| PRAIRIE BLU <br> SENIOR LIVING <br> Sunday | FFS |  |  | November 2021 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Glazed Ham <br> Scalloped Potatoes <br> Steamed Broccoli <br> Peach Pie <br> BBQ Chicken (Boneless) <br> Macaroni and Cheese <br> Green Beans <br> Frosted Brownies | Southwestern Chicken Salad <br> Pineapple Wedges <br> Hawaiian Roll <br> Coffee Cake <br> Swedish Meatballs <br> Buttered Egg Noodles <br> Steamed Peas <br> Raspberry Jell-O w/ Whipped Cream | Open-Faced Roast Beef Sandwich <br> Mashed Potatoes \& Gravy <br> Vegetable Medley <br> Ice Cream Treats <br> Parmesan Crusted Tilapia <br> Herbed Orzo Pilaf <br> Grilled Asparagus <br> Lemon Cake | Pesto Tortellini w/ Bacon <br> Warm Cherry Tomatoes <br> Garlic Toast <br> Assorted Pies <br> Chicken Chow Mein <br> White Rice <br> Egg Roll <br> Assorted Pies | Sloppy Joe on a Bun <br> Potato Chips <br> Coleslaw <br> Peaches \& Cream <br> Grilled Pork Tenderloin w/ <br> Applesauce <br> Mashed Sweet Potatoes <br> Sauteed Green Beans <br> Strawberry Jam Bars | Italian Sausage w/ Peppers \& Onions <br> Parmesan Mashed Potatoes Rice Pudding <br> Crab-Stuffed Cod w/ Sherry <br> Cream Sauce <br> Steamed Corn <br> Roasted Vegetables <br> Mandarin Orange Cake | Grilled Chicken Caesar Salad <br> Grape Tomatoes Garlic Breadstick Fresh Fruit Chocolate Chip Cookies <br> Pot Roast w/ Potatoes, Carrots \& Onions Dinner Roll Pecan Pie |
| Monte Cristo Sandwich <br> French Fries <br> Fresh Strawberries <br> Vanilla Ice Cream <br> Chicken \& Dumplings Stew <br> Buttered Baguette <br> Side Salad Available on Request <br> German Chocolate Cake | Shrimp Cocktail <br> Fruit Cup <br> Garlic Toast <br> Cherry Cheesecake <br> Glazed Meatloaf <br> Mashed Potatoes \& Gravy Roasted Carrots <br> Apple Cobbler w/ Vanilla | Beef Tacos (soft shell) <br> Spanish Rice <br> Refried Beans <br> Triple Berry Bars <br> Chicken Cordon Bleu <br> Twice-Baked Potato <br> Buttered Peas <br> Peach Crisp | Chicken BLT Salad <br> Bread Roll <br> Fresh Melon <br> Frosted Shortbread Cookie <br> Beef Stroganoff <br> Buttered Egg Noodles <br> Vegetable Medley <br> Apple Pie | Asian Barbecue Pork Skewers <br> White Rice <br> Pineapple Slaw <br> Double Chocolate Chip Cookies <br> Turkey Breast w/ Gravy <br> Mashed Potatoes <br> Steamed Green Beans <br> Pumpkin Pie | Clubhouse Stack Sandwich <br> Marinated Vegetable Salad <br> Corn Chips <br> Banana Pudding Parfait <br> Salmon w/ Caper Butter <br> Parsley Potatoes <br> Lemon-Roasted Cauliflower <br> Lemon Bars | Fried Chicken Tenders <br> w/ Honey Mustard Sauce <br> Potato Salad <br> Watermelon <br> Cherry Crumble <br> Spaghetti \& Meatballs <br> Garlic Breadstick Herbed Zucchini Vanilla Cake |
