



BROOKS-HOWELL HOME MENU



October week 2

	Sunday 7-Oct	Monday 8-Oct	Tuesday 9-Oct	Wednesday 10-Oct	Thursday 11-Oct	Friday 12-Oct	Saturday 13-Oct
Breakfast	Scrambled Eggs* Breakfast Potatoes* Sausage Links* Danish* Cold Cereal Toast Fresh Fruit	Ham & Cheese Omelet* Bacon* Grits* Cold Cereal Toast* Fresh Fruit	Scrambled Eggs* Sausage Patty* Breakfast Potatoes* Peach Oatmeal* Cold Cereal Toast Fresh Fruit	Sausage Egg Biscuit* Fried Eggs Sausage Links* Oatmeal* Cold Cereal Toast* Fresh Fruit	Scrambled Eggs* Bacon* Breakfast Potatoes* Oatmeal* Cold Cereal Toast Fresh Fruit	Scrambled Eggs* Canadian Bacon* Waffles & Fruit* Grits* Cold Cereal Toast Fresh Fruit	Cheese Omelet* Fried Eggs Sausage Patty* Biscuit & Gravy* Cold Cereal Toast Fresh Fruit
Lunch	Soup & Salad Tortellini Tomato Soup House Salad* Fresh Fruit Entreés BBQ Chicken* Baked Ham Sides Baked Sweet Potato * Pineapple Greens* Blackeyed Peas Corn Bread*	Soup & Salad Chicken & White Bean Soup Cole Slaw* Fresh Fruit Entreés Stuffed Flounder* Turkey Pot Roast Sides Boiled Potatoes* Roasted Parmesan Tomatoes Cauliflower Dinner Roll*	Soup & Salad Carrot Ginger Soup Italian Veggie Salad* Fresh Fruit Entreés Flank Steak* Spaghetti Squash Marinara Sides Buttered Polenta* Asparagus* Roasted Zucchini Bread Sticks*	Soup & Salad Black Bean Soup Carrot Raisin Salad* Fresh Fruit Entreés Pulled Pork* Veggie Burrito Sides Hopping John Rice Pilaf* Bacon & Brussels* Pinto Beans Flat Bread*	Soup & Salad Lentil Soup House Salad* Fresh Fruit Entreés Vegetable Lasagna* Roasted Chicken Sides Baked Winter Squash* Mixed Vegetables Steamed Spinach Roll*	Soup & Salad She Crab Soup House Salad* Fresh Fruit Entreés Sun Dried Tomato Salmon* Beef Stroganoff Sides Mushroom Risotto* 3 Bean Medley* Broccoli Flat Bread*	Soup & Salad Tomato Basil Soup Garden Salad* Fresh Fruit Entreés Hamburger* Pizza Sides Macaroni & Cheese* Sauteed Spinach* Ranch Corn
Dinner	Soup & Salad Vegetable Soup House Salad Fresh Fruit Entreés Zucchini Beef Casserole* Egg Salad Sandwich Sides Seasoned Potatoes* Prince Edward Blend* Sliced Bread* Dessert Pudding*	Soup & Salad Broccoli Cheese Soup House Salad Fresh Fruit Entreés Meatballs & Marinara* Egg Plant Parmesan Sides Spaghetti* Mixed Vegetables* Herb Parmesan Toast* Dessert Eclaires*	Soup & Salad Beef Noodle Soup House Salad Fresh Fruit Entreés Ham & Swiss Quiche* Open Faced Turkey&Gravy Sides Mashed Potatoes* Broccoli* Dessert Ice Cream*	Soup & Salad Roasted Vegetable Soup House Salad Fresh Fruit* Entreés Chicken & Dumplings* Crescent Veggie Rolls Sides Baked Potato Normandy Veggies* Sliced Bread* Dessert Donut*	Soup & Salad Chicken Noodle Soup House Salad Fresh Fruit Entreés Cordon Bleu Casserole* Grilled Cheese Sandwich Sides Noodles* Green Peas* Roll* Dessert Fruit Cobbler*	Soup & Salad Split Pea Soup House Salad Fresh Fruit Entreés Turkey Alfredo* Veggie Burger Sides Parmesan Jasmine Rice Green Beans* Sliced Bread* Dessert Smores Squares*	Soup & Salad Soup Du Jour House Salad Fresh Fruit Entreés Baked Chicken Thighs* Crab Cake Sliders Sides Sweet Potatoe Fries* Steamed Cauliflower* Roll* Dessert Cookie*