



November- Complete Care Dining Service Inc. Monthly Menu

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Monday 11/1/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Chicken Chow Mein over White Rice, Oriental Vegetables Or Breaded Pork Chops Mashed Potatoes, Sauteed Cabbage Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Rueben Sandwich Creamy Cole Slaw or Tuna Melt on Kaiser Roll Tossed Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 11/2/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Classic Spaghetti w/ Meatballs Tossed Salad Garlic Toast or Roasted Turkey w/ Dressing Cornbread Stuffing w/ Raisins Fresh Sauteed Zucchini Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Resident Menu Planning Meal	Coffee/ Tea Assorted Snacks
Wednesday 11/3/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Breaded Flounder Macaroni & Cheese Sauteed Spinach or Homemade Salisbury Steak w/ Mushroom Gravy Over Rice Asparagus Dessert: Rainbow Jell-O		Soup of the Day Roast Beef Sandwich Cucumber Basil Salad or Roasted Turkey & Swiss Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 11/4/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Pot Roast w/ Gravy Homemade Mashed Potatoes California Blend or Baked Montreal Seasoned Chicken, over Buttered Bow Ties Green Beans Dessert: Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Pizza Pie w/ Italian Sausage Tossed Salad or Honey Ham & Swiss Sandwich Greek Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 11/5/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Baked Ham w/ Pineapples Scalloped Potatoes Glazed Carrots or Mussels Marinara over Pasta Broccoli Dessert: Cake	Coffee/ Tea Assorted Snacks	Soup of the Day Homemade Meatloaf Parmesan on Bun Creamy Cole Slaw or Grilled Turkey Burger on Roll Tossed Salad Dessert: Fruit Cup	Coffee/ Tea Assorted Snacks
Saturday 11/6/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Jumbo Cheese Ravioli w/ Bolognese Sauce Broccoli or Veal Cordon Bleu Cornbread Stuffing Sauteed Spinach Dessert: Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Seafood Salad on Croissant Carrot Raisin Salad or Grilled Caesar Chicken Sandwich Caesar Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 11/7/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Pot Roast w/ Dressing Buttered Noodles Green Beans or Baked Ham w/ Pineapples Scalloped Potatoes California Blend Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Roasted Turkey Salad Sandwich Tossed Salad or Liverwurst on Soft Rye Lettuce & Onions Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 11/8/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Chicken Pesto Baked Potato w/ Sour Cream % Chives Sautéed Spinach or Center Cut Pork Chop w/ Applesauce Cornbread Stuffing Fresh Sautéed Yellow Squash Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Cheddar Cheese Quiche Broccoli or Meatball Sandwich Caprice Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 11/9/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Beef Stroganoff w/ Fresh Mushrooms over Buttered Noodles Spinach or Breaded Chicken Breast Fresh Sweet Potato w/ Cinnamon Fresh Zucchini	Coffee/ Tea Assorted Snacks	Soup of the Day Tuna Fish Sandwich Bean Salad or Ham & Cheese Sandwich Pickled Beets Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 11/10/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Baked Ziti w/ Meat Sauce Tossed Salad or Veal Cordon Bleu Garlic Mashed Potatoes Sautéed Cabbage Dessert: Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad Sandwich Greek Salad or Kielbasa Seasoned Potatoes Cabbage Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 11/11/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Flounder w/ Fresh Lemon Over Rice Vegetarian Blend or Homemade Salisbury Steak w/ Mushroom Gravy Seasoned Potatoes Winter Blend Dessert: Fruit Cup		Soup of the Day Grilled Ham & Cheese Sandwich Carrot Cranberry Salad or Hotdog Bun w/ Baked Beans Sauerkraut Dessert: Pudding	Coffee/ Tea Assorted Snacks
Friday 11/12/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Pork Chops w/ Applesauce Buttered Risotto Green Beans or Roasted Turkey w/ Dressing Cornbread Stuffing Glazed Carrots Dessert: Cake	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Tenders Macaroni & Cheese Stewed Tomatoes or Steak Sandwich on Roll Peppers & Onions French Fries Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Saturday 11/13/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Cabbage Buttered Noodles Key West Blend or Roasted Seasoned Chicken Breast Over Rice Sauteed Spinach Dessert: Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Crab Cake on Bun Creamy Cole Slaw or Egg Salad Sandwich Tossed Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
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Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 11/14/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Sweet & Sour Pork Cornbread Stuffing Seasoned Kale or Roast Lamb w/ Mint Jelly Fresh Sweet Potatoes Broccoli Dessert: Ice Cream!!	Coffee/ Tea Assorted Snacks	Soup of the Day Pizza Pie w/ Sausage Tossed Salad or Cheese Blintzes w/ Fruit Sauce Fresh Baked Muffin Dessert:	Coffee/ Tea Assorted Snacks
Monday 11/15/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Veal Scallopini Tips Over Rice Stewed Vegetables or Broiled Salmon Cream Corn Green Beans Dessert: Cake	Coffee/ Tea Assorted Snacks	Soup of the Day Ham Sandwich Creamy Cole Slaw or Liverwurst on Rye Lettuce & Onions Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 11/16/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Chicken Parmesan Over Spaghetti Tossed Salad or Homemade Salisbury Steak w/ Gravy Mashed Potatoes Carrots Dessert:	Coffee/Tea Assorted Snacks	Soup of the Day Grilled Cheese Sandwich Pickled Beets Or Cheese Steak on Bun Creamy Cole Slaw Peppers & Onions Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 11/17/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Meatloaf w/ Dressing Mashed Potatoes Winter Blend or Veal Cordon Bleu Buttered Noodles California Blend Dessert: Cake	Coffee/ Tea Assorted Snacks	Soup of the Day Egg Salad Sandwich Carrot Cranberry Salad or Corned Beef & Swiss Sandwich Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 11/18/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Turkey Tetrazzinni Cornbread Stuffing Broccoli or Swedish meatballs Over Rice Mediterranean Blend Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Cheese Burger on Bun Tossed Salad or Tuna Fish Sandwich Lettuce & Tomatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Friday 11/19/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Roast Beef w/ Gravy Buttered Noodles Red Cabbage or Baked Ham Au Gratin Potatoes Cauliflower Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Chili Con Carne Over Rice Green Benas or Grilled Caesar Chicken Sandwich Cucumber Basil Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 11/20/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Manicotti w/ Meat Sauce Tossed Salad or Shrimp Scampi over Rice Broccoli Rabe Dessert: Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Sandwich, Caesar Salad Or Tuna Salad on a Croissant, Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 4	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 11/21/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Roasted Turkey w/ Dressing Cornbread Stuffing Winter Blend or Pot Roast w/ Dressing Fresh Sweet Potatoes Wax Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Fish & Chips Creamy Cole Slaw Waffle Fries Roasted Turkey Salad on Bun Tomato Cucumber Basil Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 11/22/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Salsa Chicken Over Rice California Blend or Baked Ham Mashed Potatoes Fresh Sautéed Zucchini Dessert: Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Cheeseburger on Roll Lettuce Tomato Onion or Cheese Dog on Bun Sauerkraut Baked Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 11/23/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Cordon Bleu Baked Potato w/ Sour Cream & Chives Winter Blend or Salisbury Steak w/ Gravy over Buttered Noodles Sautéed Spinach Dessert: Cake	Coffee/ Tea Assorted Snacks	Soup of the Day Monti Cristo Marinated Artichokes or Grilled Cheese Sandwich Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 11/24/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Stuffed Shells w/ Meat Sauce Tossed Salad or Seasoned Chicken Breast Garlic Mashed Potatoes Cauliflower Dessert: Fruited Jell-O w/ Topping	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad on Croissant Carrot Raisin Salad or Salami & Swiss Sandwich Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



