



COMPLETECARE
— LAURELTON —

September

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/6/2020		Cream Of Wheat Cereal Scrambled Egg Pancakes Raisin Toast White Toast	Herbed Baked Chicken Quarter Chopped Steak Sauteed Zucchini CAndied yams Wheat Bread Apple Pie		Tomato Florentine Soup Grilled Cheese, Turkey Club Sandwich Mixed Vegetables, Steamed Green Beans Mashed Potatoes Fruited Jello	
Monday 9/7/2020		Hot Oatmeal Breakfast Ham French Toast Hard boiled Egg White Toast	Sweet & Sour Meatballs Baked Herb Fish Cauliflower w/ Pimento Steamed Rice Dinner Roll Italian Ice		Hearty Vegetable Soup Three Cheese baked Ziti with Meat Sauce Mushroom Omelet, Tossed Salad w/ dressing Mixed Vegetables, Mashed Potatoes Italian Bread Fruit Mix	
Tuesday 9/8/2020		Grits Cheddar scrambled Eggs Waffles Wheat Toast	Oven Roasted Turkey Beef Philly Steak on Bun Steamed Green Beans Cornbread Stuffing Dinner Roll Banana Cake		Cream of Mushroom Soup Ham & Swiss Wrap Chicken Salad, Sandwich on Wheat Cucumber Onion Salad, Macaroni Salad Tropical Fruit	
Wednesday 9/9/2020		Cream of Wheat Cereal Baked Egg Omelet Pancakes Bagel	Homestyle Meatloaf Chicken Murphy Harvard Beets Mashed Potatoes Dinner Roll Chilled Pears		Vegetable Barley Soup Breaded Fish on a bun Open Face Hot Roast Beef Sand Sauteed Spinach & Onions Mixed Vegetables, Mashed Potatoes Pound Cake	
Thursday 9/10/2020		Hot Oatmeal Scrambled Eggs French Toast White Toast	Chicken parmesan with marinara sauce Sweedish Meatballs Broccoli w/ Garlic Spaghetti, Garlic Bread Fresh Fruit Cup		Chicken Noodle Soup Turkey Burger on a bun BBQ Pork on a bun, Creamy Coleslaw Battered Onion Rings Chocolate Chip Cookies	
Friday 9/11/2020		Cream of Wheat Cereal Breakfast Sausage Pancakes Scrambled Eggs Toast	Seafood Newburg Lemon Chicken Thigh Capri Blend vegetables Steamed Rice Mashed Potatoes White Bread Tropical Fruit		Split Pea Soup Cheese Pizza Hamburger on a bun Steamed Carrots, Baked Tater Tots Mashed Potatoes Ice Cream - Vanilla	
Saturday 9/12/2020		Cream of Rice Cereal Hard Boiled Egg Pancakes English Muffin	Salisbury steak Lasagna Rollup Corn Niblets Cheesy Mashed Potatoes Wheat Bread Pineapple Tidbits		Beef Rice Soup Tuna Salad on Lettuce Leaf Cottage Cheese & Fruit Platter Three Bean Salad, Mashed Potatoes, white Rice, Dinner Roll Rice Pudding	

Menus are subject to change.



