

CARSON 2023
October Menu

Menu
subject to
change



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>BREAKFAST Cold Cereals, Pancakes Fruit Slice, Toast, Bacon, Oatmeal LUNCH Mostaccioli Pasta, Garlic Bread Vegetables, Dessert Cookies DINNER White Beans Soup Egg Salad Sandwich Green Salad Yellow Cake</div> <div>1</div>	<div>BREAKFAST Orange Juice, Fried Egg Malt-O-Meal Hash Browned Potatoes LUNCH Hot Dog, Potato Chips, Fruit Mix DINNER Beef Macaroni Green Beans, Garlic Bread Peach Cobbler</div> <div>2</div>	<div>BREAKFAST Blended Juice, Toast Malt-O-Meal Fried Egg Hash Browned Potatoes LUNCH Grilled Cheese Sandwich Macaroni Salad Jello Dinner Grilled Chicken, Mashed Potatoes Green Peas, Chocolate Pudding</div> <div>3</div>	<div>BREAKFAST Apple Juice, Oatmeal French Toast, Sausage Links, Syrup LUNCH Fruit Salad w/Cottage Cheese Dinner Roll, Pudding DINNER Sloppy Joe on a Bun Macaroni Salad Chocolate Chip Cookies</div> <div>4</div>	<div>BREAKFAST Pineapple Juice, Farina Country Scramble, English Muffin LUNCH Cheese Quesadilla Refried Beans, Cut Corn, Fresh Fruit DINNER BBQ Chicken Vegetables, Mashed Potatoes Ice Cream</div> <div>5</div>	<div>BREAKFAST Orange Juice, Pancakes Malt-O-Meal, Pancakes, Syrup FISH Fish Tacos, Steamed Rice Coleslaw Salad, Apple Crisp DINNER Spaghetti w/Meat Sauce Garlic Bread, Mixed Vegetables Pudding</div> <div>6</div>	<div>BREAKFAST Apple Juice, Toast Cheese Omelet, Hash Browns LUNCH Grilled Cheese Sandwich Potato Chips, Ice Cream DINNER Crab Salad Mashed Potatoes Mixed Vegetables Jello</div> <div>7</div>
<div>BREAKFAST Cold Cereals, Pancakes Fruit Slice, Toast, Bacon, Oatmeal LUNCH Chili Dogs w/Cheese & Onions Potato Chips, Fruit Mix DINNER White Bean Soup Egg Salad Sandwich Green Salad Yellow Cake</div> <div>8</div>	<div>Columbus Day BREAKFAST Orange Juice, Fried Egg Malt-O-Meal Hash Browned Potatoes LUNCH Cheese Burger w/Lettuce and Tomatoes, Baked Beans, Jello DINNER Roast Turkey, Mashed Potatoes Mixed Vegetables, Chocolate Cake</div> <div>9</div>	<div>BREAKFAST Apple Juice, Oatmeal French Toast, Sausage Links, Syrup LUNCH BBQ Pork Patties, Mashed Potatoes Mixed Vegetables, Ice Cream DINNER Spaghetti w/Meat Sauce Green Beans, Garlic Bread Cookies</div> <div>10</div>	<div>BREAKFAST Apple Juice, Oatmeal French Toast, Sausage Links, Syrup LUNCH Fruit Salad w/Cottage Cheese Dinner Roll, Pudding DINNER Salisbury Steak Mashed Potatoes, Vegetables Cherry Tart</div> <div>11</div>	<div>BREAKFAST Pineapple Juice, Farina Country Scramble, English Muffin LUNCH Cheese Quesadilla Refried Beans, Cut Corn, Fresh Fruit DINNER BBQ Chicken Vegetables, Mashed Potatoes Chocolate Cake</div> <div>12</div>	<div>BREAKFAST Orange Juice, Pancakes Malt-O-Meal, Pancakes, Syrup LUNCH Ground Beef & Rice, Tacos, Lettuce Tomatoes, Red Salsa, Egg Custard DINNER Fish, Red Potatoes Green Beans Pudding</div> <div>13</div>	<div>BREAKFAST Apple Juice, Toast Cheese Omelet, Hash Browns LUNCH Grilled Cheese Sandwich Potato Chips, Ice Cream DINNER Crab Salad Mashed Potatoes, Mixed Vegetables, Jello</div> <div>14</div>
