**SUNDAY 10/22**  
✓ Tomato Basil Soup  
Pizza, Grab ‘n Go Sandwiches & Salads  
Chef’s Specials

**MONDAY 10/23**  
*Creamy Chicken and Wild Rice Soup*  
P- ☑ Roast Pork Loin Carved to Order with  
Pork Gravy or ☑ Cranberry-Apple Chutney  
Chicken Enchiladas  
☑ Fingerling Potato  ☑ Roasted Butternut Squash  
☑ Brussel Sprouts  
☑ *Fresh Fruit of the Day: Banana*

**TUESDAY 10/24**  
*Ham & White Bean Soup*  
P- ☑ Baked Salmon with Sour Cream Dill Sauce  
Home-style Beef Meatloaf  
Beef Gravy  
P- ☑ Baked Potato  
☑ Spinach and Shallots  ☑ Corn  
☑ *Fresh Fruit of the Day: Orange*

**WEDNESDAY 10/25**  
*Seafood Gumbo Soup*  
P-Homemade Chicken Pie with Maple Dumpling  
☑ Baked Haddock with Spinach and Tomato  
✓ Wild Rice Pilaf  
☑ Sliced Fresh Beets  ☑ Swiss Chard  
☑ *Fresh Fruit of the Day: Pear*

**THURSDAY 10/26**  
✓ *Cream of Portabella Mushroom Soup*  
P- ☑ Baked Ham Carved to Order / Raisin Sauce  
Home-style Macaroni and Cheese  
☑ Mashed Potato  ☑ Cauliflower  
☑ Steamed Peas  
☑ *Fresh Fruit of the Day: Red Grapes*

**FRIDAY 10/27**  
✓ *Creamy Corn Chowder*  
P- Beef Stew with Biscuit  
✓ ☑ Kung Pao Tofu  ☑ Jasmine White Rice  
☑ Sautéed Parmesan Green Beans  
☑ Roasted Glazed Parsnips, Carrots & Apples  
☑ *Fresh Fruit of the Day: Watermelon*

**SATURDAY 10/28**  
*CVMC Chicken Noodle Soup*  
Pizza, Grab ‘n Go Sandwiches & Salads  
Chef’s Specials

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**Grill Special of the Week**  
Grilled Chicken Caesar Wrap with Romaine Lettuce, Parmesan Cheese and Caesar Dressing

**Flatbread Special of the Week**  
Supreme Flatbread: Seasoned Ground Beef, Pepperoni, Sausage Black Olives, Diced Tomatoes, Diced Onions Diced Green Peppers

**Menu Symbol Key**  
☑ Heart Healthy  
☐ Cooked with Alcohol  
☑ Made Without Gluten Ingredients  
✓ Made Without Meat, Fish or Poultry  
P- Premium Entrée $3.50

We buy from many local food producers & food distributors.

****Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.