

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Hot or Cold Cereal Scrambled eggs Yogurt/fruit Toast</i>	2 <i>Hot or Cold Cereal Breakfast quiche Coffeecake Toast</i>
3 <i>Hot or Cold Cereal Cheese Omelet Bacon Toast</i>	4 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>	5 <i>Hot or Cold Cereal Choice of eggs Hash Brown Patty Toast</i>	6 <i>Hot or Cold Cereal French Toast Casserole Sausage links</i>	7 <i>Hot or Cold Cereal Scrambled eggs Cinnamon Rolls Toast</i>	8 <i>Hot or Cold Cereal Choice of Eggs Yogurt/fruit Toast</i>	9 <i>Hot or Cold Cereal Scrambled Eggs Danishes Sausage patties</i>
10 <i>Hot or Cold Cereal Scrambled Eggs Bacon Toast</i>	11 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>	12 <i>Hot or Cold Cereal Scrambled eggs Breakfast Bread Toast</i>	13 <i>Hot or Cold Cereal Scrambled Eggs Yogurt Toast</i>	14 <i>Hot or Cold Cereal Breakfast Casserole Toast</i>	15 <i>Hot or Cold Cereal Pancakes Sausage Patties</i>	16 <i>Hot or Cold Cereal Choice Of Eggs Ham Slice toast</i>
17 <i>Hot or Cold Cereal Egg Frittatas Bacon Toast</i>	18 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>	19 <i>Hot or Cold Cereal Choice of eggs Sausage Links Toast</i>	20 <i>Hot or Cold Cereal Sausage Gravy & Biscuits</i>	21 <i>Hot or Cold Cereal Scrambled eggs Muffins Toast</i>	22 <i>Hot or Cold Cereal Choice Of Eggs Yogurt/fruit Toast</i>	23 <i>Hot or Cold Cereal Choice of eggs Sausage Patty Toast</i>
24 <i>Hot or Cold Cereal Scrambled Eggs Bacon Toast</i>	25 <i>Hot or Cold Cereal Choice of eggs Yogurt Toast</i>	26 <i>Hot or Cold Cereal Cheese Omelet Breakfast Bread Toast</i>	27 <i>Hot or Cold Cereal Pancakes Sausage Links</i>	28 <i>Hot or Cold Cereal Scrambled Eggs Bacon Toast</i>	29 <i>Hot or Cold Cereal Sausage Egg and Cheese Croissant</i>	30 <i>Hot or Cold Cereal Breakfast Hash Toast</i>

Fountain View of Lowell

November 2019. LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Baked fish Rice Pilaf Cooked Cabbage Brownie</i>	2 <i>BBQ Boneless Ribs Twice Baked Potato Wax Beans StrawberryShortcake</i>
3 <i>Swiss Steak Mashed Potatoes & Gravy Carrots Poor Man's Pie</i>	4 <i>Chicken Bacon Ranch Casserole Homemade cake</i>	5 <i>Ham Loaf Sweet Potatoes Broccoli Cranberry chill</i>	6 <i>Chicken Drumstick Stuffing & Gravy Baked Apples Ice cream</i>	7 <i>Meatloaf Creamy Noodles Corn Cookie</i>	8 <i>Shrimp Scampi Baked Potato Broccoli Banana Pie</i>	9 <i>Spaghetti with meat sauce Tossed salad Garlic roll Angel food cake</i>
10 <i>Baked Turkey Squash Green Beans Cranberries Pie</i>	11 <i>Hamburger Lettuce/tomato Onion/pickle Potato salad Homemade cake</i>	12 <i>Chicken Cordon Bleu AuGratin Potatoes Corn Layered Jell-O</i>	13 <i>Lasagna casserole Spinach Cheesy Biscuit Ice cream</i>	14 <i>Salisbury Steak Potatoes & gravy Carrots Cheese cake</i>	15 <i>Cod Fillet Hash Brown Casserole Peas Layered dessert</i>	16 <i>Beef stew Warm biscuit Fruity lettuce salad Lemon bars</i>
17 <i>Baked ham Scalloped Potatoes Vegetable Blend Pie</i>	18 <i>Chef salad Cheese Bread Homemade cake</i>	19 <i>Baked Chicken Thigh Baked Potatoes Tossed Salad Cookie</i>	20 <i>Swedish Meatballs Over Rice California blend Ice cream</i>	21 <i>Country Fried Steak Mashed Potatoes & Gravy Harvard Beets Jell-O</i>	22 <i>Acorn Squash With Seasoned Burger Coleslaw Chocolate Pie</i>	23 <i>Chicken Pot Pie Tossed salad or cottage cheese Fruit Crisp</i>
24 <i>Roast Beef Potatoes & gravy Glazed Carrots Pie</i>	25 <i>Chicken Taco Salad Beans & Rice Homemade cake</i>	26 <i>Pork Roast Stuffing & Gravy Green Beans Bread Pudding</i>	27 <i>Beef Tips Over Noodles Stewed Tomatoes Ice Cream</i>	28 <i>Happy Thanksgiving</i>	29 <i>Salmon Patties Rice Pilaf California Blend Cookie</i>	30 <i>Tater tot casserole Corn Eclairs</i>

Fountain View of Lowell

November 2019. Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 3 Meat sub Macaroni salad Pears Cookie	2 Sloppy Joes Baked Beans Pickles Ice Cream
3 Chipped Beef Over Toast Peas Fruit	4 Grilled Ham & Swiss Sandwich On Rye Tater Tots Cookie	5 Italian Sausage with peppers and onions Zucchini Sticksy Fruit	6 Tomato soup Crackers Grilled cheese Cookie Bar	7 Fishwich On Bun Lettuce/Tartar Seasoned Curly Fries Peaches	8 Roast Beef slider Sweet Potato Tots Pickle Cupcake	9 Chicken Breast On Bun Tomato/Lettuce Macaroni Salad Ice Cream
10 Tuna Salad Sandwich Tomato/Lettuce Potato chips Fruit	11 Creamy Chicken Rotini Casserole Coleslaw Cookie	12 Chili Cottage Cheese Salad Cornbread Fruit	13 Pigs in Blanket Potato Wedge Cupcake s	14 Bacon, Lettuce & Tomato Sandwich Potato Wedges Fruit	15 Cream of Celery soup Hot beef on bun eclairs	16 Chili Dog on Bun Tater Tots Pickles Ice Cream
17 Creamy Broccoli Soup Tossed Salad Roll Fruit	18 Polish Sausage On Bun Potato Wedges Pudding	19 Chicken Salad On Croissant Cheese & Crackers Fruit	20 Burger Sliders Onion/Pickles Potato Salad Cookie Bars	21 Hamburger Vegetable Soup Egg Salad Sandwich Fruit	22 Sweet & Sour Chicken & Vegetables Over Rice Cookie	23 Ham and Cheese On Bun Potato chip Coleslaw Ice Cream
24 Beef Ravioli Breadsticks Warm Applesauce Snickerdoodles	25 Potato Soup Turkey Sliders Crackers Dessert Bar	26 Bologna & Cheese Sandwich Lettuce/Tomato Potato Chips Fruit	27 Mini Corn Dogs Onion Rings Cottage Cheese & Fruit Cookie	28 BBQ Pork On Bun Baked Beans Coleslaw Fruit	29 Goulash Green Beans Dinner Roll Cupcake	30 Chicken Quesadillas Refried Beans Ice Cream