

**HCC Week 4: October 17-23**

*Fall Menu*  
Breakfast & Lunch

**SUNDAY- 10/17**

**BREAKFAST**





Oatmeal  
Eggs Benedict



**BRUNCH**

Caprese Salad  
Honey-Ginger  
Pork Loin  
Tortellini Prima Vera  
Garlic Mashed  
Potatoes with Goat  
Cheese  
Pattypan Squash  
Roasted Asparagus  
Butterscotch Pudding

**DINNER**

Black Bean Soup  
Tuna Melt on  
English Muffin  
Tomato & Red  
Onion Salad  
Snickerdoodles

-  Featured
-  Superfood
-  Has Nuts
-  Vegetarian Entree

-  Low-Carb Dessert  
(Less than 30 gm carbs)
-  Heart Smart Entree  
(Less than 15 gm Fat/  
Less than 150 mg Sodium)

**MONDAY- 10/18**

**BREAKFAST**

Oatmeal  
Cheese & Vegetable Strata

**LUNCH**

Cream of Broccoli Soup  
Hot Open Faced Turkey  
Sandwich  
Roasted Turkey Breast, Mashed  
Potatoes, Gravy on White Bread  
with Cranberry Sauce on the Side  
5-Way Vegetable Blend  
Corn, Green Beans, Lima Beans,  
Carrots, and Peas  
Banana Pudding with  
'Nilla Wafer Cookies

**TUESDAY- 10/19**

**BREAKFAST**

Cream of Wheat  
Scrambled Eggs  
Corned Beef Hash

**LUNCH**

Chicken Escarole Soup  
Shrimp Po' Boy  
Popcorn Shrimp, Coleslaw, Tomato,  
& Remoulade on a Soft Hoagie Roll  
Lay's Potato Chips  
Eclairs & Berries

**WEDNESDAY- 10/20**

**BREAKFAST**

Oatmeal  
Spinach & Cheddar  
Omelet  
Bacon

**LUNCH**

Tomato Basil Bisque  
Grown Up Grilled Cheese  
Cheddar, Swiss, and Provolone  
Cheeses on Sourdough Bread  
Tater Tots  
Zucchini Brownies

**THURSDAY- 10/21**

**BREAKFAST**

Cream of Wheat  
Scrambled Eggs  
Hash Browns  
Sausage Link

**LUNCH**

Lemon Orzo Soup  
Grilled Reuben  
Sliced Corned Beef, Sauerkraut,  
Swiss, & Thousand Island on Rye  
Potato Salad  
Fresh Fruit Salad

**FRIDAY- 10/22**

**BREAKFAST**

Oatmeal  
Waffles & Syrup  
Bacon

**LUNCH**

Savory Onion Soup  
Veggie Quiche  
Assorted Fresh Grapes  
Oatmeal Cookies

**SATURDAY- 10/23**

**BREAKFAST**

Cream of Wheat  
Scrambled Eggs  
Skillet Potatoes  
Sausage Patty

**LUNCH**

White Bean Soup  
Smoked Pulled Chicken  
on Potato Roll  
Creamy Coleslaw  
Ice Cream Chipwich

## HCC Week 4: October 17-23

### Fall Menu Dinner



★ Featured

🍄 Superfood

🥜 Has Nuts

🌿 Vegetarian Entree

🍷 Low-Carb Dessert  
(Less than 30 gm carbs)

❤️ Heart Smart Entree  
(Less than 15 gm Fat/  
Less than 150 mg Sodium)

#### MONDAY– 10/18

Garden Vegetable Soup

Antipasto Salad

Roasted Bell Peppers, Kalamata Olives, Red Onions, Cubed Provolone

Italian Meatballs

❤️ Baked Trout

Lemon Wedge & Tartar Sauce

Spaghetti & Marinara

Sauce

Grilled Zucchini

Steamed Cauliflower

Strawberry Shortcake

Fresh Strawberries & Whipped Cream atop a Homemade Biscuit

#### TUESDAY– 10/19

Lentil Soup

Garden Salad

Blackened Chicken

Thigh

Herb Crusted

Pork Tenderloin

Black Beans & Rice

Lemony Green Beans

Creamed Corn

Peach Cobbler

#### WEDNESDAY– 10/20

Tortellini en Brodo Soup

Stuffed Pasta in a Hearty Broth

Creamy Cucumber Salad

Steak Tips with

Peppers and Onions

Turkey Pot Pie

Mashed Sweet Potatoes

Sauteed Broccoli

Raisin-Glazed

Baby Carrots

🍷🍷 Cinnamon Baked Apples

#### THURSDAY– 10/21

Turkey Vegetable Soup

Pear Spinach Salad with

Feta & Citrus Dressing

Seasoned Chicken Breast

Creamy Vegetable

Lasagna

Mashed Potatoes

with Gravy

Pattypan Squash

Blanched Asparagus

Bittersweet

Chocolate Mousse

#### FRIDAY– 10/22

Asian Chicken &

Rice Soup

Roasted Carrot Salad

General Tso's Chicken

❤️ Tilapia Vera Cruz

Lemon Wedge & Tartar Sauce

Steamed White Rice

Oriental Vegetable

Blend

Garlic Sesame Spinach

Pumpkin Pie

#### SATURDAY– 10/23

Beef Noodle Soup

Bowtie Pasta Salad

❤️ Turkey Meatloaf

Cider Brined Pork Chop

Red Skin Mashed

Potatoes

with Gravy

Peas & Pearl Onions

Steamed Golden Beets

Blueberry Crisp