















# Breakfast, Lunch & Dinner Menu for OCTOBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Royal Plaza Retirement Center</i>                      2870 Juniper Drive • Lewiston, ID                      746-2800</p> <p><i>Mark Newman, AD</i>                      Activity Director Certified</p>		<p><b>Breakfasts include:</b>                      Cooked cereal                      Choices of Juice                      Hot/cold drinks</p> <p><b>*Menu is subject to change</b></p>	<p><b>1</b> Omelet                      Crisp Bacon Slices</p> <p>Salisbury Steak      Alternative:                      Gravy                      Fish Nuggets                      Mashed Potatoes      Peas</p> <p>Beef Pasta Casserole                      Green Beans</p>	<p><b>2</b> Sausage Links                      French Toast/Margarine/                      Syrup</p> <p>Chicken &amp; Noodles      Alternative:                      California Veggies      Pork Roast                         Dressing                         Spinach</p> <p>Bean w/Bacon Soup                      Roast Beef Sandwich</p>	<p><b>3</b> Scrambled Eggs                      German Sausage                      Bagels/Cream Cheese</p> <p>Baked Fish                      Alternative:                      Parslied Potatoes              Veal Cutlets                         Noodles</p> <p>Clam Chowder                      Club Sandwich</p>	<p><b>4</b> Poached Eggs                      Ham Slices</p> <p>Beef Pot Roast              Alternative:                      Gravy                              Chicken Strips                      Potatoes, Onions              Mac and Cheese</p> <p>Sausage Gravy on Biscuits</p>
<p><b>5</b> Scrambled Eggs                      Bacon Strips                      Danish Rolls</p> <p>Fried Chicken      Alternative:                      Dressing/Gravy      Salisbury Steak                         Mashed Potato</p> <p>Cheeseburgers/                      Steak Fries</p>	<p><b>6</b> Hot Cakes                      Little Smokies </p> <p>Meatloaf/Catsup                      Creamed Peas/                      Potatoes                      Alternative:                         Fish Fillet/tartar                         Noodles Alfredo</p> <p>Chicken Broccoli                      Casserole</p>	<p><b>7</b> Fried Eggs                      Bacon Slices                      Bagels/Cream Cheese</p> <p>Roast Pork/Gravy      Alternative:                      Mashed Potatoes              Chicken Breast                         Rice</p> <p>Golden Potato Soup                      BBQ Beef Sandwich</p>	<p><b>8</b> Omelet                      Coffee Cake                      Sausage Patties</p> <p>Lasagna                      Alternative:                      Oriental Vegetables              Turkey                         Mashed Potatoes</p> <p>Belgian Waffles                       Strawberries                      Sausage Links</p>	<p><b>9</b> Ham Slices                      Biscuits and Gravy</p> <p>Roast Beef/Gravy      Alternative:                      Red Potatoes                      Chicken Strips                         Spanish Rice</p> <p>Chickenwiches                      Oven Browned Potatoes</p>	<p><b>10</b> French Toast                      Bacon Slices                      Fried Eggs </p> <p>Baked Salmon              Alternative:                      Au Gratin Potatoes              Cubed Steak                         Noodles</p> <p>Hot Turkey Sandwich                      Asparagus or Broccoli</p>	<p><b>11</b> Scrambled Eggs                      Sausage Patties                      Toast/Marg/Jelly</p> <p>Beef Stew                      Alternative:                      Cornbread                      Veal Cutlets                         Mashed Potatoes</p> <p>Chicken Noodle Soup                      Grilled Cheese Sandwich</p>
<p><b>12</b> Cinnamon Rolls                       Sausage Links                      Western Omelet</p> <p>Baked Ham                      Creamed Potatoes                      and Peas</p> <p>Corn Chowder                       Egg Salad Sandwich</p>	<p><b>13</b> Scrambled Eggs                       Raisin Toast                      Little Smokies</p> <p>Fish Nuggets                      Alternative:                      Tator Tots                      Salisbury Steak                         Noodles</p> <p>Scalloped Turkey                      Oriental Vegetables</p>	<p><b>14</b> Poached Eggs                       Ham Slices                      Bagels/Cream Cheese</p> <p>Swissed Steak                      Alternative:                      Mushroom Gravy                      Chicken Strips</p> <p>Split Pea Soup                      Cold Cheese Sandwich</p>	<p><b>15</b> Bacon Slices                      French Toast</p> <p>Chicken and Dumplings                      Coleslaw</p> <p>Bean with Bacon Soup                      Tuna Sandwich</p>	<p><b>16</b> Hashed Browns                      Scrambled Eggs                      German Sausages</p> <p>Homemade Pizza       Alternative:                      Green Beans                      Veal Cutlets                         Baked Potato</p> <p>Cream of Celery Soup                      Fishwiches</p>	<p><b>17</b> Pancakes                      Sausage Patties</p> <p>Hot Beef Sandwiches      Alternative:                      Mashed Potatoes                      Rice Pilaf                      Gravy</p> <p>Clam Chowder                      BLT Sandwiches</p>	<p><b>18</b> Cheese Omelet                      Bacon Slices</p> <p>Kielbasa/Mustard              Alternative:                      Scalloped Potatoes                      Pork Chop                      Sauerkraut                              Noodles                      Bread Sticks/Marg                      Ice Cream</p> <p>Navy Bean Soup                      Chicken Salad Sandwich</p>
