

Emerald Crest Dining Menu

WEEK 3 OF OCTOBER

| | Breakfast | Lunch | Dinner |
|------------------|---|---|---|
| Monday | Scrambled Eggs Wheat Toast Margarine & Jelly Chilled Juice | Broccoli Stuffed Chicken Rice Pilaf Vegetable Ice Cream | BBQ Riblet on Bun Curley Fries Fresh Strawberries |
| Tuesday | Cream of Wheat Wheat Toast Margarine & Jelly Chilled Juice | Hearty Beef Chili Cornbread Vegetable Frosted Brownie | Vegetable Lasagna Garlic Toast Vegetable Peaches |
| Wednesday | French Toast Margarine & Syrup Ham Chilled Juice | Smothered Chicken Breast Rosemary Potatoes Vegetable Vanilla Cream Puff | Beef Barley Soup Vegetables Seasonal Fruit |
| Thursday | Scrambled Eggs Breakfast Sausage Wheat Toast Margarine & Jelly Chilled Juice | Pot Roast Mashed Potatoes Vegetable Cookies | Polish Sausage Potato Wedges Vegetable Pears |
| Friday | Waffles Margarine & Syrup Bacon Chilled Juice | Lemon Pepper Fish Potato Cakes Chef Salad Double Chocolate Cake | Herbed Chicken Breast Mashed Sweet Potatoes Vegetable Melon Cubes |
| Saturday | Omelet Wheat Toast Margarine & Jelly Chilled Juice | Chicken Chow Mein Over Rice Mini Egg Roll Peach Cobbler | Beer Cheese Soup Roast Beef Sandwich Vegetable Grapes |
| Sunday | Pancakes Margarine & Syrup Bacon Chilled Juice | Macaroni Casserole Garlic Bread Zucchini Pie | Chicken ala King over Biscuit Vegetable Cookie |

**This menu is subject to change.*

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