

Cardigan Ridge Senior Living Menu October 1, 2021, October 31, 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31-October					1- October	2- October
Breakfast Continental Breakfast Lunch Meatballs with Brown Gravy over Brown Rice & Sweet Peas Dinner Baked Macaroni & Cheese, Dinner Roll & Fresh Fruit Soup & Dessert of the Day					Hot Breakfast Lunch Teriyaki Salmon, Fried Rice & Cheese Wontons Dinner Turkey Lettuce, Tomato & Cheese on Flaky Croissant, Potatoes Chips, Cottage Cheese & Peaches Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch BBQ Baby Back Ribs, Baked Beans & Watermelon Slice Dinner French Toast with Bananas & Blueberries, Crispy Bacon Soup & Dessert of the Day
3- October	4- October	5- October	6- October	7- October	8- October	9- October
Breakfast Continental Breakfast Lunch Cheese & Spinach Lasagna, Caesar Salad & Garlic Toast Dinner Homemade Chicken Salsa Chili, Honey Butter Corn Bread, Fresh Fruit Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Rosemary Roasted Chicken Breast, Mashed Potatoes, Gravy & Grilled Zucchini Dinner Ham Spread Sandwich, Pickle & Chips on a Side Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Lemon Herb Tilapia, Brown Rice & Steamed Broccoli Dinner Beef & Swiss, Peppers & Onions Panini, Potatoes Chips & Apricots Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Grilled Pork Loin with Gravy, Corn Casserole & Brussel Sprouts Dinner Roasted Chicken Walnuts & Pistachios Salad, Dinner Roll Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Teriyaki Beef Stir Fry on Jasmine Rice, Egg Roll Dinner Italian Sausage Paella, Pita Bread & Watermelon Slice Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Grilled Shrimp on Greens with Red Onion, Tomato & Beets, French Baguette Dinner Scandinavian Stew, Buttermilk Biscuit & Fresh Strawberries Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Spaghetti with Meat Sauce, Italian Vegetables & Breadsticks Dinner Chicken Tenders, French Fries & Creamy Cucumber Salad Soup & Dessert of the Day
10-October	11-October	12-October	13-October	14-October	15-October	16-October
Breakfast Continental Breakfast Lunch Ham & Cheese Potatoes Casserole, Mix Vegetables & Dinner Roll Dinner Deli Style Turkey Sandwich, Creamy Potatoes Salad Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Teriyaki Salmon, Jasmine Rice & Grilled Zucchini Dinner Pepperoni Pizza, Harvest Salad with Apples Walnuts & Cranberry, Dinner Roll Soup & Dessert of the Day	Continental Breakfast Hot Breakfast Lunch Slow Roasted BBQ Chicken, Baked Beans & Apple Coleslaw Dinner Tuna Salad on Mix Greens, Flaky Dinner Roll & Fresh Strawberries Soup & Desserts of the Day	Breakfast Continental Breakfast Lunch Beef Stroganoff on Buttered Egg Noodle, Roasted Cauliflower Dinner Creamy Egg Salad on a Fresh Baked Croissant, Multigrain Chips & Watermelon Slice Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Sun Dried Tomato Chicken Penne Pasta, Grilled Vegetables & Hawaiian Bun Dinner Slow Roasted BBQ Pork Sandwich, Three Bean Salad Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Grilled Bratwurst with Sauerkraut, German Potato Salad, Fresh Baked Rye Bread Dinner Homemade Chicken Dumpling Soup, Dinner Roll & Fresh Fruit Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Swedish Meatballs over Buttered Egg Noodle, Green Beans Almondine Dinner Grilled Chicken Cobb Salad, Flaky Dinner Roll Soup & Dessert of the Day
17-October	18-October	19-October	20-October	21-October	22-October	23-October
Breakfast Continental Breakfast Lunch Savory Pot Roast, Mashed Potatoes & Gravy, Baby Carrots Dinner Chicken Wild Rice Soup, French Baguette & Fruit Salad Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Creamy Chicken Casserole, Grilled Italian Vegetables & Hawaiian Bun Dinner Meatballs Sub with Marinara Sauce & Mozzarella Cheese, Sommer Fresh Pasta Salad Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch: Grilled Pork Chops with Scalloped Apples, Mashed Potatoes w Gravy Dinner Grilled Ham & Swiss Sandwich, Potato Chips, Tomato Basil Soup Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch: Baked Bolognese Bowtie Pasta, Garden Salad & Breadsticks Dinner Broiled Walleye, Soft Shell Tacos, Mango Lime Rice & Refried Beans Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch: Chicken Peppers & Onions, Jasmine Rice & Dinner Roll Dinner Garden Fresh Vegetable Quiche, Arugula, Pear & Pecan Salad Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Potatoes Crust Tilapia, Steak Fries & Creamy Coleslaw Dinner Turkey & Ham Sliders, Roasted Carrots with Butter & Brown Sugar, Multigrain Chips Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Italian Cheese Stuffed Meatloaf, Buttered Noodle w Marinara & Garlic Toast Dinner Grilled Chicken Caesar Salad, Flaky Dinner Roll & Fresh Fruit Soup & Dessert of the Day
24-October	25-October	26-October	27-October	28-October	29-October	30-October
Breakfast Continental Breakfast Lunch BBQ Chicken Thighs, Roasted Red Potatoes & Vegetables Dinner Belgian Waffle w Strawberries, Crispy Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Shepard's Pie, Creamy Coleslaw & Dinner Roll Dinner Grilled Cheese Sandwich, Potato Chips & Tomato Soup Soup & Dessert of the Day	Breakfast Hot Breakfast Lunch Soft Shell Tacos, Lettuce Tomato, Cheese, Sour Cream & Spanish Rice Dinner Chicken Ala King on Buttermilk Biscuit & Fresh Fruit Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Roast Turkey, Stuffing with Gravy, Cranberry Relish & Hawaiian Bun Dinner Tuna Pasta Salad on Leaf, Fresh Fruit & Rye Bread Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Chicken Stew, Buttermilk Biscuit & Fruit Dinner Fall Festival Bratwurst with Sauerkraut, German Potato Salad, Watermelon German Chocolate Cake Soup & Dessert of the Day	Hot Breakfast Lunch Chicken Popcorn Bowl, Mashed Potatoes, Corn & Gravy Dinner Italian Minestrone Soup, Dinner Roll & Fresh Fruit Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch Homemade Goulash, Garden Salad & Breadsticks, Baked Beans & Watermelon Slice Dinner Chicken Cashew Salad on Fresh Baked Croissant & Fresh Fruit Soup & Dessert of the Day

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Breakfast Continental Breakfast Lunch Day	Breakfast Continental Breakfast Day	Breakfast Hot Breakfast Lunch	Breakfast Continental Breakfast Lunch Soup & Dessert of the Day	Breakfast Continental Breakfast Lunch		