

The Retreat at Sunny Vista

October 10th- October 16th

SUNDAY

Cheesy Denver Omelets
Toast

Soup du Jour
Corned Beef
Seasoned Red Potatoes
Steamed Mix Vegetables
Lemon Meringue

Soup du Jour
Turkey Loaf w/ Tomato Glaze
Baked Potatoes
Roasted Butternut Squash
Lemon Meringue

MONDAY

Yogurt Parfaits topped w/
Sliced Strawberries and
Granola
Scramble Eggs

Cream of Mushroom
Grilled Turkey and Cheese
Sandwich
Bistro Chips
Jell-O Cups

Cream of Mushroom Soup
New Orleans Gumbo
Over Steamed Jasmine Rice
Jell-O Cups

TUESDAY

Blueberry Pancakes
Sausage Links

Soup du Jour
Baked Citrus Tilapia
Roasted Red Potatoes
Sautéed Brussel Sprouts
Pumpkin Pudding

Soup du Jour
Chicken Rigatoni Alfredo
Roasted Broccoli
Pumpkin Pudding

WEDNESDAY

Grilled Ham Steaks
Hash Browns
Toast

Posole
Beef Enchilladas
Fiesta Corn
Refried Beans
Oatmeal Moon Pie

Posole
Smothered Pork Chops
Barley Pilaf
Steamed Carrots
Oatmeal Moon Pie

THURSDAY

Strawberry Cream Cheese
Stuffed French Toast
Bacon

Soup and Sandwich
Hearty Beef Potato Vegetable
Soup
Gourmet Herb Grilled Cheese
Peach Cobbler

Soup du Jour
Meatball Marinara Subs
Bistro Chips
Peach Cobbler

FRIDAY

Cinnamon Toast
Creamy Oatmeal w/
Strawberries
Hard Boiled Eggs

Chicken Rice Soup
Deep Fried Shrimp Basket
Coleslaw
Fries
Bread Pudding w/ Rum Glaze

Chicken Rice Soup
Breakfast for Dinner
Eggs Your Way
Bacon or Sausage
Hash Browns
Toast

SATURDAY

Biscuits and Gravy
Sausage Links

Soup du Jour
Baked Beef Rigatoni Casserole
Sautéed Zucchini
Pumpkin Spiced Cake

Soup du Jour
Salisbury Steak w/ Mushroom
Gravy
Mashed Potatoes
Buttered Corn
Pumpkin Spiced Cake