



# Daily Chef Specials

**October 29th-November 4th**

**Kitchen# 763-270-3487**

SUNDAY 10/29

MONDAY 10/30

TUESDAY 10/31

WEDNESDAY 11/1

THURSDAY 11/2

FRIDAY 11/3

SATURDAY 11/4

## BREAKFAST

|   |   |  |  |  |  |  |
|---|---|--|--|--|--|--|
| Choice of Egg's<br>Bacon or<br>Sausage<br>Fried Potato<br>Pastry<br>Fruit | Waffles<br>Bacon<br>Scrambled<br>Egg's<br>Fruit | Egg's Benedict<br>Breakfast<br>Potatoes<br>Fruit | Pancakes<br>Scrambled<br>Egg's<br>Sausage<br>Fruit | Sausage and<br>Egg Croissant<br>Sandwich<br>Hashbrowns<br>Patty<br>Fruit | Caramel Roll<br>Bacon<br>Scrambled Eggs<br>Fruit | Chef's Choice<br>Omelets<br>Sausage<br>Pastry<br>Fruit |
|---|---|--|--|--|--|--|

## LUNCH

|   |  |   |   |   |   |   |
|---|--|---|---|---|---|---|
| Chicken Ala King<br>Over<br>Biscuit<br>Watermelon<br>Wedge<br>Lemon Crunch<br>Pie | Dinner Roll<br>Meatloaf<br>Mashed Potato<br>Gravy<br>Vegetable<br>Mixed Berry<br>crisp | Honey Garlic<br>Glazed<br>Pork Tenderloin<br>Cheesy Potato<br>Casserole<br>Vegetable<br>Apple Pie | Cauliflower<br>Cheese Soup<br>Submarine<br>Sandwich<br>Pickle<br>Toffee<br>Cheesecake | Garlic<br>Cheesebread<br>Spaghetti with<br>Meat Sauce<br>Vegetable<br>ice Cream Treat | Garlic Herb<br>Baked Cod<br>Tartar<br>Roasted Baby<br>Red Potatoes<br>Vegetable<br>Chocolate<br>Cupcake | Dinner Roll<br>Chuck Roast with<br>Gravy<br>Vegetable<br>Mashed<br>Potatoes<br>Coconut Cream<br>Pie |
|---|--|---|---|---|---|---|

## DINNER

|  |   |  |  |  |  |  |
|--|---|--|--|--|--|--|
| Pepper Steak over<br>Rice<br>Vegetable<br>Pound Cake with<br>Berries | Soup and<br>Sandwich<br>Minestrone<br>Ham and Chese<br>Sandwich<br>Fruit<br>Ice Cream Treat | Dinner Roll<br>Chicken Noodle<br>Hot Dish<br>Apricot Bar | BBQ Beef<br>Sandwich<br>Macaroni And<br>Cheese<br>Baked Beans<br>Tapioca Pudding | Mini Corn Dogs<br>Tater tots<br>Coleslaw<br>Rlce krispie Treat | Soup and<br>Sandwich<br>Chicken Noodle<br>Egg Salad<br>Croissant<br>Chips<br>Brownie | Hawaiian Ham<br>Sliders<br>Macaroni Salad<br>Fresh Pineapple<br>Cookie |
|--|---|--|--|--|--|--|

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

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

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

*Engel Haus*

# Lighter Side Specials

**October 29th-November 4th**

**Kitchen# 763-270-3487**

SUNDAY 10/29

MONDAY 10/30

TUESDAY 10/31

WEDNESDAY 11/1

THURSDAY 11/2

FRIDAY 11/3

SATURDAY 11/4

## BREAKFAST

Oatmeal w/  
Blueberries,  
Pecans, and  
Honey  
Muffin  
Fruit

Smashed  
Avocado on  
Whole Grain  
Toast  
Turkey Sausage  
Yogurt  
Fruit

Fresh Muffins  
Hard Boiled  
Egg  
Bacon  
Yogurt  
Fruit

Cream of  
Wheat  
with Berries  
and Honey  
Yogurt  
Muffin

Cold Cereal  
Whole Grain  
English Muffin  
Yogurt  
Fruit

Whole Wheat  
French Toast  
Topped with  
Fruit  
Turkey Sausage

Omelet  
With Veggies  
Cheese  
Whole Grain  
English Muffin  
Turkey Sausage  
Fruit

## LUNCH

Herb Butter  
Baked Tilapia  
Sweet Potatoes  
Vegetable

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

Turkey Club  
Wrap  
Sweet Potato  
Chips  
Fruit Garnish

Chefs Choice  
Soup  
Deli Turkey &  
Cheese  
Sandwich  
Lettuce,  
Tomato,  
Fruit

Chicken Caesar  
Salad  
Breadstick  
Fruit

Grilled Chicken  
Mixed Field  
Greens  
with Apple,  
Bacon and  
Blue cheese  
Vinaigrette

Baked Potato  
w/ Bacon, and  
Cheese  
Sour Cream  
Broccoli

## DINNER

Strawberry  
Chicken  
Spinach Salad  
Blue Cheese  
Candied  
Walnuts  
Raspberry  
Vinaigrette

Chefs Choice  
Soup  
Chicken Salad  
on Whole  
Grain Bread  
Fruit

Steamed  
Shrimp  
Cocktail Sauce  
Brown Rice  
Vegetable

Roasted Salmon  
Olive Oil and  
Herbs  
Sweet Potato  
Vegetables

Beef Ravioli &  
Vegetable Pasta  
Whole Wheat  
Breadstick

Soup and  
Sandwich  
Chefs Choice  
Soup  
Petite Chef  
Salad  
Ranch  
Dressing

Steak Noodle  
Stir-Fry  
Crispy  
Wonton's  
Fruit

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

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

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

*Engel Haus*