

CARSON 2024

October Menu

Menu
subject to
change



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

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.

BEVERAGES
Breakfast
Cranberry, Apple, Orange Juices
Coffee - Hot Tea
Hot Chocolate
Milk - Water
Lunch & Dinner
Coffee - Hot Tea
Water - Ice Tea

BREAKFAST **1**
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

Gosh Hashanah begins **BREAKFAST** **2**
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

BREAKFAST **3**
Pineapple Juice, Farina
Country Scramble, English Muffin
LUNCH
Cheese Quesadilla
Refried Beans, Cut Corn, Fresh Fruit
DINNER
BBQ Chicken
Vegetables, Mashed Potatoes
Ice Cream

BREAKFAST **4**
Orange Juice, Pancakes
Malt-O-Meal, Pancakes, Syrup
LUNCH
Fish Tacos, Steamed Rice
Coleslaw Salad, Apple Crisp
DINNER
Spaghetti w/Meat Sauce
Garlic Bread, Mixed Vegetables
Pudding

BREAKFAST **5**
Apple Juice, Toast
Cheese Omelet, Hash Browns
LUNCH
Grilled Cheese Sandwich
Potato Chips, Ice Cream
DINNER
Crab Salad
Mashed Potatoes
Mixed Vegetables
Jello

BREAKFAST **6**
Cold Cereals, Pancakes
Fruit Slice, Toast, Bacon, Oatmeal
LUNCH
Chili Dogs w/Cheese & Onions
Potato Chips, Fruit Mix
DINNER
White Bean Soup, Green Salad
Egg Salad Sandwich
Yellow Cake

BREAKFAST **7**
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

BREAKFAST **8**
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

BREAKFAST **9**
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

BREAKFAST **10**
Pineapple Juice, Farina
Country Scramble, English Muffin
LUNCH
Cheese Quesadilla
Refried Beans, Cut Corn, Fresh Fruit
DINNER
BBQ Chicken
Vegetables, Mashed Potatoes
Chocolate Cake

Yom Kippur begins **BREAKFAST** **11**
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

BREAKFAST **12**
Apple Juice, Toast
Cheese Omelet, Hash Browns
LUNCH
Grilled Cheese Sandwich
Potato Chips, Ice Cream
DINNER
Crab Salad
Mashed Potatoes, Mixed Vegetables, Jello

BREAKFAST **13**
Cold Cereals, Pancakes
Fruit Slice, Toast, Bacon, Oatmeal
LUNCH
Chili Dogs w/Cheese & Onions
Potato Chips, Fruit Mix
DINNER
White Bean Soup, Green Salad
Egg Salad Sandwich
Yellow Cake

Columbus/Indigenous People Day **BREAKFAST** **14**
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

BREAKFAST **15**
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

BREAKFAST **16**
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

BREAKFAST **17**
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

BREAKFAST **18**
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

BREAKFAST **19**
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

BREAKFAST **20**
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

BREAKFAST **21**
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

BREAKFAST **22**
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

BREAKFAST **23**
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

BREAKFAST **24**
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

BREAKFAST **25**
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

BREAKFAST **26**
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

BREAKFAST **27**
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

BREAKFAST **28**
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

BREAKFAST **29**
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

BREAKFAST **30**
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

Halloween **BREAKFAST** **31**
Pineapple Juice, Farina
Country Scramble, English Muffin
LUNCH
Cheese Quesadilla
Refried Beans, Cut Corn, Fresh Fruit
DINNER
BBQ Chicken
Vegetables, Mashed Potatoes
Ice Cream

OCTOBER DAYS TO NOTE...

Breast Cancer Awareness Month	National Book Month
Country Music Month	National Chili Month
Emotional Wellness Month	National Cookie Month
Financial Planning Month	National Pizza Month
Healthy Lung Month	National Pretzel Month
Italian-American Heritage Month	National Protect Your Hearing Month
Long-Term Care Planning Month	Positive Attitude Month
National Arts and Humanities Month	Scary Movie Month
National Bake & Decorate Month	Vegetarian Month