

# Cardigan Ridge Senior Living Menu November

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