



# Weekly Menu

## Union Court Assisted Living

	Sun 10-08-2023	Mon 10-09-2023	Tue 10-10-2023	Wed 10-11-2023	Thu 10-12-2023	Fri 10-13-2023	Sat 10-14-2023
B R E A K F A S T	Hot Cereal Bacon Fresh Fruit 100% Juice	Hot Cereal Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Fresh Biscuits
L U N C H	Meatloaf and Gravy Baked Potato Normandy Blend Baked Roll Texas Sheet Cake	Herb Grilled Chicken Seasoned Rice Lemon Pepper Green Beans Baked Roll Blueberry Cobbler	Bread Crumb Pork Chop Roasted Yams Seasoned Broccoli Baked Roll Pumpkin Pie	Salisbury Steak Herb Mashed Potatoes Buttery Carrots Baked Roll Chocolate Peanut Butter Bars	BBQ Chicken Breast Classic Mashed Potatoes Yellow Squash and Onions Baked Roll Peach Crisp	Baked Cod Fillet Cheesy Scalloped Potatoes Coleslaw Orange Sherbet Dish	Classic Lasagna Garden Green Salad Garlic Bread Eclair Pudding Dessert
D I N N E R	Kielbasa with Sauerkraut Whipped Pineapple Salad Baked Roll Chocolate Butterscotch Rice Krispie	Baked Spaghetti Peach Salad Garlic Bread Homemade Cookie	Hot Chicken and Biscuits Fruit Cocktail Salad Mixed Vegetables Lemon Bars	Next Day Turkey Soup Lemon Cream Salad Green Salad Crackers Ice Cream	Sour Cream Beef Potato Dish Grapes Green Salad Crackers Chocolate Chip Brownie	Pepperoni Pizza Assorted Fruit Caesar Salad Parmesan Breadsticks Orange Fluff Salad	Chicken Vegetable Soup Pear Fruit Medley Crackers Ice Cream
	Milk offered at every meal						



## Weekly Menu

### Union Court Assisted Living

	Sun 10-15-2023	Mon 10-16-2023	Tue 10-17-2023	Wed 10-18-2023	Thu 10-19-2023	Fri 10-20-2023	Sat 10-21-2023
B R E A K F A S T	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Autumn Pot Roast Buttery Carrots Baked Roll Carrot Cake	Classic Lasagna Garden Green Salad Baked Roll Ice Cream	Cranberry Meatballs Fresh Mashed Potatoes and Gravy Green Beans Baked Roll Chocolate Meringue Pie	Herb Seasoned Pork Scalloped Potatoes Broccoli and Cauliflower Baked Roll Apple Cobbler	Waffle and Sausage Dinner <i>and</i> Sausage and Eggs Seasoned Fried Potatoes Assorted Fruit Chocolate Marshmallow Cake	Baked Cod Fillet Southern Baked Beans Coleslaw Creamy Peach Salad	Rosemary Roasted Turkey <i>or</i> Baked Macaroni and Cheese Homestyle Stuffing Baked Roll Banana Nut Cake
D I N N E R	Open Face Turkey Sandwich Select Peach Salad Beet Salad Homemade Cookie	Potato Soup Fresh Fruit Cup Green Salad Fresh Cornbread Soft Snickerdoodle	Chicken Peanut Stir-Fry Chicken Stir-Fry and Rice Pears Rice Pudding	Egg Salad Sandwich Classic Chicken Noodle Soup Raspberry Jello Salad Ice Cream	Kielbasa with Sauerkraut Assorted Fruit Pumpkin Spice Bar	Baked Beef Vegetable Stew Mixed Fruit Medley Fresh Cornbread Fudge Squares	Chicken Tenders Cottage Cheese and Fruit Tater Tots Oatmeal Chocolate Chip
	Milk offered at every meal						