COMPLETECARE
— MANAGEMENT —

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Thursday 11/25/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Traditional Thanksgiving Dinner	Coffee/ Tea Assorted Snacks	Soup of the Day Ham & Swiss Sandwich Tossed Salad or Cottage Cheese w/ Fresh Fruit Fresh Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 11/26/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Center Cut Pork Chop w/ Applesauce Cornbread Stuffing Glazed Carrots or Calves Liver w/ Onions Creamed Corn Green Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Breaded Chicken Filet on Bun Caprese Salad or Cheese Burger on Roll Lettuce & Tomatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 11/27/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Pepper Steak Over Rice Oriental Blend or Macaroni & Cheese Stewed Tomatoes Dessert: Layer Cake	Coffee/ Tea Assorted Snacks	Soup of the Day Roasted Turkey Sandwich w/ Dressing Caesar Salad or Tuna fish Sandwich Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 5	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 11/28/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Baked Ham Steak w/ Pineapples Fresh Seasoned Sweet Potatoes Green Beans or Roast Lamb w/ Mint Jelly Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Meatball Sub Broccoli Salad or Italian Sandwich Carrot Raisin Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 11/29/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Corned Beef Potatoes Cabbage or Broiled Tilapia w/ Lemon Dressing Succotash Sewed Tomatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Monti Cristo Sandwich Fresh Spinach Salad or Taylor Ham & Cheese on Bun Marinated Vegetables Dessert: Fruit Cup	Coffee/ Tea Assorted Snacks
Tuesday 11/30/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Spaghetti w/ Bolognese Tossed Salad Garlic Bread or 'Meatloaf w/ Gravy Scalloped Potatoes Prince Medley Dessert: Rainbow Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Caesar Chicken on Roll Salad or Crab Cake on Roll Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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