

# RCA weekly menu

by Unidine

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Western Scrambled Sausage Links Roasted Reds Oatmeal	BF Sandwich Scrapple Hash Browns Cream of Wheat	<i>Omelets Made-to-Order</i> Bacon English Potatoes Grits	Scrambled & Cheese Sausage Gravy and Biscuits Oatmeal	Pancakes Scrambled Eggs Turkey Sausage Cream of Wheat	Waffles Sausage Link Home Fries Grits	Scrambled & Cheese Bacon Hashbrowns Oatmeal
<b>Lunch</b>	BBQ Chicken Buttered Egg Noodles Collard Greens Corn Bread Beef Stroganoff	Taco Station Spanish Rice Sautéed Spinach Harvest Chicken Salad	3-Cheese Lasagna Roasted Cauliflower Fried Corn Fried Fish	Chicken & Dumplings Sweet Potato Tots Roasted Broccoli Burger Slider Station	Apple Roasted Pork Loin Braised Cabbage Baked Potato Italian Chopped Salad	Turkey Francese Bowtie Pasta Fall Squash Quesadilla	Baked Chicken Mac & Cheese Roasted Broccoli BBQ Pork Pretzel Roll Milk Shake Station
<b>Soup</b>	Each day, our crew puts together a fun soup using the best of what's around! <b>Have a special meal request? Just ask!</b>						
<b>Dinner</b>	Baked Cod Tossed Orzo Buttered Peas 3-Cheese Griller	Chicken Cordon Bleu Mashed Potato Cabbage Cheesy Broccoli & Rice Casserole	Meatball Parmesan Buttered Penne Kale Tuna Melt	Shrimp Stir Fry White Rice Roasted Brussels Grilled Hot Dog	Blackened Chicken Au Gratin Potatoes Green Beans Salisbury Steak	Sliced Roast Beef w/Gravy Roasted Carrots Rice Pilaf Lemon Pepper Salmon	Baked Ham Roasted Red Potatoes Collard Greens Green Salad Fettuccine Alfredo

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