

Menu for October 6 - October 9

Fall OAI

Thursday Dinner- Grilled Chicken, Roasted Potatoes, Garden Salad, Roll, Cinnamon Roll Cake, Cauliflower Steak, Tea and Water

Friday Breakfast- Scrambled Eggs, Bacon, Sausage, Hashbrowns, Fruits, Overnight Oatmeal, Coffee and Water

Friday Lunch- Baked Potato Bar, Smoked Chicken, Raw and Sauteed Vegetables, Peanut Butter Cookies, Tea and Water

Friday Dinner- Fried Catfish, Chicken Strips, Red Beans, Vinegar Based Coleslaw, Hushpuppy, Tartar Sauce, Lemon, Coconut Lush, Fried Tofu, Tea and Water

Saturday Breakfast- Ham and Cheese Croissants, Scrambled Eggs, Sausage, Blueberry and Apple Cinnamon Muffins, Tofu Scramble with Veggies, Coffee and Water

Saturday Lunch- Turkey Club Sandwich, Mustard Potato Salad, Kettle Potato Chips, Plant Based Pita, Sugar Cookie, Tea and Water

Saturday Dinner- Sliced and Chopped Brisket, Beef Smoked Sausage, Baked Beans, Pasta Salad, Plant based Pork and Mediterranean Salad Bowl, Chocolate Cake, Tea and water

Sunday- Breakfast Burritos, Salsa, Mini Cinnamon Rolls, Oatmeal Breakfast Cookies, Coffee and Water