# Weekly Menu

## Union Court Assisted Living

	Sun 10-22-2023	Mon 10-23-2023	Tue 10-24-2023	Wed 10-25-2023	Thu 10-26-2023	Fri 10-27-2023	Sat 10-28-2023
B R E A K F A S T	Hot Cereal Egg of Choice 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Beef Roast with Gravy Classic Mashed Potatoes Baby Carrots Baked Roll Fresh Apple Pie	Roasted Lemon Chicken Creamy AuGratin Potatoes Corn Baked Roll Peach Cobbler	Classic Salisbury Steak and Gravy Creamy Mashed Potatoes Broccoli Casserole Baked Roll Glazed Pumpkin Cake	Angus Hamburger Macaroni and Cheese BLT Pasta Salad Baked Roll Chocolate Trifle	Smothered Chicken Breasts Penne Pasta Garlic Green Beans Baked Roll Old Fashioned Custard Pie	Baked Salmon LS LF Baked Potato Vegetable Medley Baked Roll Lime Poke Cake	Glazed Meatloaf Fresh Mashed Potatoes a Roasted Squash Baked Roll Pear Crisp
D I N N E R	Broccoli Ham Casserole Assorted Fruit Herb Pull Apart Roll	Cheese Tortellini Pears Green Beans Italian Crusty Garlic Bread	Chicken Chowder Cottage Cheese Citrus Banana Salad Crackers	Kielbasa and Bean Soup Cottage Cheese Grapes Crackers	Shepherd's Pie with Gravy Peach Cottage Salad Baked Roll	Classic Chicken Salad Sandwich Fruit Medley Tomato Wedges Chips	Chef's Salad Bowl Cinnamon Stewed Apple Fresh Combread
	Milk offered at every meal						



# Weekly Menu

## Union Court Assisted Living

	Sun 10-29-2023	Mon 10-30-2023	Tue 10-31-2023	Wed 11-01-2023	Thu 11-02-2023	Fri 11-03-2023	Sat 11-04-2023
B R E A K F A S T	Breakfast Mini Fruit Pizza Egg of Choice Fresh Fruit 100% Juice	Deluxe Waffles Bacon Fresh Fruit 100% Juice	Fried Egg, Ham and Cheese Croissant Hash Browns Fresh Fruit 100% Juice	French Texas Toast Bake Breakfast Ham Fresh Fruit 100% Juice	Orange Cranberry Muffin Egg of Choice Fresh Fruit 100% Juice	Maple Bacon Casserole Hash Browns Fresh Fruit 100% Juice	Blueberry Pancakes Bacon Fresh Fruit 100% Juice
L U N C H	Oven Pot Roast Roasted Smashed Potatoes Country Trio Medley Baked Roll Chocolate Cream Pie	Roasted Pork with Apples Baked Sweet Potato Collard Greens Baked Roll Spice Cake	Beef Tips in Gravy Noodles California Blend Baked Roll Apple Crumble	Turkey Roast with Stuffing Green Bean Casserole Baked Roll Perfect Pumpkin Cheesecake Bars	Baked Ham AuGratin Potatoes Roasted Cabbage Baked Roll Coconut Cake	Baked Cod Fillet Creamy AuGratin Potatoes Coleslaw Baked Roll Fruit Cobbler	Smokey Chicken and Gr Garlic Mashed Potatoes Peas and Mushrooms Baked Roll Caramel Cake
D I N N E R	Grilled Cheese Sandwich Orange Slices Tomato Soup Soft Oatmeal Cookie	Mushroom Swiss Burger Fruit Toss Coleslaw Peanut Butter Fingers	Chicken Caesar Salad Assorted Fruit Mozzarella Garlic Bread Tapioca Pudding	Beef Enchilada Peach Fruit Cup Zucchini Corn Saute Lime Cilantro Rice Cinnamon Bread	BLT Sandwich Creamy Cocktail Salad Beets Fresh Cornbread Ice Cream	Ham and Swiss Sandwich Apple Slices Vegetable Pasta Salad Strawberry Mousse	Beef Minestrone Soup Grapes Green Salad Breadsticks Ice Cream
	Milk offered at every meal						