

Breakfast, Lunch & Dinner Menu for October 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Scrambled Eggs Little Smokies Maple Bars Roast Turkey Dressing & Gravy  Cream of Broccoli Soup Cold Roast Beef Sandwich	2 French Toast Sausage Links Breaded Veal Mashed Potatoes & Gravy Hot Dog on Buns Macaroni Salad 	3 Poached Eggs Ham Meatloaf w/Gravy Baked Potatoes Chicken Rice Soup Egg Salad Sandwich	4 Scrambled Eggs Sausage Patties Oven Fried Chicken Potato Salad Spaghetti French Bread 	5 Pancakes Bacon Slices Chicken Enchiladas Spanish Rice w/Refried Beans Bean with Bacon Soup Ham Salad Sandwich	6 Omelets German Sausage Fish & Tator Tots Green Bean Casserole Macaroni & Cheese Asparagus or Stewed Tomatoes	7 Eggs Benedict Meatballs w/Mushroom Gravy Whipped Potatoes Lentil Vegetable Soup Turkey Sandwich 
8 Scrambled Eggs Sausage Patties Pork Chops w/Gravy Sweet Potatoes Chicken Rice Casserole Oriental Vegetables	9 Pancakes Bacon Slices French Dips Steak Fries  Cream of Mushroom Soup Chicken Salad Sandwich	10 Poached Eggs Little Smokies Baked Ham Scalloped Potatoes  Vegetable Beef Soup Grilled Tuna Sandwich	11 Omelet Bacon Slices Salisbury Steak Mashed Potatoes & Gravy Beef Pasta Casserole French Bread	12 French Toast Sausage Links Chicken & Noodles California Vegetables Bean with Bacon Soup Roast Beef Sandwich	13 Scrambled Eggs Bagels/Cream Cheese Baked Fish Parslied Potatoes Clam Chowder Club Sandwich 	14 Poached Eggs Ham Slices Beef Pot Roast w/Gravy Potatoes, Onions, Carrots Sausage Gravy on Biscuits Tossed Salad
15 Scrambled Eggs Bacon Strips Danish Rolls Fried Chicken Mashed Potatoes & Gravy Cheeseburger Steak Fries 	16 Pancakes Little Smokies Meatloaf Creamed Peas/Potatoes Chicken Broccoli Casserole Fresh Bread	17 Fried Eggs Bacon Slices Bagels/Cream Cheese Roast Pork w/Gravy Mashed Potatoes Golden Potato Soup BBQ Beef Sandwich	18 Omelet Sausage Patties Lasagna Garlic French Bread Belgian Waffles w/Strawberries and whipped cream Sausage Links	19 Biscuits and Gravy Ham Slices Roast Beef w/Gravy Red Potatoes  Chickenwich Oven Browned Potatoes	20 French Toast Bacon Slices Baked Salmon Au Gratin Potatoes  Hot Turkey Sandwich Asparagus or Broccoli	21 Scrambled Eggs Sausage Patties Beef Stew Cornbread  Chicken Noodle Soup Grilled Cheese Sandwich
22 Western Omelet Sausage Links Cinnamon Rolls Baked Ham Creamed Potatoes and Peas Corn Chowder Egg Salad Sandwich	23 Scrambled Eggs Little Smokies Fish Nuggets Tater Tots  Scalloped Turkey Oriental Vegetables	24 Poached Eggs Ham Slices Bagels/Cream Cheese Swiss Steak w/Mushroom Gravy Fluffy Rice Split Pea Soup Cheese Sandwich 	25 French Toast Bacon Slices Hamburger Baked Fries or Potato Salad Chicken and Dumplings Coleslaw Cornbread	26 Scrambled Eggs German Sausage Hash Browns Homemade Pizza Apple Crisp  Cream of Celery Soup Fishwich	27 Pancakes Sausage Patties Hot Beef Sandwich Mashed Potatoes & Gravy Clam Chowder BLT Sandwich <i>(Bacon/Lettuce/Tomato)</i>	28 Cheese Omelet Bacon Slices Kielbasa/Sauerkraut Scalloped Potatoes Navy Bean Soup Chicken Salad Sandwich
29 Scrambled Eggs Little Smokies Maple Bars Roast Turkey Dressing & Gravy  Cream of Broccoli Soup Cold Roast Beef Sandwich	30 French Toast Sausage Links Breaded Veal Mashed Potatoes & Gravy Hot Dogs Macaroni Salad 	31 Poached Eggs Ham Meatloaf w/Gravy Baked Potatoes Chicken Rice Soup Egg Salad Sandwich 	Breakfasts include: Cooked cereal Choices of Juice Hot/cold drinks Lunches include: Salad Bar Choice of vegetables Dessert Dinners include: Cookies and Fruit	<p>*Menu is subject to Change.</p> <p><i>Please read the bulletin board for updates</i></p>	 <p>Royal Plaza Retirement and Care Center 2870 Juniper Drive Lewiston, Idaho 83501 (208) 746-2800</p>	