

# Daily Chef Specials

September 22nd-September 28th

Kitchen# 763-270-3487

SUNDAY 9/22

MONDAY 9/23

TUESDAY 9/24

WEDNESDAY 9/25

THURSDAY 9/26

FRIDAY 9/27

SATURDAY 9/28

## BREAKFAST

Caramel Roll  
Scrambled  
Egg's  
Bacon  
Fruit

Choice of Egg's  
Bacon or  
Sausage  
Hashbrown's  
Pastry  
Fruit

Waffles  
Bacon  
Scrambled  
Egg's  
Fruit

Biscuit's &  
Gravy  
Scrambled  
Eggs  
Fruit

Pancakes  
Scrambled  
Egg's  
Sausage  
Fruit

Chef's Choice  
Omelet  
Bacon  
Pastry  
Fruit

French Toast  
Scrambled  
Egg's  
Sausage  
Fruit

## LUNCH

Dinner Roll  
Swedish  
Meatball's  
& Gravy Over  
Egg Noodles  
Vegetable  
Cookie and  
Cream Pie

Fried Chicken  
Mashed  
Potatoes  
Gravy  
Vegetable  
Yellow Cake w/  
Chocolate  
Frosting

BBQ Beef Brisket  
Macaroni and  
Cheese  
Coleslaw  
Carmel Apple  
Crisp

Potato Leak  
Soup  
Bacon and Swiss  
Chicken Breast  
Melt  
Fruit  
Cheesecake

Bacon  
Cheeseburger  
Potato Salad  
Watermelon  
Wedge  
Ice Cream Treat

Parmesan and  
Herb Baked Cod  
w/ Tartar Sauce  
Roasted Potato  
Vegetable  
Coconut Cream  
Pie

Biscuits  
Country Fried  
Steak Mashed  
Potatoes & Gravy  
Vegetable  
Cherry Rhubarb  
Cobbler

## DINNER

Salisbury Steak  
Mashed Potatoes  
W/Gravy  
Vegetable  
Cream Puffs

Cheeseburger  
Chowder  
Hot Ham and  
Cheese  
Chocolate Chip  
Brownie

Chicken Quesadilla  
Refried Beans  
Spanish Rice  
Salsa & Sour  
Cream  
Mini Donuts

BBQ Pulled Pork  
Tater Tot's  
Coleslaw  
Pudding

Chicken And Bacon  
Flatbread Pizza  
Garden Salad  
Ranch  
Cookie

Wisconsin Cheddar  
Soup  
Roast Beef and  
Swiss  
Sun Chips  
Jello

Philly Cheesesteak  
On Hoagie  
Tater-Tot's  
Fruit  
Dessert Bar

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

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

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

Engel Haus

# Lighter Side Specials

September 22nd-September 28th

Kitchen# 763-270-3487

SUNDAY 9/22

MONDAY 9/23

TUESDAY 9/24

WEDNESDAY 9/25

THURSDAY 9/26

FRIDAY 9/27

SATURDAY 9/28

## BREAKFAST

Oatmeal  
With Berries,  
Honey and  
Walnuts  
Muffin  
Yogurt  
Fruit

Avocado  
Toast  
Scrambled  
Egg's  
Low Sodium  
Bacon  
Fruit

Cold Cereal  
Muffin  
Yogurt  
Fruit

Scrambled  
Egg's  
Low Sodium  
Bacon  
Wheat Toast  
Fruit

Oatmeal  
With Raisins,  
Brown Sugar  
and Walnuts  
Muffin  
Yogurt  
Fruit

Omelet  
With Veggies  
Cheese  
Wheat Toast  
Low Sodium  
Bacon  
Fruit

Whole Wheat  
French Toast  
Topped with  
Fruit  
Low Sodium  
Bacon

## LUNCH

Garlic Broiled  
Shrimp  
Baked Potato  
Vegetable

Chef Salad  
Breadstick  
Light Ranch  
Dressing

Smoked  
Chicken  
Sausage on a  
Wheat Roll  
Fruit  
Cottage Cheese

Chefs Choice Soup  
Egg Salad on  
Wheat  
Fruit

California  
Turkey Burger  
Sweet Potato  
Fries  
Fruit

Steak Stir Fry  
Brown Rice  
Fruit

Lemon Pepper  
Baked Cod  
Tartar Sauce &  
Lemon  
Garden Salad w/  
Vinaigrette

## DINNER

Turkey And  
Cheese Sandwich  
on Whole Grain  
Bread, Lettuce,  
Tomato, and Light  
Mayonnaise  
Fruit

Chefs Choice Soup  
Tuna Salad on  
Wheat  
Fruit

Shrimp Taco Salad  
Fresh Salsa  
Avocado  
Sweet Potato  
Tortilla Chips  
Fruit

Baked Potato  
topped with  
Cheese, and  
Bacon  
Broccoli  
Sour Cream

Turkey Bolognese  
with Penne  
Wheat Breadstick

Chefs Choice Soup  
Fried Green  
Tomato BLT on  
Wheat  
Fruit

Chicken Caesar  
Salad  
Breadstick  
Fruit

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

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

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

Engel Haus