



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Biscuits & Turkey Sausage Gravy and Fresh Fruit</p> <p>Grilled Pork Chop w/ Peach Chutney/ Baked Sweet Potato w/ Cinn Butter/ Green Beans</p> <p>Homemade Salsa & Tortilla Chips</p>	<p>2</p> <p>Steel Cut Oatmeal/Dried Fruit</p> <p>Chicken and Dumplings/Broccolini w/ Lemon Zest/ Sauteed Apple/WG Dinner Roll</p> <p>Meat & Cheese Plate</p>	<p>3</p> <p>Breakfast Pizza with Egg, Fresh Fruit</p> <p>Italian Wedding Soup w/ Meatballs/ Grapefruit Slices/WG Garlic Toast</p> <p>Homemade Salsa & Tortilla Chips</p>
<p>6</p> <p>Buttermilk Pancakes with Bananas Foster, Sausage and Fresh Fruit</p> <p>Oven Fried Chicken/Mushroom Rissoto/Swiss Chard/Fresh Pineapple</p> <p>Vegetables and Homemade Dip</p>	<p>7</p> <p>Cheesy Scrambled Eggs, Breakfast Ham, WG Toast</p> <p>Chicken Cacciatore/Spaghetti w/ Butter and Parsley/ Roasted Broccoli/ Persimmon Wedges</p> <p>Fresh Berries & Cottage Cheese</p>	<p>8</p> <p>Bacon & Cheddar Quiche, Toast with Fresh Fruit</p> <p>Winter Vegetable Soup/Turkey & Swiss Sandwich/Fresh Grapes</p> <p>Apple Slices with Peanut Butter</p>	<p>9</p> <p>Breakfast Sandwich on English Muffin with Fresh Fruit</p> <p>Pepper Steak w/ Stir-Fry Vegetables/ Brown Rice/Winter Fruit Salad</p> <p>Cheese Cubes & WG Crackers</p>	<p>10</p> <p>Biscuits & Turkey Sausage Gravy and Fresh Fruit</p> <p>BBQ Chicken Pizza w/ Red Onion/ Chopped Romaine Salad/Cantaloupe</p> <p>Banana Slices with Homemade Hazelnut Spread</p>
<p>13</p> <p>Grits with Breakfast Sausage, Whole Grain Toast & Fresh Fruit</p> <p>Spaghetti w/ Homemade Meatballs/ Roasted Zucchini & Squash Medley/ Fresh Grapes</p> <p>Yogurt Smoothie</p>	<p>14</p> <p>French Toast with Fresh Berry Compote and Breakfast Sausage</p> <p>Chicken Stir Fry w/ Stir Fry Vegetables/ Brown Rice/ Diced Pineapple</p> <p>Homemade Banana Bread</p>	<p>15</p> <p>Biscuits & Turkey Sausage Gravy and Fresh Fruit</p> <p>White Chicken Chili/Pumpkin Cornbread/Sauteed Apples</p> <p>Deviled Eggs</p>	<p>16</p> <p>Hearty Oatmeal with Dried Fruit</p> <p>Beef Pot Pie w/ Vegetables/Parmesan Roasted Tomato/WG Roll</p> <p>Meat & Cheese Plate</p>	<p>17</p> <p>Breakfast Pizza with Egg, Fresh Fruit</p> <p>Swedish Meatballs/Cranberry Sauce/ Mashed Redskin Potatoes/WG Roll</p> <p>Chips and Salsa & Fruit Cup</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>Buttermilk Pancakes with Bananas Foster, Sausage and Fresh Fruit</p> <p>Roasted Turkey Manhattan w/ WG Bread/Mashed Redskin Potatoes/ Turkey Gravy/Sauteed Apples</p> <p>Vegetables & Homemade Dip</p>	<p>21</p> <p>Cheesy Scrambled Eggs, Breakfast Ham, WG Toast, Fresh Fruit</p> <p>Steakburger on WG Bun/Roasted Potato Wedges/Winter Fruit Salad</p> <p>Fresh Berries & Cottage Cheese</p>	<p>22</p> <p>Bacon & Cheddar Quiche with Fresh Fruit</p> <p>Ham & Bean Stew/Cornbread/Tomato Sliced/Coleslaw</p> <p>Apple Slices with Peanut Butter</p>	<p>23</p> <p>Breakfast Sandwich on English Muffin with Fresh Fruit</p> <p>Shepherds Pie/Baked Apples/WG Dinner Roll</p> <p>Cheese Cubes & WG Crackers</p>	<p>24</p> <p>Biscuits & Turkey Sausage Gravy and Fresh Fruit</p> <p>Chicken Scaloppine/Linguine w/ Pesto Cream Sauce/Brussels Sprouts/ Persimmon Wedges</p> <p>Bananas & Hazelnut Spread</p>
<p>27</p> <p>Grits with Breakfast Sausage, Whole Grain Toast & Fresh Fruit</p> <p>Roasted Lemon Chicken/Zucchini & Squash/Rice Pilaf/Half Grapefruit</p> <p>Yogurt Smoothie</p>	<p>28</p> <p>French Toast with Fresh Berry Compote and Breakfast Sausage</p> <p>Beef Stew w/ Vegetables, Biscuit & Pumpkin Butter/ Country Apples</p> <p>Homemade Banana Bread</p>			
<p>Breakfast is served from 8-9 AM daily, listed in gold. A continental breakfast assortment is available for Guests who arrive after 9 AM.</p> <p>Afternoon Snacks are served at 3:30 PM daily, and listed in green.</p>	<p>Want the same great food delivered straight to your home?</p> <p>Ask about Virtual Services. Please inquire with the Executive Director for more information.</p>	<p>An assortment of beverages are available daily, including water, juice, coffee, tea and milk.</p>	