



# Daily Chef Specials

**October 1st-October 7th**

**Kitchen# 763-270-3487**

SUNDAY 10/1

MONDAY 10/2

TUESDAY 10/3

WEDNESDAY 10/4

THURSDAY 10/5

FRIDAY 10/6

SATURDAY 10/7

## BREAKFAST

Choice of Egg's Bacon or Sausage Fried Potato Pastry Fruit	Waffles Bacon Scrambled Egg's Fruit	Mini Muffin Egg Bake Fruit Muffin Fresh Fruit	Pancakes Scrambled Egg's Sausage Fruit	Denver Scrambler Fried Potatoes Pastry Fruit	Caramel Roll Bacon Scrambled Eggs Fruit	Chef's Choice Omelets Pastry Fruit
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## LUNCH

Dinner Roll Roast Turkey Stuffing & Gravy Butternut Squash Dutch Apple Pie	Braised Beef Shortrib w/ Mashed Potato Gravy Vegetable Spice Cake	Breadstick Chicken Alfredo Pasta Vegetable Spumoni	Zuppa Toscana Garlic Roast Beef Melt Fruit New York Cheesecake	Bacon Cheeseburger French Fries Pickle Ice Cream Treat	Beer Battered Shrimp Cocktail Sauce Baked Potato Cole Slaw Honeymoon Cake	Dinner Roll Boneless Pork Chop w/ Creamy Garlic Spinach Sauce Potato Pancake Vegetable Wildberry Glazed Cake
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## DINNER

Kielbasa Sauerkraut Potatoes German Mustard Fruited Jell-O	Beer Cheese Soup Hot Ham and Cheese on Pretzel Bun Chips Cookie	Mini Corn Dog Tater-Tot's Fruit Pudding	BBQ Riblet Fries Coleslaw Brownie	Orange Chicken White Rice Stir-Fried Vegetable Wonton's Vanilla Cupcakes	Vegetable Beef Barley Summer Sausage and Cheese on White Bread Chips Cheesecake Bar	Sausage and Pepperoni Pizza Side Salad Dessert Bar
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**Breakfast: 7:30 - 9:00am**

**Lunch: 11:30 - 12:30pm**

**Dinner: 4:30 - 5:30pm**

*Engel Haus*

# Lighter Side Specials

**October 1st-October 7th**

**Kitchen# 763-270-3487**

SUNDAY 10/1    MONDAY 10/2    TUESDAY 10/3    WEDNESDAY 10/4    THURSDAY 10/5    FRIDAY 10/6    SATURDAY 10/7

## BREAKFAST

Oatmeal w/  
Blueberries,  
Pecans, and  
Honey  
Muffin  
Fruit

Tomato &  
Spinach Egg  
Sandwich on  
Whole Grain  
English muffin  
Turkey Sausage  
Fruit

Cream of  
Wheat  
w/ Raisins and  
Brown Sugar  
Fruit  
Muffin

Whole Grain  
French Toast  
Turkey Sausage  
Fruit

Cold Cereal  
Whole Grain  
English Muffin  
Yogurt  
Fruit

Smashed  
Avacado on  
Whole Grain  
Toast  
Turkey Sausage  
Yogurt  
Fruit

Vegetable  
Frittata  
Whole Grain  
English Muffin  
Turkey Sausage  
Fruit

## LUNCH

Tuna Melt  
on Wheat  
Sunchips  
Fruit

Garlic Herb  
Tilapia  
Lemon and  
Tartar Sauce  
Roasted Potato  
Vegetable

Steak Stir-Fry  
Brown Rice  
Fruit

Chefs Choice  
Soup  
Grilled Cheese  
on Whole Grain  
Bread

California  
Turkey Burger  
Multigrain  
Chips  
Fruit

Grilled Chicken  
Baked Potato  
Steamed  
Broccoli

Ground Turkey  
and Brown  
Rice Stuffed  
Peppers  
Tangy Tomato  
Sauce  
Whole Grain  
Toast

## DINNER

Spinach Salad  
with Egg's,  
Walnuts, Blue  
Cheese,  
Onions, and a  
Balsamic  
Vinegarett  
Breadstick

Chefs Choice  
Soup  
Turkey Salad  
Sandwich on  
Wheat  
Fresh Fruit  
Sun Chips

Steamed  
Shrimp  
Cocktail Sauce  
Sweet Potato  
Tot's  
Vegetable

Grilled Chicken  
Sandwich  
Sweet Potato  
Fries  
Fruit

Strawberry  
Spinach Salad  
Blue Cheese  
Candied Walnuts  
Balsamic  
Vinaigrette

Chefs Choice  
Soup  
Ham and  
Cheese on  
Whole Grain  
Bread  
Fruit

Grilled Steak  
Caesar Salad  
Bread Stick  
Fruit

**Breakfast: 7:30 - 9:00am**

**Lunch: 11:30 - 12:30pm**

**Dinner: 4:30 - 5:30pm**

*Engel Haus*