

Fall Menu Week 1						
September 8th - September 14th, 2025						
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat Dry Cereal Yogurt Parfait Poached Eggs Prunes	Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Fried Eggs Prunes	Toast Milk, Coffee, Juice Oatmeal, Sunny Boy Cereal Dry Cereal Yogurt Parfait Poached Eggs Turkey Bacon Prunes	Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait French Toast - Apple Cinnamon Prunes	Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat Dry Cereal Yogurt Parfait Scrambled Eggs Sausage Prunes	Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Poached Eggs Prunes	Toast Milk, Coffee, Juice Oatmeal, Sunny Boy Cereal Dry Cereal Yogurt Parfait Hard Boiled Eggs Prunes
Seafood Chowder (GF)  Turkey Mozza Burger Mozza Cheese, Thousand Island Lettuce, Tomato Onion Rings  ...or...  MKC Cold Plate   Ice Cream	Tomato Rice (GF-DF)  House made Crab Cakes Sesame Cucumber Salad Tomato Wedges Tartar Sauce  ...or...  Egg Salad Sandwich   Cookies	Beet Borscht (GF-DF)  Roast Beef Stuffed Yorkshire Pudding Onion & Mushroom Gravy French Fries  ...or...  MKC Cold Plate   Tiramisu Mousse	Dill Pickle Soup (GF)  Ham & Swiss Crepes Ham, Swiss, Hollandaise French Crepes Shredded Hashbrowns  ...or...  Shrimp Salad Plate Shrimp Salad, Tomato Slices, Boiled Eggs White Roll  Peanut Butter Marshmallow Square	Chicken & Wild Rice Soup (GF-DF)  Baked Mac & Cheese Roasted Butternut Squash & Bacon Garlic Breadstick  ...or...  MKC Cold Plate   Almond Raspberry Tart	Minestrone Soup (DF)  Roasted Pork Tenderloin Sandwich Rye Bread, Pork Tenderloin, Lettuce Dijon Mayo Cauliflower & Cashew Salad  ...or...  Turkey Salad Sandwich   Jell-O	Broccoli & Cheddar (GF)  Veggie Quesadilla Peppers, Cheese, Green Onion Sour Cream, Salsa Tossed Salad  ...or...  MKC Cold Plate   Pumpkin Raisin Loaf
Prawn Pasta Puttanesca Tomato Sauce, Capers, Olives, Lemon Garlic Sauteed Prawns Garlic Toast Side Salad Gluten Free Pasta/Cream Sauce Available  ...or...  Autumn Salad (GF-DF) Lettuce, Apples, Mandarins, Pear Candied Walnut, Roasted Squash Poppy Seed Dressing  Roll, Tomato Juice  Chef's Choice	Apricot Chicken Green Beans Baked Potato Sour Cream  ...or...  Cinnamon Sugar Waffles Warm Sauteed Apples Maple Whip Cream Bacon  Roll, Tomato Juice  Cranberry Orange Bread Pudding	Teriyaki Pork Chop Pickled Daikon & Carrot Steamed Carrot, Celery, Onion Roasted Red Skin Potato  ...or...  Vegetable Spring Rolls Steamed Carrot, Celery, Onion Roasted Red Skin Potato Plum Sauce  Roll, Tomato Juice  Applesauce Spice Cake	Fall Vegetable Stew Vol au' Vent Corn on the Cob Mashed Potato  ...or...  Peach & Ricotta Flatbread Chives, Fresh Basil, Naan Bread Corn on the Cob  Roll, Tomato Juice  Pumpkin Spice Jelly Roll	Pan Fried Pickerel Peas & Carrots Jasmine Rice Lemon Wedge  ...or...  Chickpea & Spinach Curry Jasmine Rice Garlic Naan Bread  Roll, Tomato Juice  Rhubarb Crisp	Braised Chicken Cacciatore Tomato & Pepper Sauce Roasted Root Vegetables Baked Potato Sour Cream  ...or...  Taco Salad (GF-DF) Lettuce, Ground Beef, Tomato, Carrot Cheese, Green Onion, Tortilla Strips Salsa & Sour Cream  Roll, Tomato Juice  Cheesecake Night!	Oven Baked Ham Creamed Corn Mashed Potato Gravy Apple Sauce  Roll, Tomato Juice  Blueberry Pie

GF = Gluten Free  
 DF = Dairy Free

• All Sandwiches Can Be Made GLUTEN FREE. Bring your bread in!!!  
 • Apples, oranges, and Bananas are available at each meal only as a dessert substitute.

• Menus may be changed due to product availability and shortages which are out of our control.