

KIRKWOOD BY THE RIVER
NOVEMBER 4 - 10, 2018

SUNDAY 4	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10
BREAKFAST						
CRANBERRY JUICE	APPLE JUICE	GRAPE JUICE	ORANGE JUICE	CRANBERRY JUICE	ORANGE JUICE	APPLE JUICE
PRUNES	ORANGE SECTIONS	GRAPEFRUIT	PRUNES	ORANGE SECTIONS	GRAPEFRUIT	GRAPEFRUIT
BISCUIT	MUFFIN	CINNAMON ROLL	PANCAKES	BISCUIT	MUFFIN	FRENCH TOAST
GRITS	GRITS	GRITS	GRITS	GRITS	GRITS	GRITS
OATMEAL	OATMEAL	OATMEAL	OATMEAL	OATMEAL	OATMEAL	OATMEAL
EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)	EGGS (SCRAMBLED / POACHED)
BACON	SAUSAGE	BACON	SAUSAGE	BACON	SAUSAGE	BACON
LUNCH						
BROCCOLI & CHEESE	MINESTRONE	PUMPKIN SOUP	CABBAGE & BEAN	PARMESAN SAUSAGE KALE	BEEF VEGETABLE	NORTHERN BEAN & HAM
LAYERED SALAD	TOSSED SALAD	TOMATO & ONIONS	SPINACH & STRAWBERRY SALAD	CAESAR'S SALAD	SLAW	MACARONI SALAD
PINEAPPLE	MANDARIN ORANGES	PEARS	FRUIT COCKTAIL	TROPICAL	PEACHES	APRICOTS
GLAZED HAM	TURKEY POT PIE	LEMON FRIED PORK CHOP	BACON ONION CHEESE QUICHE	CHRISTINE'S FRIED CHICKEN	ROAST BEEF	CHICKEN FINGERS
BAKED CHICKEN	BALSAMIC GLAZED SALMON	TACO SALAD	HONEY BOURBON BBQ CHICKEN	MEATLOAF W/ TOMATO SAUCE	W/ MUSHROOM GRAVY	BBQ BEEF BRISKET
MIXED GREENS	STEAMED BROCCOLI	BROWN RICE	HERBED NEW POTATOES	BAKED MAC AND CHEESE	HAM LOAF W/ APRICOT GLAZE	BAKED BEANS
CARROT SOUFFLE	WILD RICE	BLACK BEANS	GREEK STYLE GREEN BEANS	TURNIP GREENS	COMPANY CABBAGE	VEGETABLE BLEND
CORN	BUTTERNUT SQUASH	ROASTED SQUASH MEDLEY	ROASTED ASPARAGUS	ROASTED CAULIFLOWER	BAKED SWEET POTATO	BUTTERED CORN
LEMON PEPPER ZUCCHINI	W/ CRANBERRIES	CINNAMON ROLL CAKE	MELON MEDLEY	W/ RED PEPPERS	RICE	FRIES
ASSORTED DESSERTS	STRAWBERRY PARFAIT		YELLOW CAKE	MASHED POTATOES	SQUASH & ONIONS	OATMEAL RAISIN COOKIES
			W/ CHOCOLATE ICING	ASSORTED DESSERTS	CHOCOLATE CREAM PIE	
DINNER						
BROCCOLI & CHEESE	MINESTRONE	PUMPKIN SOUP	CABBAGE & BEAN	PARMESAN SAUSAGE KALE	BEEF VEGETABLE	NORTHER BEAN & HAM
LAYERED SALAD	TOSSED SALAD	TOMATO & ONIONS	SPINACH & STRAWBERRY SALAD	CAESAR'S SALAD	SLAW	MACARONI SALAD
PINEAPPLE	MANDARIN ORANGES	PEARS	FRUIT COCKTAIL	TROPICAL	PEACHES	APRICOTS
CHICKEN TETRAZZINI	CHICKEN PICCATA	CHICKEN AND DUMPLINGS	CHEESY BEEF CASSEROLE	BEEF BURGUNDY	FRIED CATFISH	GRILLED CHICKEN
FRIED HADDOCK	SPAGHETTI W/ MEAT SAUCE	CORNER BEEF	SEAFOOD CAKES	PAN SEARED BONELESS	GRILLED CHICKEN TENDERS	CAESAR SALAD
GREEN BEANS	BRUSSEL SPROUTS	FRIED OKRA	W/ LEMON AIOLI	PORK CHOP IN WHITE WINE	FRIED GREEN TOMATOES	COUNTRY FRIED STEAK
ROASTED EGGPLANT	GARLIC BREAD	ROASTED POTATOES	LEMON BUTTERED ANGEL HAIR	BUTTER SAUCE	CHEESE GRITS	MASHED POTATOES
PEAS & CARROTS	MAPLE CARROTS	CABBAGE W/ BACON	VEGETABLE MEDLEY	POTATO CAKE	BUTTERED CARROTS	GREEN BEANS
CARROT CAKE	RICE PILAF	ASHIKA'S BUTTERMILK PIE	ROASTED MUSHROOMS	ARTICHOKES W/ LEMON BUTTER	STEAMED SPINACH	FRESH FRUIT
	LEMON CAKE		PEANUT BUTTER PARFAIT	ROASTED ZUCCHINI	TOASTED COCONUT CAKE	PECAN PIE
			W/ OREOS	BUTTERED NOODLES		
				CHOCOLATE CHIP		
				BREAD PUDDING		

PLEASE NOTE THAT YOUR DAILY MENUS WILL HAVE A HEART NEXT TO THAT ITEM TO DENOTE A HEALTHY CHOICE MEAL
 YOU CAN CHOOSE ANY BREAD WITH YOUR MEAL AND FOR DESSERT HAVE FRUIT OR SUGAR FREE ICE CREAM OR SHERBET