, Caprese Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Tuesday</b> 11/15/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Beef Stroganoff w/ Mushrooms & Sour Cream, Parslied Egg Noodles, Garlic Spinach Or Homemade Chicken Pot Pie, Oriental Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Tuna Sandwich, Marinated 3 Bean Salad Or Menu Planning Meal Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
<b>Wednesday</b> 11/16/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Italian Meatballs over Spaghetti w/ Marinara Sauce, Tossed Garden Salad Or Veal & Peppers over White Rice, Stewed Vegetables Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Egg Salad Sandwich on a Roll w/ Tomato Salad Or Salami & Cheese Sandwich, Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 11/17/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Poached Tilapia, Noodles, Vegetarian Blend Vegetables Or Salisbury Steak, Baked Potatoes, Winter Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Grilled Ham & Cheese Sandwich, Grandmas Carrot Raisin Salad Or Cheese Dog w/ Kraut, Baked Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks



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<b>Friday</b> 11/18/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Roasted Pork, Couscous, Carrots Or Lemon Garlic Turkey Breast, Corn Bread Stuffing, Peppered Zucchini Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Herb Crusted Mac & Cheese, Stewed Tomatoes Or Philly Cheese Steak on a Roll w/ Peppers & Onions Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Saturday</b> 11/19/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Cordon Blue w/ a Bechamel Sauce over Rice Pilaf, Sauteed Spinach Or Stuffed Cabbage Rolls, Noodles Marinara, Key West Blend Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Cheeseburger, Lettuce & Tomato Or Fish Cake Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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<b>Week 4</b>	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 11/20/2022	Coffee/ Tea Assorted Pastry	Omelet, Pastry Assorted Hot/ Cold Cereal	Pork Chop w/ Potatoes, Sliced Carrots Or Beer Battered Cod, Sweet Potato, Broccoli Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Sausage Pizza, Tossed Garden Salad Or Cottage Cheese w/ Fruit, Fresh Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Monday</b> 11/21/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Beef & Broccoli over White Rice, Chinese Vegetables Or Liver & Onions, Cream corn, Green Beans Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Ham Salad Sandwich, Cucumber Basil Salad Or Tuna Sandwich, Marinated Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Tuesday</b> 11/22/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Breaded Chicken Parmesan over Parslied Spaghetti, Tossed Salad Or Homemade Beef Pot Pies in Pie Shells, Mixed Vegetables Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Philly Cheesesteak, Creamy Cole Slaw Or Liverwurst on Rye, Lettuce, Tomato, Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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<b>Wednesday</b> 11/23/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Southern Style Meatloaf, Lumpy Mashed Potatoes, Winter Blend Vegetables Or Roasted Chicken Leg, Classic Mac & Cheese, California Blend Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Egg Salad Sandwich w/ Relish, Grandma's Carrot Raisin Salad Or Grilled Corned Beef & Swiss Sandwich, Asian Fusion Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Thursday</b> 11/24/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Thanksgiving Meal	Coffee/ Tea Assorted Snacks	Soup of the Day Steakhouse Burger, Lettuce & Tomatoes, Pickles Or Chicken Caesar Sandwich, Marinated Vegetable Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Friday</b> 11/25/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Sauerbraten, Potatoes, Red Cabbage Or Chicken Breast over Noodles, Peas & Carrots Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Ham & Cheese Sandwich, Marinated Vegetable Or Chili Con Carne over White Rice, Sauteed Green Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Saturday</b> 11/26/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	3 Cheese Manicotti w/ Chunky Sausage, Tossed Salad Or Cinnamon Glazed Ham, Seasoned Potatoes, Roasted Cauliflower Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Salad Sandwich, Greek Salad Or Egg Salad Sandwich, Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 5	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 11/27/2022	Coffee/ Tea Assorted Pastry	Omelet, Pastry Assorted Hot/ Cold Cereal	Peppercorn Turkey Breast, Stuffing, Winter Blend Vegetables Or Homestyle Meatloaf w/ Onion Gravy, Fresh Sweet Potatoes, Wax Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Breaded Fish Cake on a Roll, Creamy Cole Slaw Or Submarine Sandwich on a Hoagie, Cucumber Tomato Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Monday</b> 11/28/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	Baked Chicken over Noodles, California Blend Vegetables Or Liver & Onions, Buttery Mashed Potatoes, Sauteed Zucchini Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day California Cheeseburger, Lettuce, Tomato, Onion Or Cheese Dog w/ Sauerkraut & Baked Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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<b>Tuesday</b> 11/29/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Breaded Veal Cutlet Marsala, Baked Potatoes w/ Sour Cream, Steamed Broccoli Or Salisbury Steak, Buttered Noodles, Creamed Spinach Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Monte Cristo Sandwich, Marinated Artichoke Salad Or BBQ Pulled Pork Sandwich, Green Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
<b>Wednesday</b> 11/30/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Breakfast Meat Assorted Hot/ Cold Cereal	3 Cheese Stuffed Shells w/ Meat Sauce, Tossed Salad Or Glazed Ham Steak, Seasoned Potatoes, Roasted Cauliflower Dessert: Assorted Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad Sandwich on a Roll, Carrot Raisin Salad Or Salami & Swiss Sandwich w/ Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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