

**BREAKFAST: 6:30 – 10 a.m.**  
**LUNCH: 11 a.m. – 2 p.m.**  
**CLOSED: 2 – 3 p.m.**

**GRILL ONLY: 3 – 4 p.m.**  
**DINNER: 4 – 7 p.m.**  
**GRILL ONLY: 7 – 9 p.m.**

(Items subject to change.)

Monday, October 21	Tuesday October 22	Wednesday, October 23																								
<p><b>Featured:</b> Baked Potato Bar <b>Sliced Turkey</b> Hot Wings <i>Tomato Florentine Soup</i></p> <p><b>Sides:</b> Green Beans Dressing <b>Sliced Beets</b> Turnip Greens Sweet Potato Casserole Turkey Gravy <i>Bread Pudding</i></p>	<p><b>Featured:</b> <b>Maple Smokehouse Salmon</b> Spaghetti W/ Meatsauce Grilled Chicken Sandwich <i>Lobster Bisque</i></p> <p><b>Sides:</b> <b>Sicilian Blend</b> Roasted Red Potatoes SW Corn <b>Fresh Asparagus</b> Cheese Sticks <i>Apple Cobbler</i></p>	<p><b>Featured:</b> <b>Vegetable Lasagna</b> Fried Chicken Philly Beef Sandwiches w/ Fries <i>Chili</i></p> <p><b>Sides:</b> Fried Cabbage Yukon Gold Mashed Potatoes Pinto Beans Macaroni &amp; Cheese <b>California Blend</b> Peach Cobbler</p>																								
Thursday, October 24	Friday, October 25	Saturday, October 26																								
<p><b>Featured:</b> Chicken Pot Pie Kielbasa &amp; Kraut <b>Grilled Chicken Caesar Salad</b> <i>Broccoli Cheese Soup</i></p> <p><b>Sides:</b> Green Beans Mashed Potatoes Corn Nuggets White Beans <b>Bermuda Blend</b> <i>Cherry Cobbler</i></p>	<p><b>Featured:</b> Beef Brisket Smothered Pork Chops Chili Dog w/ Tots Vegetable Soup</p> <p><b>Sides:</b> Brussel Sprouts Glazed Carrots Garlic Cheese Mashed Potatoes Fried Mushrooms <i>Blackberry Cobbler</i></p>	<p><b>Featured:</b> Crunchy Baked Cod Meat Lasagna <i>Chicken &amp; Dumpling Soup</i></p> <p><b>Sides:</b> Loaded Potato Casserole <b>Cut Corn</b> Green Beans Fried Cheesesticks <i>Apple Cobbler</i></p>																								
Sunday, October 27	Served Every Day:	Healthy Tips:																								
<p><b>Featured:</b> Sliced Turkey Meatloaf w/ Red Sauce Potato Soup</p> <p><b>Sides:</b> <b>Chuckwagon Blend</b> Green Beans Dressing Mashed Potatoes Gravy <i>Pecan Cobbler</i></p>	<table border="0"> <tr> <td>Breakfast Daily</td> <td><b>Cold Ham or Turkey Sandwich</b></td> </tr> <tr> <td>Hamburgers</td> <td><b>Salad Bar</b></td> </tr> <tr> <td>Cheeseburgers</td> <td>Soup of the Day</td> </tr> <tr> <td><b>Hot Ham &amp; Cheese</b></td> <td>Assorted Desserts</td> </tr> <tr> <td><b>Hot Turkey Sandwich</b></td> <td>Cobbler of the Day</td> </tr> <tr> <td>Fish Sandwich</td> <td>French Fries</td> </tr> <tr> <td><b>Chicken Salad Sandwich</b></td> <td>Onion Rings</td> </tr> <tr> <td><b>Tuna Salad Sandwich</b></td> <td>Chicken Fingers</td> </tr> <tr> <td>Pimento Cheese</td> <td><b>Yogurt Shooters</b></td> </tr> <tr> <td>Bologna Sandwich</td> <td><b>Baked Potato</b></td> </tr> <tr> <td><b>Grilled Chicken</b></td> <td><b>Baked Sweet Potato</b></td> </tr> <tr> <td><b>Veggie Burgers</b></td> <td></td> </tr> </table>	Breakfast Daily	<b>Cold Ham or Turkey Sandwich</b>	Hamburgers	<b>Salad Bar</b>	Cheeseburgers	Soup of the Day	<b>Hot Ham &amp; Cheese</b>	Assorted Desserts	<b>Hot Turkey Sandwich</b>	Cobbler of the Day	Fish Sandwich	French Fries	<b>Chicken Salad Sandwich</b>	Onion Rings	<b>Tuna Salad Sandwich</b>	Chicken Fingers	Pimento Cheese	<b>Yogurt Shooters</b>	Bologna Sandwich	<b>Baked Potato</b>	<b>Grilled Chicken</b>	<b>Baked Sweet Potato</b>	<b>Veggie Burgers</b>		<p><b>Items in red are healthier choices.</b> <b>It's FALL y'all!</b></p> <p>This is a great time to start thinking about ways to incorporate fall fruits and vegetables in your diet. Pumpkin is a popular choice this time of year and loaded with nutrients. 1 cup of pumpkin only has 50 calories, 0% fat, and 245% of the RDA for vitamin A. Use in muffins, breads, and dips to reduce saturated fat content. Substitute ½ cup pureed pumpkin for ½ cup of butter or ¼ cup pureed pumpkin instead of one egg. Make sure to buy pure canned pumpkin, not canned pumpkin pie mix, which has added sugar.</p>
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