



# SAVANNA DINING ROOM

OCT 7<sup>TH</sup> – OCT 13<sup>TH</sup>

## MONDAY

- MUSHROOM BEEF BARLEY SOUP
- CREAM OF CAULIFLOWER SOUP
- WALDORF SALAD
- SWEDISH MEATBALLS WITH EGG NOODLES
- LOW SODIUM CHICKEN TERIYAKI
- EGG NOODLES
- WHITE RICE
- STEAMED BRUSSELS
- ROASTED CHERRY TOMATOES WITH BASIL
- IRISH CREAM PIE

## TUESDAY

- CHICKEN ORZO SOUP
- POTATO LEEK SOUP
- WALDORF SALAD
- HEARTY 1818 BEEF STEW SERVED OVER A BISCUIT
- HONEY BOURBON PORK LOIN
- BUTTERMILK BISCUIT
- MASHED RED POTATOES WITH SOUR CREAM, CHIVES AND SKIN
- MEDLEY ROASTED SQUASH
- CREAMED CORN
- BREAD PUDDING WITH RUM SAUCE

## WEDNESDAY

- EGG DROP SOUP
- MACARONI & CHEESE SOUP
- BLUEBERRY FETA SALAD
- LONDON BROIL WITH MUSHROOM GRAVY
- APPLE GLAZED DUCK BREAST
- TWICE BAKED POTATOES
- CRANBERRY WILD RICE
- ROASTED CAULIFLOWER
- BRAISED CABBAGE & CARROTS
- PUMPKIN MOUSSE

## THURSDAY

- SPLIT YELLOW PEA SOUP
- SQUASH VEGETABLE BISQUE
- BLUEBERRY FETA SALAD
- ROOT BEET GLAZED HAM
- DIJON HERB CRUSTED COD
- MASHED SWEET POTATOES
- LEMON ORZO
- GREEN BEAN CASSEROLE
- CARROTS VICHY
- CHERRY PIE

## FRIDAY

- PUMPKIN SOUP
- BEEF PASTA SOUP
- QUINOA FETA SALAD
- FETTUCINE ALFREDO WITH SKEWERED SHRIMP
- VEAL PARMESAN
- FETTUCINE ALFREDO
- GARLIC TOAST
- SAUTÉED SPINACH
- HARVARD BEETS
- PINEAPPLE UPSIDE DOWN CAKE

## SATURDAY

- BLACK BEAN SOUP
- CHICKEN NOODLE SOUP
- QUINOA FETA SALAD
- CHICKEN & GNOCCHI DUMPLINGS
- TRADITIONAL POT ROAST WITH GRAVY
- YUKON MASHED POTATOES
- STEAMED ASPARAGUS
- ROASTED VEGETABLES WITH PEARL ONIONS
- PUMPKIN PIE WITH WHIPPED TOPPING

HEART Indicates DASH Diet Friendly