COMPLETECARE
— LAURELTON —

September

Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/13/2020		Cream Of Wheat Cereal Crispy Bacon Waffles Scrambled Eggs Wheat Toast	LS Glazed Ham Meatballs Broccoli Florets, baked Potato Dinner Roll Iced Vanilla Sheet Cake Grapes		Minestrone Soup Egg Salad on Rye Grilled Cheese Pickled Beets, French Green Beans Mashed Potatoes Sliced Peaches	
Monday 9/14/2020		Hot Oatmeal Hard Boiled Egg Pancakes Wheat Toast	Chicken Stir Fry Baked Crab Cake Mixed Vegetables, Steamed Rice Wheat Bread Mandarine Oranges Fortune Cookie		Chicken Vegetable Soup Mushroom Spinach Quiche Pork Rib Patty on a Roll Carrot Coins, Home Fried Potatoes Dinner Roll Sherbert	
Tuesday 9/15/2020		Grits Cheddar Scrambled Eggs French Toast White Toast	Bolognese Sauce Baked Chicken Tenders Italian Blend Vegetables Jello Parfait		Cream of Broccoli Soup Italian Sub Sandwich Turkey Sub, Shredded Lettuce & Tomato Mixed Vegetable, Potato chips Egg noodles Fruit Cocktail	
Wednesday 9/16/2020		Cream of Rice Cereal Breakfast Sausage Links French Toast Fried Egg White Toast	Chicken Piccata Cheese Tortellini w/ tomato sauce Mixed Vegetables Herb Buttered Rice White Bread Sliced Pears		Beef Noodle Soup White Pizza, Breaded Fish Nuggets Tossed Salad w/ Dressing Seasoned Cauliflower, french fries Mashed Potatoes Oatmeal Raisin Cookies	
Thursday 9/17/2020		Hot oatmeal Scrambled Eggs Waffles Rye Toast	Pork Loin BBQ Chicken Quarter Sweet Sour Red Cabbage Garlic Mashed Potatoes Melon		Lentil Soup Caesar salad w/ Grilled Chicken Cottage Cheese & fruit platter Diced Vegetables Salad, Broccoli Florets Macaroni Salad, Steamed Rice, Biscuit Butterscotch Pudding	
Friday 9/18/2020		Cream of Wheat Cereal Breakfast ham Pancakes Hard Boiled Egg Wheat Toast	Breaded Tilapia Hot Dog & Beans Steamed Carrots Steak Fries White Bread Fruit Ambrosia		Chicken Orzo Soup Open Face Hot Turkey Hamburger on a bun, Corn Niblets Diced Carrots, Mashed Potatoes Buttered Egg Noodles Donut	
Saturday 9/19/2020		Hot Oatmeal Cheese Omelet Waffles Corn Muffin	Meatballs w/ mushroom gravy Eggplant Rollatini California Blend Vegetables Egg Noodles Dinner Roll Banana Cream Pie		Cream of tomato Soup Tuna Salad on wheat Chicken salad sandwich Seasoned spinach, steamed green beans Garden Pasta Salad Grapes	

Menus are subject to change.



COMPLETECARE
— LAURELTON —

September

Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/20/2020		Cream of Wheat Cereal Scrambled Eggs Pancakes Raisin Toast White Toast	Herbed baked Chicken Quarter Caked crab Cake Winter Blend Vegetables, Garlic Mashed Potatoes, Wheat Bread Chocolate cake w/ Frosting		French onion soup Three Cheese Macaroni Turkey Burger on a bun Stewed Tomatoes, White bread Tropical Fruit	
Monday 9/21/2020		Hot Oatmeal Crispy bacon French Toast Fried Egg White Toast	Homestyle Meatloaf Beer battered Fish Sweet Green Peas Baked sweet potato Dinner Roll Blushing Pears		Cream of Potato soup Egg salad Scoop Roast Beef & cheese on rye Carrot raisin salad Macaroni salad Sherbet	
Tuesday 9/22/2020		Grits Cheddar Scrambled Eggs Waffles Wheat Toast	Herb rubbed Pork Loin Lasagna Rollup Capri Blend Vegetables Buttered Egg Noodles White Bread Apples Crisp		Navy bean Soup Beef Cheesesteak on Club Roll Grilled onions & peppers Steamed green beans Mashed Potatoes Fresh fruit in season	
Wednesday 10/23/2020		Cream of Wheat Cereal Baked Egg Omelet Pancakes Bagel	Veal Marsala Onion Sage Chicken Quarter Italian Blend Vegetables Rice Pilaf Dinner Roll Fruit Mix		Chicken Noodle Soup Baked Chicken Tenders Cheese Omelet, Seasoned Spinach Mixed Vegetables, baked Tater Tots Mashed Potatoes, Buttered Orzo, White bread, Jello w/ Topping	
Thursday 9/24/2020		Hot Oatmeal Scrambled Eggs French Toast Sticks White Toast	Italian Sausage w/ Peppers & Onions Turkey Burger on a bun Squash Medley Bowtie Pasta w/ Garlic Garlic Bread Pound Cake		Vegetable Barley Soup Meatball w/ tomato sauce sub roll Grilled Cheese Carrot coins Wheat bread Sliced Peaches	
Friday 9/25/2020		Cream of Wheat Cereal Breakfast Sausage Patty Pancakes Fried Egg Toast	Potato Crusted Fish Chopped Steak Broccoli w/ Garlic Rosemary Roasted Potatoes Dinner Roll Pineapple Tidbits		Beef Orzo Soup Turkey on rye Grilled Ham & Cheese Creamy Coleslaw Mashed Potatoes Ice Cream	
Saturday 9/26/2020		Cream of Rice Cereal Hard Boiled Egg Pancakes English Muffin	Cheese Tortellini w/ tomato sauce Open Face Hot Turkey Tossed Salad with Dressing Mixed Vegetables Vanilla Pudding		Mushroom Lentil Soup Greek Salad w/ Grilled Chicken Hot Dog and Beans Pickled Beets, Mashed Potatoes Pita Bread Cinnamon Applesauce	

