



**THE RETREAT**  
 AT SUNNY VISTA  
 ASSISTED LIVING AND MEMORY SUPPORT

# Menu for the Week of: October 18-October 24

| 2                    | <u>SUNDAY</u><br>10/18/2020   | <u>MONDAY</u><br>10/19/2020   | <u>TUESDAY</u><br>10/20/2020  | <u>WEDNESDAY</u><br>10/21/2020   | <u>THURSDAY</u><br>10/22/2020  | <u>FRIDAY</u><br>10/23/2020   | <u>SATURDAY</u><br>10/24/2020   |
|----------------------|---|---|---|--|--|---|---|
| <b>Breakfast</b>     | Hot or Cold Cereal<br>Eggs to Order<br>French Toast<br>Bacon or Sausage         | Hot or Cold Cereal<br>Eggs to Order<br>Denver Scramble<br>Hashbrowns<br>Bacon or Sausage        | Hot or Cold Cereal<br>Eggs to Order<br>Pancakes<br>Bacon or Sausage                             | Hot or Cold Cereal<br>Eggs to Order<br>Bacon & Swiss<br>Quiche<br>Bacon or Sausage       | Hot or Cold Cereal<br>Eggs to Order<br>Hashbrowns<br>Apple Strudel<br>Bacon or Sausage | Hot or Cold Cereal<br>Eggs to Order<br>Biscuit & Sausage<br>Gravy<br>Bacon or Sausage | Hot or Cold Cereal<br>Eggs to Order<br>Ham, Egg & Cheese<br>on English Muffin<br>Bacon or Sausage |
| <b>Daily Soup</b>    | Parmesan Basil<br>Tomato Soup   | Chicken Vegetable   | Beef Mushroom   | Chicken Noodle   | Cream of<br>Broccoli/Cheddar   | Beef Vegetable  | Minestrone  |
| <b>Lunch</b>         | Fried Chicken<br>Mashed<br>Potatoes/Gravy<br>Savory Green Beans<br>Dinner Roll  | Spaghetti w/<br>Meat Sauce<br>Broccoli<br>Garlic Bread  | Caribbean Braised<br>Pork<br>Baked Sweet Potato<br>w/ Cinnamon Butter<br>Roasted<br>Cauliflower | Open Faced Roast<br>Beef Sandwich<br>Mashed Potatoes/<br>Gravy<br>Glazed Carrots         | Smothered Chicken<br>Garden Blend Rice<br>Roasted Brussel<br>Sprouts w/ Bacon          | Fish & Chips<br>Tartar Sauce<br>Coleslaw  | Smoked Maple Ribs<br>Potato Salad<br>Baked Beans<br>Corn Muffin<br>Watermelon Slice               |
| <b>Dinner</b>        | Egg Salad on<br>Croissant<br>Lettuce/Tomato<br>Potato Chips<br>Mandarin Oranges | Mesquite Turkey<br>Burger w/ Bacon<br>Lettuce/Tomato/Onion<br>Scalloped Corn<br>Fresh Fruit Cup | Grilled Chicken &<br>Summer Fruit Salad<br>Honey Citrus<br>Dressing<br>Fresh Baked Bread        | Roasted Leg of<br>Lamb<br>Red Chili Cream<br>Roasted Potatoes<br>Summer Squash<br>Medley | Sausage Potato<br>Gratin<br>Green Peas<br>Fresh Baked Bread                            | Veggie or Meat<br>Lovers Pizza<br>Dinner Salad w/<br>Choice of Dressing               | Orange Turkey<br>Croissant<br>Onion Rings<br>Tossed<br>Greens/Dressing                            |
| <b>Daily Dessert</b> | Blueberry Pie<br>Assorted Ice Cream   | Triple Fudge Brownie<br>Assorted Ice Cream  | Hummingbird Cake<br>Assorted Ice Cream  | Strawberry Slab Pie<br>Assorted Ice Cream  | Caramel Fruit<br>Dessert<br>Assorted Ice Cream   | Texas Sheet Cake<br>Assorted Ice Cream  | Apple Crisp<br>Assorted Ice Cream   |



**Thank you for dining with us!**