

Elk River Senior Living

September

2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast Served M, T, Th, F, Sat, & Sun Toast, Cereal, Fresh Fruit, Hard-boiled Eggs, Pastries and Yogurt	Hot Breakfast Served Every Wednesday Bacon, Sausage, Eggs, Hashbrowns and Pancakes All meals are subject to change with proper notice	Noon and Evening meals are accompanied with a choice of Homemade Soup, Fresh Fruit Garden Salad, Dinner Roll and Dessert *Alternate Menu is available upon request during mealtimes			Breakfast: 1 Continental Breakfast Noon Roasted Chicken Quarters Baked Sweet Potatoes Brussels Sprouts Evening Biscuits and Gravy Scrambled Eggs	Breakfast: 2 Continental Breakfast Noon Pineapple Glazed Ham Roasted Fingerling Potatoes Spinach Evening Tater Tot Hot Dish Dinner Roll
Breakfast: 3 Continental Breakfast Noon Linguini and Shrimp Asparagus Breadstick Evening Meatball Sub Fresh Fruit	Breakfast: 4 Continental Breakfast Noon California Burger Baked Beans Corn on the Cobb Evening State Fair Corn Dog Cheese Curds	Breakfast: 5 Continental Breakfast Noon Beer Braised Pork Shoulder Mashed Potatoes Diced Beets Evening Deep Fried Shrimp Confetti Coleslaw	Breakfast: 6 Hot Breakfast Noon Thyme Baked Chicken Scalloped Potatoes Broccoli Au Gratin Evening Grilled Rubeen Sandwich Potato Salad	Breakfast: 7 Continental Breakfast Noon End of Summer BBQ BASH Evening Taco Salad Sour Cream, Salsa and Guac	Breakfast: 8 Continental Breakfast Noon Coconut Shrimp Waffle Fries Coleslaw Evening Beer Battered Cod Po Boy Cucumber Salad	Breakfast: 9 Continental Breakfast Noon BBQ Braised Beef Ribs Baked Beans Buttered Broccoli Evening Homemade Loaded Mac and Cheese Dinner Roll
Breakfast: 10 Continental Breakfast Noon Apple Brie Stuffed Chicken Stuffing Acorn Squash Evening Chicken Bacon Ranch Wrap Italian Pasta Salad	Breakfast: 11 Continental Breakfast Noon Ginger Pot Roast Garlic Mashed Potatoes Green Beans Evening Fresh Berry and Chicken Salad Breadstick	Breakfast: 12 Continental Breakfast Noon Mesquite Roasted Turkey Wild Rice Blend Asparagus Evening Crab Salad on a Croissant Fresh Fruit	Breakfast: 13 Hot Breakfast Noon BBQ Ham Steak Sweet Potato Casserole Broccoli Evening Sloppy Joe on a Bun Potato Wedges	Breakfast: 14 Continental Breakfast Noon Spaghetti and Meatballs Italian Vegetables Garlic Toast Evening Turkey Al A King Puff Pastry	Breakfast: 15 Continental Breakfast Noon Teriyaki Flank Steak Baked Potato Spinach Evening Chili Cheese Dog Potato Chips	Breakfast: 16 Continental Breakfast Noon Country Fried Steak Mashed Potatoes Buttered Corn Evening Chicken Pot Pie Dinner Roll
Breakfast: 17 Continental Breakfast Noon BBQ Beef Brisket Parmesan Potatoes Peas and Carrots Evening California Chicken Sandwich Onion Rings	Breakfast: 18 Continental Breakfast Noon Classic Pork Roast Mashed Potatoes & Gravy Green Beans Evening Homemade Pizza Italian Side Salad	Breakfast: 19 Continental Breakfast Noon Smoked Tri Tip Steak Mashed Potatoes Glazed Carrots Evening Bacon Egg and Cheese on a Croissant	Breakfast: 20 Hot Breakfast Noon Swedish Meatballs Egg Noodles Broccoli Evening Grilled Cuban Sandwich Coleslaw	Breakfast: 21 Continental Breakfast Noon Chicken Cordon Bleu Autumn Rice Pilaf Mixed Vegetables Evening Homemade Goulash Dinner Roll	Breakfast: 22 Continental Breakfast Noon Beer Battered Walleye Baked Potato Asparagus Evening Beef Chow Mein White Rice	Breakfast: 23 Continental Breakfast Noon Salisbury Steak Mashed Potatoes Green Beans Evening Chicken and Broccoli Casserole Dinner Roll
Breakfast: 24 Continental Breakfast Noon Bourbon Glazed Chicken Mashed Potatoes Candied Carrots and Parsnips Evening Grilled Patty Melt Potato Salad	Breakfast: 25 Continental Breakfast Noon Maple Glazed Salmon Baked Potato Normandy Vegetables Evening German Pulled Pork Sandwich Coleslaw	Breakfast: 26 Continental Breakfast Noon Chicken Parmesan Linguini Brussels Sprouts Evening Fish Street Tacos Roasted Corn Salad	Breakfast: 27 Hot Breakfast Noon Chicken and Dumplings Seasoned Vegetables Evening Homemade Chili Cornbread	Breakfast: 28 Continental Breakfast Noon Braised Beef Tips Garlic Mash Potatoes Sliced Beets Evening Homemade Lasagna Garlic Toast	Breakfast: 29 Continental Breakfast Noon Cranberry Glazed Chicken Wild Rice Pilaf Broccoli Evening Hot Beef and Cheddar Curley Fries	Breakfast: 30 Continental Breakfast Noon Manicotti w/ Meat sauce Garlic Toast Zucchini Evening Beer Braised Bratwurst German Potato Salad