<p><b>19</b> Scrambled Eggs                      Maple Bars                      Little Smokies</p> <p>Roast Turkey                      Alternative:                      Dressing/Gravy                      Sliced Ham                         Mashed Potatoes                         Gravy</p> <p>Cream of Broccoli                      Soup/Crackers                      Cold Roast Beef Sandwiches</p>	<p><b>20</b> Sausage Links                      French Toast                      Fried Eggs</p> <p>Breaded Veal                      Alternative:                      Country Gravy                      Chicken Breasts                      Mashed Potatoes                      Noodles Au Gratin</p> <p>Hot Dogs on Buns                       Macaroni Salad</p>	<p><b>21</b> Poached Eggs                       Ham Slices                      Toast</p> <p>Meatloaf/Gravy                      Alternative:                      Baked Potatoes                      Fish Fillet                         Rice Pilaf</p> <p>Chicken Rice Soup                      Egg Salad Sandwiches</p>	<p><b>22</b> Scrambled Eggs                      Variety Muffins                      Sausage Patties</p> <p>Oven Fried Chicken              Alternative:                      Mashed Potatoes/                      Gravy                              Salisbury Steak                         Noodles</p> <p>Spaghetti                       Marinated Cucumbers</p>	<p><b>23</b> Pancakes                       Bacon Slices</p> <p>Chicken Enchiladas              Alternative:                      Spanish Rice                      Pork Chop                      Refried Beans                      Dressing</p> <p>Bean with Bacon Soup                       Ham Salad Sandwich</p>	<p><b>24</b> Omelets                      German Sausage</p> <p>Fish Portions                      Alternative:                      Tator Tots                      Chix Trips                         Parsley                         Noodles</p> <p>Macaroni &amp; Cheese                      Asparagus</p>	<p><b>25</b> Poached Eggs                      Ham Slices</p> <p>Meatballs                      Alternative:                      Mushroom Gravy                      Fish Nuggets                      Whipped Potatoes                      Baked Fries</p> <p>Lentil Vegetable Soup                      Turkey Sandwich</p>
<p><b>26</b> Scrambled Eggs                       Cinnamon Rolls                      Sausage Patties</p> <p>Pork Chops/                      Gravy                              Alternative:                         Baked Chicken                         Dressing</p> <p>Chicken Rice                      Casserole                      Oriental Vegetables</p>	<p><b>27</b> Pancakes                      Bacon Slices                      Fried Eggs</p> <p>French Dips                      Alternative:                      Steak Fries                      Kielbasa                         Sauerkraut</p> <p>Cream Mushroom Soup                      Chicken Salad Sandwich</p>	<p><b>28</b> Scrambled Eggs                      Hashbrowns                      Little Smokies</p> <p>Baked Ham                      Alternative:                      Scalloped Potatoes                      Roast Turkey                         Whipped Potatoes</p> <p>Vegetable Beef Soup                      Grilled Tuna Sandwich</p>	<p><b>29</b> Omelet                      Crisp Bacon Slices</p> <p>Salisbury Steak                      Alternative:                      Gravy                              Fish Nuggets                      Mashed Potatoes                      Peas</p> <p>Beef Pasta Casserole                      Green Beans</p>	<p><b>30</b> Sausage Links                      French Toast/Margarine/                      Syrup</p> <p>Chicken &amp; Noodles              Alternative:                      California Veggies                      Pork Roast                         Dressing                         Spinach</p> <p>Bean w/Bacon Soup                      Roast Beef Sandwich</p>	<p><b>31</b> Scrambled Eggs                      German Sausage                      Bagels/Cream Cheese</p> <p>Baked Fish                      Alternative:                      Parslied Potatoes                      Veal Cutlets                         Noodles</p> <p>Clam Chowder                      Club Sandwich</p>	<p><b>Lunches include:</b>                      Salad Bar                      Choice of vegetables                      Dessert</p> <p><b>Dinners include:</b>                      Cookies and Fruit</p>