Menus are subject to change.



COMPLETECARE
— LAURELTON —

September

Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/20/2020		Cream of Wheat Cereal Crispy Bacon Waffles Scrambled Eggs w/ onions & peppers Wheat Toast	BBQ Chicken Quarter Glazed Baked Ham Country Green Beans Cheesy Mashed Potatoes White Bread Lemon Meringue Pie		Cream of Tomato Soup Hamburger on a bun Breaded Fish on a bun Lettuce & Tomato, Mixed Vegetables French Fries, Buttered Orzo Tropical Fruit	
Monday 9/21/2020		Hot Oatmeal Breakfast Ham Pancakes Fried Egg Wheat Toast	Sweet & Sour Pork Veal Piccata Oriental Blend Vegetables Steamed Rice Wheat Bread Sugar Cookies		Hearty Vegetable Soup Tuna Salad on Rye Cottage Cheese & Fruit platter Creamy Coleslaw Mashed potatoes Mandarine Oranges	
Tuesday 9/22/2020		Grits Cheddar SCrambled Eggs French Toast White Toast	Italian Meatballs Oven Fried Chicken Italian Blend vegetables Spaghetti Italian bread Fresh fruit in season		Mushroom Lentil Soup Chicken Patty on a bun Grilled Turkey & Swiss on Rye Carrot Coins, Broccoli Florets Mashed Potatoes Ice cream - vanilla	
Wednesday 10/23/2020		Cream of Rice Cereal Breakfast Sausage French Toast Scrambled Eggs White Toast	Oven Roasted Turkey Eggplant Rollatini Mixed Vegetables Apple Sweet potato Casserole White Bread Chocolate pudding		Chicken Orzo Soup BBQ Pork on a bun Beef Philly Steak on bun Cauliflower w/ Pimento Yellow Rice Fruit Mix	
Thursday 9/24/2020		Hot Oatmeal Scrambled Eggs Pancakes Rye Toast	Hearty Beef stew Chicken Breast & Mushrooms Tossed salad w/ dressing Wheat Bread Peach Cobbler		Cream of Potato Soup Hot Dogs & Beans Grilled Cheese & Tomato on Rye Sautéed Zucchini Gelatin w/ whip topping	
Friday 9/25/2020		Cream of Wheat Cereal Breakfast Ham Pancakes Hard Boiled Eggs Wheat Toast	Fish Fillet w/ lemon Salisbury Steak French green beans Rice Pilaf White bread Pound Cake		Beef Rice Soup Chicken Nuggets Vegetable Omelet Peas & Pearl Onions, French Green Beans, Baked Tater Tots, Wheat Bread Chilled Pears	
Saturday 9/26/2020		Hot Oatmeal Cheese Omelet Waffles Corn Muffin	Italian Sausage & broccoli Beef & rice stuffed Pepper w/ tomato sauce Bowtie Pasta w/ garlic Italian bread Sherbet		Minestrone Soup Egg salad scoop Chef Salad with Turkey & swiss Carrot raisin salad Macaroni Salad Dinner Roll Pineapple Tidbits	

Menus are subject to change.