

Emerald Crest Dining Menu

WEEK 1 OF OCTOBER

	Breakfast	Lunch	Dinner
Monday	Scrambled Eggs Bacon Wheat Toast Margarine & Jelly Chilled Juice	Italian Meatballs over Penne Garlic Toast Vegetable Cookie	California Cheeseburger Fries Peaches
Tuesday	Oatmeal w/ Brown Sugar Wheat Toast Chilled Juice	Goulash Buttery Hot Dinner Rolls Vegetable Cake	Egg Salad Over a Croissant Chips Carrot Salad Mandarin Oranges
Wednesday	French Toast Margarine & Syrup Turkey Sausage Chilled Juice	Open-face Turkey Sandwich Mashed Potatoes Vegetable Ice Cream	Baked Potato Soup Smoked Turkey Sandwich on Rye Mixed Fruit
Thursday	Omelets Wheat Toast Chilled Juice	Salisbury Steak Tri Potatoes Vegetable Apple Crisp	Flatbread Cheese Pizza with Marinara Dipping Sauce Vegetable Apple Slices
Friday	Pancakes Margarine & Syrup Ham Chilled Juice	Lemon Pepper Fish Potato Wedges Side Salad Rice Krispy Bars	Sloppy Joe on Bun Baked Tator Tots Vegetable Apricots
Saturday	Scrambled Eggs Wheat Toast Margarine & Jelly Chilled Juice	Swedish Meatballs Egg Noodles Vegetable Fruit Jell-O	Chicken Tenders Baked Macaroni Bites Vegetable Grapes
Sunday	Cream of Wheat Wheat Toast Margarine & Jelly Chilled Juice	Beef Stew w/Brown Rice Vegetable Cookies	Turkey Tetrizzini Vegetable Dinner Roll Pineapple

**This menu may be subject to change.*

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