| Eggs Benedict Bake <br> Fresh Fruit Cup <br> Steamed Broccoli <br> Banana Bread w/ Honey Butter <br> Hearty Beef Stew <br> Dinner Roll <br> Lemon Meringue Pie |  <br> Tomato <br> Potato Chips <br> Red Grapes <br> Oreo Cake <br> Chicken Marsala <br> Mashed Potatoes <br> Grilled Asparagus <br> Mixed Berry Cheesecake | French Dip Sandwich <br> Onion Rings <br> Pickle Spear <br> Banana Cream Pie <br> Barbecue Ribs <br> Buttered Corn Coleslaw <br> Chocolate Cupcakes | Crab Cakes w/ Tartar Sauce <br> Side Salad w/ Mandarin Oranges Strawberry Shortcake <br> Sweet \& Sour Chicken <br> White Rice <br> Egg Roll <br> Apricot Bars | Tortellini Alfredo w/ <br> Ham \& Peas <br> Garlic Toast <br> Chocolate Cream Pie <br> Pork Tenderloin w/ Rosemary <br> Cream Sauce <br> Roasted Potatoes <br> Vegetable Medley <br> Cherry Cobbler | Egg Salad on a Croissant <br> Potato Chips <br> Cucumber Tomato Salad Lemon Sorbet <br> Poached Salmon w/ <br> Cucumber Dill Sauce <br> Herbed Oro Pilaf <br> Buttered Peas <br> Pineapple Upside Down Cake | Beef Taco Salad <br> Tortilla Chips <br> Pineapple Wedges <br> Sugar Cookies <br> Stuffed Chicken w/ Cranberry Sauce Mashed Potatoes \& Gravy Sauteed Green Beans Rhubarb Cake |
| Ham \& Cheese Quiche <br> Croissant <br> Fresh Strawberries <br> Peach Pie <br> Turkey Pot Pie <br> Garden Salad <br> Buttermilk Biscuit <br> Caramel Cheesecake | Chicken \& Sausage Gumbo <br> (Not Spicy!) <br> White Rice <br> Braised Greens <br> Lemon Jell-O w/ Whipped Cream <br> Traditional Lasagna <br> Garlic Breadstick <br> Steamed Broccoli <br> Cream Puffs | Chicken Waldorf Salad Bread Roll Lemon Cake Pecan Crusted Tilapia Roasted Yams Creamed Spinach Boston Cream Pie | BBQ Pulled Pork Sandwich <br> Macaroni Salad <br> Watermelon <br> Classic Brownie <br> Grilled Teriyaki Chicken <br> Drumsticks <br> Fried Rice <br> Pineapple Skewer <br> Honey Cake | Roasted Turkey w/ Cranberry <br> Sauce <br> Mashed Potatoes \& Gravy <br> Green Bean Casserole <br> Traditional Stuffing w/ Sage <br> Mashed Sweet Potatoes <br> Pecan or Pumpkin Pie <br> Boxed Dinners To-Go <br> Ham \& Cheese Sandwich <br> Chips <br> Banana Pudding Parfait | Grilled Reuben on Rye <br> French Fries <br> Fresh Fruit Cup <br> Root Beer Float <br> Fried Shrimp w/ Cocktail Sauce <br> Baked Potato <br> Grilled Zucchini <br> Blonde Brownie | Steak Fajitas <br> Black Bean \& Corn Salad <br> Ice Cream Treat <br> Chicken Parmesan w/ Spaghetti <br> Lemon Caper Cauliflower <br> Baked Custard w/ Berries |
| Biscuits \& Sausage Gravy <br> Fried Egg <br> Fresh Melon <br> Blueberry Pie <br> Corned Beef Brisket <br> Buttered Parsley Potatoes <br> Braised Cabbage <br> Butterscotch Pudding | Philly Cheese Steak Sandwich <br> Potato Chips <br> Marinated Vegetable Salad <br> Rhubarb Crisp <br> Tender Wine-Braised Chicken <br> Egg Noodles <br> Steamed Asparagus <br> Chocolate Cake | Beer-Battered Cod Fillet w/ Tartar Sauce French Fries Fresh Fruit CCop Lemon Sorbet Stuffed Pork Tenderloin Mashed Potatoes \& Onion Gravy Roacted Carrots Cheesecake |  |  |  |  |

