

BROOKS-HOWELL HOME MENU

Fall Winter Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Breakfast	Scrambled Eggs* Fried Eggs Sausage* Cinnamon Roll*	Cheese Omelet* Canadian Bacon* Oatmeal*	Scrambled Eggs* Waffles Sausage Links* Grits	Cheddar Omelet* Fried Eggs Bacon*	Scrambled Eggs* Fried Eggs Hash Brown Patty* Sausage Patty*	Scrambled Eggs* Bacon* Biscuit* Oatmeal	Western Omelet Bake* Sausage* Grits*
	Cold Cereal Toast Fresh Fruit*	Cold Cereal Toast* Fresh Fruit	Cold Cereal Toast* Fresh Fruit*	Cold Cereal Wheat Toast* Fresh Fruit	Cold Cereal Toast Fresh Fruit*	Cold Cereal Toast Fresh Fruit	Cold Cereal Wheat Toast* Fresh Fruit*
Lunch	Soup & Salad Sweet corn & Crab Chowder House Salad Fresh Fruit	Soup & Salad Mushroom Potato Soup Garden salad Fresh Fruit	Soup & Salad Chicken Tortilla Soup Sweet Cabbage Slaw Fresh Fruit	Soup & Salad Spinach Tortellini Soup Couscous Pasta Salad Fresh Fruit	Soup & Salad Cream Of Celery Soup House salad Fresh Fruit	Soup & Salad Cream of Broccoli Soup Potato Salad Fresh Fruit	Soup & Salad Chicken Vegetable Soup House Salad Fresh Fruit
	Entreés Roast Beef* Citrus Pepper Salmon	Entreés Honey Dijon Chicken* Swiss Steak	Entreés Pot Roast* Herb Chicken Breast	Entreés Pork Loin /Cornbread Stuffing* Turkey Stroganoff	Entreés Baked Chicken* Breaded Pork Chop	Entreés Creole Shrimp* Italian Meatball Sub	Entreés Turkey Alfredo* Pizza
	Sides Mashed Potatoes* Northern Veggie Blend* Garden Veggie Pasta Dinner Roll*	Sides Baked Sweet Potato* Broccoli* Sunshine Carrots Roll*	Sides Red Skin Mash* Green Bean & Mushroom* Caribbean Veggie Blend Honey Wheat Roll*	Sides Collard Greens* Peas Wheat Roll*	Sides Baked potato* Mushroom Bake Winter Blend Vegetables* Dinner Roll*	Sides Cheese Grits* Italian Green Beans* Fried Okra Corn Muffin*	Sides Buttered Noodles* Squash & sweet pepper* Lima Beans Roll*
Dessert Lemon Mousse Cake*	Dessert Strawberry Pie*	Dessert Lemon Bar*	Dessert Brownie*	Dessert Cherry Pie*	Dessert Coconut Cream Pie*	Dessert Carrot Cake*	
Dinner	Soup & Salad Soup Du Jour House Salad Fresh Fruit	Soup & Salad Creamy Veggie Soup* House Salad Fresh Fruit	Soup & Salad Soup Du Jour House Salad* Fresh Fruit	Soup & Salad Soup Du Jour Cole Slaw* Fresh Fruit	Soup & Salad Minestrone Soup House Salad Fresh Fruit	Soup & Salad Soup Du Jour Marinated Cucumbers Fresh Fruit	Soup & Salad Soup Du Jour Cottage Cheese & Peaches Fresh Fruit
	Entreés Fajita Casserole* Portabella Swiss Burger	Entreés Grilled Ham& Cheese sand* Beef Stir Fry/Rice	Entreés Vegetable Lasagna* Lemon Pepper Turkey	Entreés Oven Fried Cod* French Dip Sandwich	Entreés Ham & Cheese Quiche* Chef's Salad	Entreés Fried Chicken* Hot Dog	Entreés Cabbage Roll* Chicken Caesar Wrap
	Sides Seasonal Beans* Garden Seasoned Broccoli Dinner Roll*	Sides Steak Fries* Mived Vegetables Roll	Sides Green Beans Garlic Toast*	Sides Waffle Fries* Cream Corn Yeast Roll*	Sides ParmesanBaked Tomato*	Sides Northern Beans* Season Turnip Green* Roll*	Sides Capri Vegetable Blend Roll*
Dessert Cheese Cake*	Dessert Sliced Peaches*	Dessert Emerald Pears*	Dessert Fruit Cup*	Dessert Muffin* Baked Apples*	Dessert Brownie *	Dessert Fresh Melon*	