<div>BREAKFAST Cold Cereals, Pancakes Fruit Slice, Toast, Bacon, Oatmeal LUNCH Chili Dogs w/Cheese & Onions Potato Chips, Fruit Mix DINNER White Bean Soup Egg Salad Sandwich Green Salad, Yellow Cake</div> <div>15</div>	<div>BREAKFAST Orange Juice, Fried Egg Malt-O-Meal Hash Browned Potatoes LUNCH Cheese Burger w/Lettuce and Tomatoes, Baked Beans, Jello DINNER Roast Turkey, Mashed Potatoes Mixed Vegetables Chocolate Cake</div> <div>16</div>	<div>BREAKFAST Apple Juice, Oatmeal French Toast, Sausage Links, Syrup LUNCH BBQ Pork Patties, Mashed Potatoes Mixed Vegetables, Ice Cream DINNER Spaghetti w/Meat Sauce Green Beans, Garlic Bread Cookies</div> <div>17</div>	<div>BREAKFAST Pineapple Juice, Farina Country Scramble, English Muffin LUNCH Roast Beef Sandwich Three Bean Salad, Jello DINNER Sloppy Joe on a Bun Potatoes, Vegetables Peach Cobbler</div> <div>18</div>	<div>BREAKFAST Apple Juice, French Toast Syrup, Cream of Rice LUNCH Fruit Salad w/Cottage Cheese Dinner Roll Chocolate Chip Cookies DINNER Turkey Tetrazzini Mixed Vegetables, Corn Bread Pudding</div> <div>19</div>	<div>BREAKFAST Apple Juice, French Toast Syrup, Cream of Rice LUNCH Chicken Fajitas, Steamed Rice Cut Corn, Red Salsa, Fruit Mix DINNER Cheese Manicotti Garlic Bread, Vegetables Jello</div> <div>20</div>	<div>BREAKFAST Apple Juice Cream of Rice French Toast, Syrup LUNCH Turkey Salad Cold Plate Dinner Roll, Peach Cobbler DINNER Grilled Chicken, Mashed Potatoes Green Peas, Orange Cake</div> <div>21</div>
<div>BREAKFAST Pineapple Juice Oatmeal, Maple Bacon Oven Pancake Sausage Links LUNCH Chicken Sandwich, Lettuce & Tomatoes, Cut Corn, Cookies DINNER Tomato Rice Soup Egg Salad Sandwich Green Salad Sliced Peaches</div> <div>22</div>	<div>BREAKFAST Orange Juice, Fried Egg Malt-O-Meal Hash Browned Potatoes LUNCH Cheese Burger w/Lettuce and Tomatoes, Baked Beans, Jello DINNER Roast Turkey, Mashed Potatoes Mixed Vegetables Chocolate Cake</div> <div>23</div>	<div>BREAKFAST Cranberry Juice, Bacon, Malt-O-Meal Pancakes, Syrup LUNCH Meat Lasagna, Green Beans Garlic Bread, Fruit Mix DINNER Cheese Enchilada, Steamed Rice Cut Corn, Cherry Tart</div> <div>24</div>	<div>BREAKFAST Grape Juice, Farina Breakfast Frittata, Toast, Orange Slice LUNCH Tuna Sandwich, Green Salad Ranch Dressing, Pudding DINNER Sloppy Joe on a Hamburger Bun Macaroni Salad Chocolate Chip Cookies</div> <div>25</div>	<div>BREAKFAST Apple Juice, Syrup French Toast, Cream of Rice LUNCH Grilled Cheese Sandwich Potato Chips, Dessert Fruit Mix DINNER BBQ Chicken Mashed Potatoes, Vegetables Ice Cream</div> <div>26</div>	<div>BREAKFAST Apple Juice, Cream of Rice, French Toast, Syrup LUNCH Beef Tamales, Steamed Rice Red Salsa, Cut Corn, Apple Crisp DINNER Baked Fish Steamed Rice, Green Peas Chocolate Cake</div> <div>27</div>	<div>BREAKFAST Apple Juice, Oatmeal Scrambled Eggs, Toast LUNCH Grilled Ham & Cheese Sandwich Coleslaw Salad, Jello DINNER Sweet Sour Chicken Steamed Rice, Cut Corn Ice Cream</div> <div>28</div>
<div>BREAKFAST Cold Cereals, Pancakes Fruit Slice, Toast, Bacon, Oatmeal LUNCH Mostaccioli Pasta, Garlic Bread Vegetables, Dessert Cookies DINNER White Beans Soup Egg Salad Sandwich Green Salad Yellow Cake</div> <div>29</div>	<div>BREAKFAST Orange Juice, Fried Egg Malt-O-Meal Hash Browned Potatoes LUNCH Hot Dog, Potato Chips, Fruit Mix DINNER Beef Macaroni Green Beans, Garlic Bread Peach Cobbler</div> <div>30</div>	<div>Halloween BREAKFAST Blended Juice, Toast Malt-O-Meal Fried Egg Hash Browned Potatoes HALLOWEEN PARTY CELEBRATION Dinner Grilled Chicken, Mashed Potatoes Green Peas, Chocolate Pudding</div> <div>31</div>	THE MONTH OF OCTOBER IS...		<div>Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Mayolo know 3 hours before meal time.</div> <div>BEVERAGES Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water Lunch & Dinner Coffee - Hot Tea Water - Ice Tea</div>	<div>MENU ALTERNATIVES The following are alternative meals for Lunch or Dinner. 1. Ham or Turkey Sandwich 2. Fruit Salad w/Cottage Cheese 3. Cold Veggie Plate w/Dressing 4. Cheese Omelet w/Toast 5. Grilled Cheese Sandwich 6. Peanut Butter & Jelly Sandwich</div>