



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

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| 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

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| 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 |
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LUNCH

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| 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 Rlce Stuffed Peppers Tangy Tomato Sauce Whole Grain Toast |
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DINNER

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| Spinach Salad with Egg's, Walnuts, Blue Cheese, Onions, and a Balsamic Vinegarette 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 |
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Engel Haus